

## Once registered with Carer Support Dorset our services include:

- Information and advice about multiple services across Dorset that can support you in your caring role
- Details of Carer Groups - providing an opportunity to compare notes and learn from the experiences of other carers.
- Access to the Carers photo-ID - helping you receive various discounts across the county



- Training opportunities - on subjects such as emotional resilience, dementia and much more
- Keep you up-to-date with news, what's on and services available through our newsletters
- Being part of a social community with our Facebook and Twitter pages

## We care because you do!

### Contact Us

Freephone: 0800 368 8349

Email: [admin@carersupportdorset.co.uk](mailto:admin@carersupportdorset.co.uk)

[www.carersupportdorset.co.uk](http://www.carersupportdorset.co.uk)

### Follow us on Facebook & Twitter



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## Do you help or support someone?





Are you helping someone with everyday household tasks like shopping or cooking, or organising and transporting someone to medical appointments? You may also be helping with medication and treatment or personal care and help with mobility, or you may be providing emotional support.

## Who is a carer?

A carer is someone who cares, unpaid, for a family member or friend who cannot always manage without their support. They might look after someone with a physical disability, long term health condition, mental health issue or a problem with substance misuse.



You might not think of yourself as a carer and think that what you do is just part of being a parent, spouse, good friend or sibling. As a result you might miss out on the support that is available.

## Why does it matter?

Looking after someone can be a positive and rewarding experience, but it can also be exhausting, stressful and isolating. Many carers feel that they can't take a break because the person they look after can't be left alone. Caring for someone may also have a negative impact on your relationships, employment, finances and health.

## We care because you do

Carer Support Dorset is a charity that supports carers in Dorset\*.

We recognise each person's circumstances are unique to them and it's really important you receive the right support for your situation. We can help.

**All you have to do is register with us by calling 0800 368 8349 or go online at [www.carersupportdorset.co.uk](http://www.carersupportdorset.co.uk)**

\*does not include Bournemouth, Christchurch or Poole. Please call on 01202 128787.

## What happens next?

Our team can help signpost you to the support you could be entitled to or that you may need.

## Have you registered with your GP?

Many GP surgeries offer Carers Clinics where you can go along for routine health checks. Ask your local surgery to see if they have one. If you haven't registered as a carer with your GP, it's a good idea to do so as soon as you can.

## Support from Dorset Council

A Carer Assessment under the Care Act will give you an opportunity to discuss with a Carer Case Worker your caring role and what support you may need. If you think you may be eligible for a Carers Assessment please call us on 0800 368 8349.



**You can register with Carer Support Dorset by calling 0800 368 8349, or online at [www.carersupportdorset.co.uk](http://www.carersupportdorset.co.uk)**