

Why refer to the Carers' Resource?

GP

"We have been really impressed with the service provided by the Carers' Resource. The patients have been equally pleased. It is a relief to know that we now have someone who can help out with the wide range of issues experienced by carers."

Social Worker

"The carer support officer is so approachable; she gets very quickly onto the case and does what she says she's going to do. Carers tend to neglect themselves; by picking up on their problems and stresses, this service keeps them from being ill."

GP

"Patients I have referred in the past year have come back looking as if a great weight has been lifted from their shoulders."

Practice Manager

"For many carers asking for help is almost an admission of failure, but having an independent carer support worker in our practice sanctions the service and gives them permission to access it. The value of time the support worker is able to devote to each carer is immeasurable."

Carer

"During my mum's illness, The Carers' Resource rang regularly to ask how I was. It was so lovely to hear their cheerful voice when I was trying to deal with all the problems. The information they gave me was invaluable."



The Carers' Resource has offices at:

11 North Park Road, Harrogate HG1 5PD
tel: 01423 500555

The Wheel House,
Broughton Hall Business Park, Skipton BD23 3AG
tel: 01756 700888

Community House, Sharow View, Allhallowgate, Ripon
tel: 01765 690222

www.carersresource.org



The Carers' Resource is a charitable company limited by guarantee.
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Does your work bring you into contact with unpaid carers?

We can help

How the Carers' Resource can help you?

Whether they are your patients, clients, employees or colleagues, carers have a tough job and they need support.

Carers need help in their own right.

The Carers' Resource is a local service which is focused absolutely on carers' needs.

We listen, we understand, we are non-judgemental and we help. We have more than ten years' experience of working with carers to help find ways to improve their lives and the lives of those they care for.

We provide support for all carers, no matter what their age, race, religion or needs.

We help them to find out what support (practical, financial or emotional) is available and how to access it.

We can provide information on everything from specific illnesses and disabilities to short breaks and holidays, from transport to long-term care. We can put carers in touch with others in a similar situation and help them to plan for the future.

We also have a specialist service for young carers.



Who is a carer?

A carer is someone who, without payment, provides help and support to a friend, neighbour or relative who could not manage otherwise because of frailty, illness or disability. They may even be juggling paid work with caring responsibilities at home.

The Carers' Resource provides carers with:

Emotional support and time to talk

Benefits advice

Practical support and advice –

- adaptations
- equipment
- personal care
- transport

Support with hospital admission and discharge, and long term care

Information about –

- finance
- housing
- time off – away from home or at home
- outings and holidays

Time to think about their own needs –

- meeting people
- leisure and hobbies
- training and education
- employment

Volunteers to help