

Do you look after someone?

Getting support from
Adult Social Care



Who is a carer?

A carer is a person who looks after someone.

They may look after someone with:

- a physical disability
- a learning disability or autism
- health problems
- mental health problems

or, someone who is older.



How can we help?

We can give you advice and information.

Anyone can have a **carer's assessment**.

An assessment looks at:

- your goals
- what you are doing well
- how caring for someone affects your life and health
- how to get the support you need



We can help you to:

- have time off from caring
- use technology to make things easier
- think about your needs
- get support for the person you care for
- keep safe and well



Carers Personal Budget

This is money to pay for something you need (like a break or some training).

Your Carers Assessment will tell us if you need a Carers Personal Budget. It will say how much you need.

If you would like to talk to someone about getting an assessment please call:
Adult Social Care Direct 0345 60 80 191

Young carers

If you are under 18 and look after someone, you may be a 'young carer'. You could be helping with housework as well as caring.



We can look at what support you need. We will see if the person you care for needs support.

Contact East Sussex Young Carers:
0300 777 2011
info@eastsussexyoungcarers.org.uk

If you have a job

If you have worked somewhere for more than 26 weeks you can ask for flexible working. This is when your work hours or work place changes to help you. For information about this go to:
www.nhs/carersdirect and www.carersuk.org.uk



If you are worried about someone

If you are worried about yourself or someone you know being treated badly, please tell us.

We will talk to the person who you are worried about. We will plan how to keep them safe.

Call Adult Social Care Direct: 0345 60 80 191
In an emergency call: 999

If you need urgent help

If you need help in an emergency contact your social worker or,

Call Adult Social Care Direct 0345 60 80 191

On evenings or weekends call the Emergency Duty Service. They will help you.

Call Adult Social Care: 01323 636399

Or Childrens Services: 01273 335905

01273 335906



What support is available and who to contact.



Respite Care

Time off from caring.
This could be during the day, or overnight.
For a short or a long time.

Adult Social Care Direct: 0345 60 80 191



Respite Day time Care

Time off to go to health appointments,
courses or other things.

Care for the Carers: 01323 738 390
Email: info@cftc.org.uk



Carers Card

Cheaper entry to leisure activities and shops.
Details of someone to contact if something
happens to you.

Care for the Carers: 01323 738 390
Email: info@cftc.org.uk



Telecare

Helpful technology.
For example, emergency buzzers.

Adult Social Care Direct: 0345 60 80 191
Email: telecare@eastsussex.gov.uk



Back Care

Advice and information about how to look after your back.

East Sussex Disability Association:
Email:
Website:

01323 514515
dlc@esda.org.uk
www.esda.org.uk



Alzheimers Society

Information and advice for carers of people who have dementia. Group session, support and a helpline (01403 213017).

East Sussex Office:
Email:
Website:

01424 773687
east.sussex@alzheimers.org.uk
www.alzheimers.org.uk

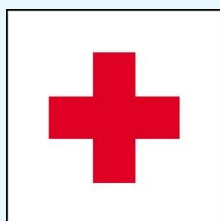


Association of Carers

Free volunteer services to carers.
Respite to cover health appointments,
friendship and support.

Phone:
Email:
Website:

0330 330 9498
info@associationofcarers.org.uk
www.associationofcarers.org.uk



British Red Cross

Free practical and emotional support.
Short breaks and support in a crisis.

Phone:
Email:

0800 0280 831
enquirieskentandsussexredcross.org.uk



Care for the Carers

Support for unpaid carers. Information and advice. Counselling and friendship.

Phone: 01323 738390
Email: info@cftc.org.uk
Website: www.cftc.org.uk



Coastal Wellbeing

Courses for carers who want to improve their own wellbeing.

Phone: 07507 734370 / 07598 323254
Email: Molly@coastalwellbeing.co.uk
Lucy@coastalwellbeing.co.uk
Website: www.coastalwellbeing.co.uk



East Sussex Drug and Alcohol Recovery Service

Advice, information, counselling and support groups. For people who use drugs as well as the people who are around them too.

Phone: 0300 30 38 160
Website: www.cri.org.uk



Headway Hurstwood Park

Support for people with brain injuries.
Support for carers – counselling, support groups, information; workshops and pampering mornings.

Phone: 01825 724323
Email: info@headway-hp.co.uk
Website: www.headway-hp.org.uk



Improving Carers Experience project

Information and advice, courses and activities. For people who care for someone with a mental health difficulty.

Phone: 01273 617100
Email: alan.icepro@btconnect.com
Website: www.iceproject.co.uk



Motor Neurone Disease Association

Support, information and advice.
Support line number: 08457 626262

East Sussex Branch: 01323 843084
Email: smallwood.sue@sky.com
Website: www.mndassociation.org

Southdown

Ambitions Vocational Support for Carers

Supporting carers to find, keep or return to work. Education, training and volunteering.

Phone: 01273 405822 / 07805 811186
Email: ambitions@southdownhousing.org
Website: www.southdownhousing.org/ambitions



Library services

Help to use library services if you are not able to leave someone alone.

Phone: 0345 60 80 196
Website: www.eastsussex.gov.uk/libraries



Care Choices

Information about care homes in East Sussex and help to choose one.

Phone:

0800 389 2077

Email:

enquiries@carechoices.co.uk

Website:

www.carechoices.co.uk



Support with Confidence

Information about services that have been checked for quality, training and safety.

Website:

www.eastsussex.gov.uk



Care Quality Commission

Making sure services are good quality and safe. They can give you information about services.

Phone:

03000 616161

Website:

www.cqc.org.uk



Service Placement Scheme

Part of Adult Social Care.

Advice and guidance for people who pay for support. Help to talk to services about how much you should pay.

Phone:

01323 464060

Website:

ASC.SPT@eastsussex.gov.uk



East Sussex1Space

Information about care and support services in your area.

Website:

www.eastsussex1space.co.uk



East Sussex Community Information Service (ESCIS)

Community groups and activities.

Website: www.escis.org.uk



Making decisions for someone

Community groups and activities

Website: www.gov.uk/make-decisions-for-someone



Community Connecting Directory

Community groups and activities.

Website: www.eastsussex.gov.uk/goingoutandmakingfriends

National Helplines



Carers Direct

Information and advice for carers.

Phone: 0300 123 1053

Website: www.nhs.uk/carersdirect



Carers UK

Information and advice for carers and professionals.

Phone: 0808 808 7777

Website: www.carersuk.org

Email: advice@carersuk.org



NHS 111

Free medical advice. Not for emergencies.

Phone: 111
In an emergency call: 999

Get involved



Carers Voice Groups

Groups for carers who want to be involved in making services better.

Phone: 01323 738390
Email: info@cftc.org.uk
Website: www.cftc.org.uk



The People Bank

For people who want to get involved in making Adult Social Care services better.

Phone: 01273 481 565
Email: ASCconsultation@eastsussex.gov.uk
Website: www.eastsussex.gov.uk/volunteering



Healthwatch

Information to help people make good health choices. Also collects views about services.

Phone: 01323 643304
Email: info@healthwatcheastsussex.co.uk
Website: www.healthwatcheastsussex.co.uk

National Helplines



POhWER Advocacy

An advocate can support you at meetings, in writing, in court etc They can speak for you if you need them to.

Phone:

0300 456 2370

Email:

pohwer@pohwer.net

Website:

www.pohwer.net



Adult Social Care Comments or Complaints

If you want to make a suggestion or complain about something.

Phone:

01273 481242

Text:

07797 877777

Email:

asccommentscomplaints@eastsussex.gov.uk

Address:

Complaints Team
Adult Social Care
East Sussex County Council
County Hall
St Annes Crescent
Lewes, BN7 1UE

Money and Benefits



East Sussex Benefit Helpline

Help and advice for working age people.
Information about the Carer's Allowance.

Phone:

0333 344 0681

Email:

benefitseastsussex@harcuk.com

Website:

www.eastsussex.gov.uk/community/benefits



Benefits advice for people over 60

Citizens Advice will give you advice and information. The number below will give you a local number or address.

Phone:

08444 111 444

Website:

www.citizensadvice.org.uk/england

National Helplines



Macmillan Cancer Support Welfare Benefits Advice Service

Help and advice if you are caring for someone who has cancer.

Phone:

01323 635989

Email:

macmillan@moneyadviceplus.com

Website:

www.macmillan.org.uk

Work



Job Centre plus

Help to find a job or training. They may be able to cover the cost of care whilst you train.

Phone:

0845 6060234

Textphone:

0845 6055255



Adult Social Care Direct

There are more leaflets about Adult Social Care. You can get them from us or from the internet.

Call Adult Social Care Direct: 0345 60 80 191

Email: socialcaredirect@eastsussex.gov.uk

Text: 07797 878111

On evenings or weekends call the Emergency Duty Service. They will help you.

Call Adult Social Care: 01323 636399

Or Children's Services: 01273 335905

01273 335906



Health Information

Advice and information about health.

Website: www.nhs.uk



Sussex Mental Healthline

Evening and weekend support and information about mental health.

Phone: 0300 50 00 11