

# Easy Read Fact Sheet 11 Personalisation and Help for Carers



Your Support Plan should make sense to you, your Carer, your family and your friends. You should be able to find solutions that work for you all.



## What is a Carer?



A Carer is someone who is unpaid, and looking after a relative, friend or neighbour, who is ill, disabled, frail or in need of emotional support.

Carers under the age of 18 are referred to as Young Carers.

This definition does not include paid care/support workers or volunteers from voluntary organisations.



## What help is there for Carers?

	<p>A Carer can ask for a Carers Assessment from Social Services, even if you do not wish to have a Social Care Assessment.</p> <p>The Carers Assessment is simply a conversation to find out about a Carer's situation and what would help them in their role.</p>
	<p>The following things may be talked about in their conversation.</p>
	<p>How willing and able is your carer to continue to provide support and care.</p>
	<p>How is your carer's health and well-being.</p>
	<p>How able is your carer to take part in work, education, training and leisure activities.</p>
	<p>You will normally have either a Carer or a Main Supporter. Independent voluntary organisations can help with your Carer or Main Supporter in lots of different ways. They can help with:</p>
	<p>Information and advice Services</p>

 A leaflet titled 'Benefits' with a sub-heading 'Carer's Allowance'. It features a photograph of a woman in a red jacket and a man in a white shirt.	<p>Financial Advice including Welfare Benefits</p>
 A group of five people (three men and two women) sitting together in a room. The text 'Social Club' is written below the photo.	<p>Joining support or social groups</p>
 A close-up photograph of an older man and a woman smiling together.	<p>The York Carers Centre can find carers support and help.</p> <p>17 Priory Street, York YO1 6ET.</p>



For further information please look at the other Fact sheets in this series and our website: [www.york.gov.uk](http://www.york.gov.uk)