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| **Contingency plan agreed** yes/no Crossroads ERS family support Message in a bottle Care line Carers alert card Date agreed: ……………………..Review date: ……………………….

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| **Useful Contact Numbers** |
| **Carers Support WS** | 0300 028 8888 |
| **Out of Hours GP** | 111 |
| **Onecall Coastal**  | 01903 254789 |
| **Out of Hours WSCC Social Services** | 01243 642121 |

**Contact Number: 01243 623521** |

**Carers Information**



This leaflet contains agreed interventions and contingency plans for …………...

**Assessment Date:**

**Clinician:**

**Contact Number: 01243 623521**

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| 12345678910 | **TOP TEN TIPS FOR CARERS****Tell your GP you’re a carer.** It’s important you register as a carer with your GP Surgery. If they know you have caring responsibilities they can monitor your health and more closely support you**Request a Carers Assessment.** By contacting Carers Support on 0300 028 8888 or Adults Carepoint on 01243 642121**Take care of yourself.** Carers tend to put the health of the person they are caring for first and their own health last. If you feel unwell visit your GP. Don’t put it off.**Take time out if you can.** To enjoy the things you enjoy doing. Sitting services are available from various agencies**Accept help.** Don’t feel guilty or selfish. We all need help from time to time, it doesn’t mean that you are not managing and could help you cope better. **There’s lot of advice, information and support out there.** Useful websites include [www.gov.uk](http://www.gov.uk), [www.carersuk.org](http://www.carersuk.org), [www.carers.org](http://www.carers.org) and [www.carerssupport.org.uk](http://www.carerssupport.org.uk). **Communication is key.** Be open and honest about how you want to be communicated with (phone, email, letter) If you don’t say, people will not know**Everyone is different.** What mind help one person may not help another but getting the right support will empower you and give you confidence. Do what’s right for you**Financial support.** If you need advice about benefits debts or financial concerns you could speak with Citizens Advice Bureau, a private solicitor or DWP**Local organisations can help.** We can put you in touch with all sorts of groups and courses for carers |
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