

Help for Friends, Family & Carers

What is a carer?

A carer is anyone, including children and adults, who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

Caring can take a variety of forms, such as personal care, practical help with things like shopping or housework, emotional support, or help with managing behaviours or relationships. You don't have to be living with the person you support to be helping to care for them. You could be helping for a few hours a week or supporting them full time.

Register as a carer with your GP.

What is a Carer's Assessment?

Under the Care Act 2014, local authorities have a legal duty to provide adult carers with a Carer's Assessment. The assessment is free and separate from the needs assessment the person you care for might have. It looks at your physical, mental and emotional needs.

Any carer who needs support can have an assessment regardless of the amount or type of care they provide, finances or level of need for support.

Scan the QR Code
to give **carer**
feedback on our
service

[forms.office.com/r/
AG0vHgWhiy](https://forms.office.com/r/AG0vHgWhiy)



**Scan the QR
Code**
to visit our
Carer
Information
webpage

Web

[www.berkshirehealthcare.nhs.uk/
carers-information](http://www.berkshirehealthcare.nhs.uk/carers-information)

Our webpage covers:

- Your health & wellbeing
- Your rights as a carer including links to help you find out if you're eligible for any benefits or allowances
- Local support for carers
- Triangle of Care – Help and advice for Mental Health
- Our services

Are there any Carers Support Groups locally?

You can find free independent information, advice and support through local authorities and volunteer groups. They can help you maintain your wellbeing, and stay connected to your community with carer groups, events, training and befriending schemes. Our providers in Berkshire are:

Reading & West Berks Carers Partnership

(Age UK (Reading & Berkshire); Mencap and Communicare))

Web <https://carerspartnership.org.uk>

Cared for person has a learning disability

Call 0118 926 3600

Email carers@readingmencap.org.uk

Cared for person over 50

Call 07716 418 941 or 0118 950 2480

(Reading)

Call 0118 959 4242 (West Berks)

Email carers@ageukreading.org.uk

Email info@ageukberkshire.org.uk

Carers of people under 50 Reading & West Berks

Call 0118 926 3941

Email office@communicare.org.uk

Wokingham Carers Partnership

(Age UK Berkshire; Promise Inclusion, Berkshire Youth)

Web

www.carerspartnership.org.uk/wokingham-carers-partnership/

Carers age 19+

Call 0118 959 4242

Email carers@ageukberkshire.org.uk

Carers of children & adults with a learning disability/autism

Call 0300 777 8539

Email admin@promiseinclusion.org

Carers age 18 & under

Call 0118 909 0927

Email admin@berkshireryouth.co.uk

Bracknell

Web www.signal4carers.org.uk

Call 01344 266 088

Email info@signal4carers.org.uk

Slough

Web www.slough.gov.uk/carers

Call 01753 303 428

Email sloughcarers@slough.gov.uk

Windsor, Ascot, Maidenhead

Web www.rbwm.gov.uk/home/adult-social-care/carers

Call 01628 683 744

Web www.optalis.org/support-for-carers

