

### **Useful information for carers**

NHS Carers Direct Helpline

08088 020202

Carers UK

08088 087777 www.carersuk.org

The Carers Trust

info@carers.org

**Dudley Carers** Network

01384 818723

www.dudley.gov.uk/carers

Crossroads Care Dudley

01384 298513

dudley@crossroads.org.uk

Age UK Dudley: information and advice 01384 267006

CAB Care and Disability Advice Line

08080 486486

CADAL@dudleycabx.org

**Dudley Carers Forum** 

01384 267427

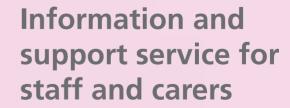
commcare@dudleycvs.org.uk

Looking after me programme: A free course for adults who care for people living with a long term health condition or disability

01384 321808

www.dudley.nhs.uk/epp

# Support for Carers













## Are you a Dudley Carer?

Do you live in the borough of Dudley or have a Dudley GP and provide unpaid support to a family member or friend who couldn't manage without this help?

If so, then you are a Dudley Carer.

There are many unpaid carers in Dudley who do not realise that there is information and support available to them. A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. The carer maybe caring for a relative or a friend who is ill, frail, disabled or who has mental health or substance misuse problems.

# **Carer support in hospital**

If you need advice or support in relation to the carer support that you provide i.e. benefits, health or what happens when the person that you care for is discharged from hospital. Or if you want to talk to someone about any aspect of caring, you can get information and support from the Carer Coordinator at The Dudley Group.

The Dudley Group NHS Foundation Trust includes: Russells Hall Hospital, Corbett and Guest Outpatient Centres, and many of the healthcare services for adults in the community, for example district nursing and leg ulcer clinics.

#### The role of the Carer Coordinator?

The role of the Carer Coordinator at The Dudley Group is to:

- To identify relatives/friends who provide care or support to patients
- To assist relatives/friends in recognising their caring role and identify appropriate support that is available to them
- To promote the rights and needs of carers to staff
- To provide information and support to carers and staff to enable carers to access services in regard to health, social care, benefits, admission and discharge process as well as information/support available to carers in the Dudley area
- To contact identified carers following discharge to establish any further support needs they may have
- To promote the Carer Aware Course provided by Dudley MBC: www.dudley.gov.uk/careraware
- To promote 'Looking After Me' programme for carers, which is part of Dudley Public Health's Expert Patient Programme

## **Contacting the Carer Coordinator**

You can refer yourself to the Carer Coordinator or ask a member of staff to make contact on your behalf.

Telephone: 01384 456111 ext 1568 Email: Sharon.Mcglynn@dgh.nhs.uk





