**LOOKING AFTER SOMEONE**



**Do you look after someone who could not manage without you?**

**Sandgate Road Surgery**

**180 Sandgate Road**

**Folkestone**

**CT20 2HN**

**01303 851241**

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| **You may be a carer…**  **…**If you provide help and support to a partner, relative, child, friend or neighbour who could not manage without your help due to physical or mental illness, disability, frailty or addiction. There are thousands of unpaid carers in Shepway.  Anyone can become a carer – children, parents, daughters, sons, spouses, partners and friends. Many people don’t think of themselves as carers; they just look after someone close to them.  Caring often just happens to you, as you find that someone close to you gradually needs more help. |

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| **Support for *you***  Becoming a carer can feel isolating and it’s often a struggle to get the information you need.  When you are looking after someone, it’s important to have some help and support for yourself, such as a break from caring. Your local council (Social Services) will be able to tell you how they can help and explain about Carers Assessments.  Carers Support (Ashford, Shepway and Swale) is a local organisation that can provide you with information and advice on any aspect of caring and services that might be useful, such as Carers Emergency Card.  Carers Support can put you in touch with other organisations that offer specialist support, for example about dementia, mental health problems, or recovering from a stroke.  There is more information about Carers Support and lots of other useful telephone numbers in our pack. |

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| **Financial assistance**  You may be entitled to some financial assistance if you care for someone. The government website can give you a lot of information: www.gov.uk/browse/disabilities/carers  **Carer’s Allowance**  You could get £66.15 a week if you care for someone at least 35 hours a week and they get [certain benefits](https://www.gov.uk/carers-allowance/eligibility).  You do not have to be related to, or live with, the person you care for.  You do not get paid extra if you care for more than one person.  Carer’s Allowance can affect the [other benefits that you and the person you care for get](https://www.gov.uk/carers-allowance/effect-on-other-benefits). You have to pay tax on it if your income is over the [Personal Allowance](https://www.gov.uk/income-tax-rates).  **What else you can get**  For each week you get Carer’s Allowance you’ll automatically get [National Insurance credits](https://www.gov.uk/national-insurance-credits).  You may also be able to apply for:   * [support from your local council](http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/carers-assessment.aspx) * a [Council Tax Reduction](https://www.gov.uk/council-tax-reduction) * [Income Support](https://www.gov.uk/income-support) if you’re on a low income * [income-based Employment and Support Allowance](https://www.gov.uk/employment-support-allowance) if you cannot work because of a medical condition or disability * [Pension Credit](https://www.gov.uk/pension-credit) if you’re over working age   **Carer’s Credit**  You could get Carer’s Credit if you’re caring for someone for at least 20 hours a week.  Carer’s Credit is a [National Insurance credit](https://www.gov.uk/boost-state-pension/eligibility) that helps with gaps in your National Insurance record. Your State Pension is [based on your National Insurance record.](https://www.gov.uk/national-insurance/what-national-insurance-is-for)  **Contact the Carer's Allowance Unit**  Get information on [Carer’s Allowance](https://www.gov.uk/carers-allowance) and how to make a claim.  **General enquiries**  Telephone: 0800 731 0297 Textphone: 0800 731 0317  [NGT text relay](http://ngts.org.uk/) (if you cannot hear or speak on the phone): 18001 then 0800 731 0297  Monday to Friday, 8am to 6pm  [Find out about call charges](https://www.gov.uk/call-charges)  Carers Allowance Unit  Mail Handling Site A  Wolverhampton  WV98 2AB |

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| **More information to help you**  Please make sure you ask for the full carers pack from the surgery reception.  It contains lots of useful information and contact details for organisations that can help you so you don’t feel like you are on your own.  Carers Support can be contacted by phoning 01233 664393. They are based in Ashford but cover Shepway as well.  Carers Support provide free high quality advice, guidance and support to unpaid carers in Ashford, Shepway and Swale. Their primary aim is to provide timely and appropriate services to carers from the age of 16 years, who are caring for someone. |