

CARERS SUPPORT AND INFORMATION

There is a wealth of information on the [NHS](#) website about carers and caring. Below are some links into the site that we hope you will find useful.

- [A guide to care and support](#)

Information for carers and people who have care & support needs.

- [Caring for someone](#)

Advice on providing care, medicines etc.

- [Care after hospital](#)

Providing care for people who have been recently discharged from hospital.

- [Taking a break](#)

Caring for someone can be a full-time job - find out about accessing breaks and respite care.

- [Support and benefits for carers](#)

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- [Work and Disability](#)

Guidance, support and help with employment issues.

[Being a Young carer](#)

Advice for carers 18 or under and their entitlement to support

Finance and Law

Help claiming benefits, looking after your bank balance and understanding the legal issues of caring.

- [Benefits for carers](#)

Directing carers to the benefits that can help them in their caring role

- [Benefits for the under-65s](#)

Advice and information on helping the person you look after get the benefits that they are entitled to.

[Benefits for the over-65s](#)

Advice and information on financial support for older people with a disability or illness.

- [Carer's Assessment](#)

How your benefits may be affected after the death of the person you look after and what happens to their benefits

- [Other benefits](#)

Advice for carers and the people they are looking after on claiming a whole host of other benefits unrelated to their disability or caring

Contact Carers Direct

Telephone: 0800 808 7777

Helpline Information

<http://www.nhs.uk/carersdirect/carerslives/updates/pages/carersdirecthelpline.aspx>

Email CarersDirect@nhschoices.nhs.uk

Office Hours: Monday to Friday, 10am to 4pm at weekends. Calls are free from UK landlines.