

<b>Useful Contacts</b>
<p><b>Age UK</b> Advice for unpaid carers of an older person. You can request a home visit if you are unable to leave the house. <b>Tel:</b> 0800 055 6122 <b>Web:</b> <a href="http://www.ageuk.org.uk/information-advice/care/helping-a-loved-one">www.ageuk.org.uk/information-advice/care/helping-a-loved-one</a></p>
<p><b>Camden Carers Service</b> Supports carers over the age of 18 who live in Camden or look after an adult living in Camden. <b>Tel:</b> 020 7428 8950 <b>Web:</b> <a href="http://www.camdens.org.uk">www.camdens.org.uk</a></p>
<p><b>Care Quality Commission (CQC)</b> The CQC are the independent regulator of health and social care in England. It can be helpful to check their website for the latest CQC report of any Residential/Nursing Home/Care Agency you may be considering for short/long term care. <b>Web:</b> <a href="http://www.cqc.org.uk/search/services/services-in-your-home">www.cqc.org.uk/search/services/services-in-your-home</a></p>
<p><b>Carers Network</b> Support carers over the age of 18 who look after an adult living in Westminster. They can complete a Carers Assessment with you and help you apply for Carers Personal Budget if eligible. <b>Tel:</b> 020 8960 3033 <b>Web:</b> <a href="http://www.carers-network.org.uk">www.carers-network.org.uk</a></p>
<p><b>Carers UK</b> A national charity providing information, advice and support to carers. <b>Advice Line:</b> 0808 808 7777 <b>Web:</b> <a href="http://www.carersuk.org">www.carersuk.org</a></p>
<p><b>Improving Access to Psychological Therapies (IAPT)</b> Provides psychological help with difficulties such as stress, worry and feeling low. You can self-refer by calling 030 3333 0000</p>
<p><b>Migrants Resource Centre - Legal Advice Team</b> Sign-posting for housing, welfare benefits, money &amp; debt advice. <b>Tel:</b> 020 7402 6750 (General Advice - Westminster</p>

<p>Residents only) <b>Web:</b> <a href="http://www.migrantsresourcecentre.org.uk">www.migrantsresourcecentre.org.uk</a></p>
<p><b>Peoplefirst</b> Council run and funded, the site provides information on private, voluntary and public sector services for older adults, people living with disabilities and carers. <b>Web:</b> <a href="http://www.peoplefirstinfo.org.uk">www.peoplefirstinfo.org.uk</a></p>
<p><b>Penfold Community Hub</b> Offers free or low-cost activities and advice to Westminster residents over the age of 50 or carers. <b>Tel:</b> 020 3815 0033 <b>Web:</b> <a href="http://www.nhhg.org.uk/penfold">www.nhhg.org.uk/penfold</a></p>
<p><b>Private Care Agencies</b> We are unable to vouch for a particular Home Care Agency. However, below are 3 local agencies whose most recent CQC inspection rating is 'Outstanding' :</p> <ul style="list-style-type: none"> <li>▪ Bluebird Care (Westminster) Tel: 020 7976 6163</li> <li>▪ Bluebird Care Camden &amp; Hampstead Tel 020 7449 0557</li> <li>▪ SweetTree Home Care Services Tel: 020 7624 9944</li> </ul>
<p><b>Westminster Access to Childrens Services</b> For carers of someone under the age of 18 years. <b>Tel:</b> 020 7641 4000 <b>Web:</b> <a href="http://www.westminster.gov.uk/safeguarding-children-contacts">www.westminster.gov.uk/safeguarding-children-contacts</a></p>
<p><b>Young Carers Westminster Children's and Families' Assessment Team Service</b> <b>Email:</b> <a href="mailto:AccesstoChildrensServices@westminster.gov.uk">AccesstoChildrensServices@westminster.gov.uk</a> <b>Tel:</b> 020 7641 4000 <b>Family Action Islington and Camden Young Carers</b> <b>Web:</b> <a href="https://www.family-action.org.uk">https://www.family-action.org.uk</a> <b>Tel:</b> 020 7272 6933</p>
<p style="text-align: center;"><b>COMMENTS / SUGGESTIONS</b></p> <p style="text-align: center;">The support groups/agencies contained within this leaflet is NOT exhaustive.</p> <p style="text-align: center;">We welcome any feedback from you and would value your views on what is, or is not, helpful and any suggestions you may have on what should be included.</p>

# St Johns Wood Medical Practice Information For Carers



**St Johns Wood Medical Practice**  
**Brampton House**  
**Hospital of St John & St Elizabeth**  
**60 Grove End Road**  
**NW8 9NH**  
**Tel. No. 020 3657 9449**  
**Fax No. 0844 477 8591**  
[www.stjohnswood.nhs.uk](http://www.stjohnswood.nhs.uk)

<p><b>AM I A CARER?</b></p> <p>A carer is someone who provides unpaid help and support to a partner, relative, friend or neighbour who could not manage without this help. The person you care for could be either an adult or child, with:</p> <ul style="list-style-type: none"> <li>▪ A medical or long-term condition</li> <li>▪ A physical or learning disability</li> <li>▪ Sensory impairment</li> <li>▪ Dementia</li> <li>▪ A mental health condition</li> <li>▪ Substance dependency</li> </ul> <p><b>IMPACT OF BEING A CARER</b></p> <p>Caring responsibilities can have an impact on:</p> <ul style="list-style-type: none"> <li>▪ Physical health</li> <li>▪ Mental health</li> <li>▪ Educational and employment prospects</li> <li>▪ Finances</li> <li>▪ Relationships</li> <li>▪ Social isolation</li> </ul> <p>For many, being a carer is rewarding with many positive aspects. However, at the practice we recognise being a carer can also leave you needing support.</p> <p>As a carer you may be able to access a range of help and support from your local council and from independent organisations and charities. We have put together this leaflet to help you identify some of the agencies who can support you in your vital role.</p> <p style="text-align: center;"><b>Identifying yourself as a carer is key to accessing the support, advice and information you need.</b></p>
--

<p><b>CARER’S ASSESSMENT</b></p> <p>The best way to identify and access support in your role as a carer is through a carer’s assessment. All carers over the age of 18 who care for an adult have the right to a carer’s assessment. The Care Act 2014 gives local authorities a responsibility to assess a carer’s needs for support. You may be entitled to support in your own right, even if the person whom you look after does not want and / or meet the council’s criteria for receiving support. If you and the person you care for agree, a combined assessment of both your needs can be undertaken at the same time. The assessment can be requested from the local council adult social services department of the person you care for or via Carer’s Network (Westminster) or the Camden Carer’s Service.</p>
<p><b>HELP AT THE PRACTICE</b></p> <p><b>Register with us as a carer by completing our Carer Identification and Referral Form which can be found at our Reception desk or at our website <a href="https://stjohnswood.nhs.uk">https://stjohnswood.nhs.uk</a>. Once we are aware of your carer status we can.....</b></p> <ul style="list-style-type: none"> <li>▪ Update your record to show that you are a carer</li> <li>▪ Offer you a Care Plan / Health Check appointment to focus on <u>your</u> health care needs</li> <li>▪ Offer you a free annual flu vaccination</li> <li>▪ Offer you a referral to your local carer support service</li> <li>▪ Offer you a referral for a statutory carer’s assessment from the local authority</li> </ul>

<p><b>FINANCIAL SUPPORT</b></p>	<p>Be sure you and the person you care for receive the benefits you are entitled to. If you spend at least 35 hours a week caring you may be able to claim Carers Allowance. Additionally, the person you care for may be entitled to receive Attendance Allowance depending on their care needs.</p>
<p><b>HEALTH &amp; WELLBEING</b></p>	<p>As a carer putting your own needs first can be difficult. However, being healthy is important for you and the person you care for. If we know you are a carer we can offer you a Care Plan/Health Check appointment at the Practice.</p>
<p><b>ISOLATION</b></p>	<p>Isolation can affect you as a carer and the person you are caring for. There are a number of organisations who recognize the importance of networking and social support. Have you considered social groups / lunch clubs or day centres? Befriending may be an option if the person you care for is unable to leave the home and is isolated.</p>
<p><b>GETTING A BREAK</b></p>	<p>At some point you may need to source help with caring so you can have a break and recuperate. This can be a difficult decision to make but it is important that help is found before you get to breaking point. This can be found by asking family/friends to help, employing a care worker or getting support from your local authority i.e. day centre / respite.</p>