

CARER'S ASSESSMENT & WELLBEING PAYMENT

A Carer's Assessment is for anyone 18 or over who is looking after another adult due to disability, illness, frailty or addiction and cannot cope without support. We'll look at how your caring role impacts on your physical, mental and emotional wellbeing, as well as what support may assist you.

As part of your Carer's Assessment, we'll encourage you to think about:

- Strengths and resources you have and how these can be best used
- What support would improve your wellbeing
- How a one-off Wellbeing Payment could make a real difference to you.

We can advise you on welfare entitlements, training, support groups and other services available locally. To complete your Carer's Assessment, we'll need check the following:

- Proof of ID and address
- Details about the care you provide
- That you care for a Birmingham resident



0333 006 9711



info@birminghamcarershub.org.uk

Looking for a sitting or befriending service so you can get a short break from caring?



Caring For Carers



We've created 'Caring For Carers' for you to find a local personal sitting service to take care of your loved one for a short while.



caringforcarers.org.uk



Birmingham Carers Hub is a service run by Forward Carers. Forward Carers is an award-winning social enterprise that prides itself on making a real difference to carers. We work in partnership with other locally based not-for-profits and businesses to make communities 'Carer Friendly'.

For more information about who we are, what we do and the difference we make, check out:



forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



CARING FOR A FAMILY MEMBER OR FRIEND?

If you help or support someone due to a disability, serious illness, frailty or addiction, **we're here to help.**



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birminghamcarershub.org.uk

ARE YOU A CARER?



Carers support family members & friends in many ways...



Personal Care



Household chores



Emotional Support



Physical Assistance



Finances



Communicating



Health

DEMENTIA CARERS



We offer dedicated support to carers supporting someone living with dementia. This includes:

- Information & Advice
- Carer's Assessment
- Awareness training for your caring role
- Local Support Groups
- Advice on practical aids & home safety



0333 006 9711



YOUNG ADULT CARERS



Are you aged 18-25 and caring for someone?

We can help you reach your full potential. We offer:

- Information & advice
- An assessment of your needs
- Regular groups & drop-in sessions
- Individual life coaching to achieve your goals



0121 354 5614



YAC@birminghamcarershub.org.uk

FREE SUPPORT



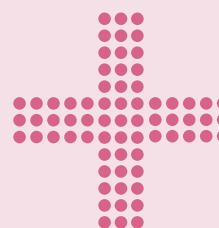
Birmingham Carers Hub offers a range of support:

- Information & Advice
- Events & Activities
- Welfare Entitlements
- Health & Wellbeing
- Online Training
- Arts and Craft
- Support Groups
- Yoga...

We're here to help all carers regardless of any communication need. Call us today



0333 006 9711



Need help in an Emergency? Register with CERS today.

Run by our partner Midland Mencap, CERS offers a free back-up support service (up to 48hrs) if you're unable to care due to an emergency. CERS also can also support you with pre-planned medical appointments.



0333 006 9711



info@cers.org.uk

PARENT CARERS



Are you a parent of a child aged 4-18 with additional support needs?

We can provide a range of support, advice and guidance aimed at improving your wellbeing.

Find out about our Max Cards for discounted fun family days out.



0121 442 2944



families@midlandmencap.org.uk

Supported by



BIRMINGHAM CHILDREN'S TRUST