



Are you a carer?



**Easy
Read**

Easy Read



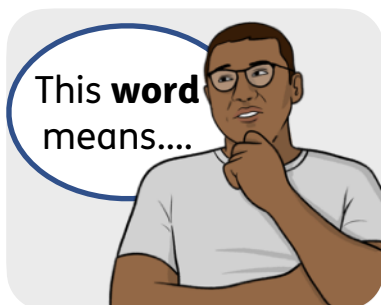
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



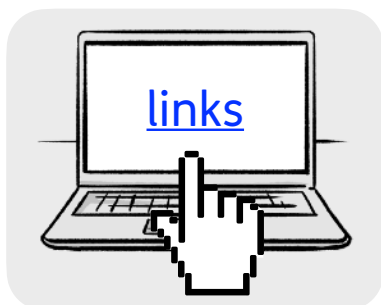
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

About this leaflet	4
Different kinds of carer	5
What carers do	7
Getting support	9
Find out more	12

About this leaflet



The City of London has written this leaflet to explain how we can support carers.

You might be a carer if you are:



- An adult who gives care and support to another adult. This is called being an adult carer.



- Under 18 and take care of someone else. This is called being a young carer.



- A parent of a child with **SEND**. This is called being a parent carer.

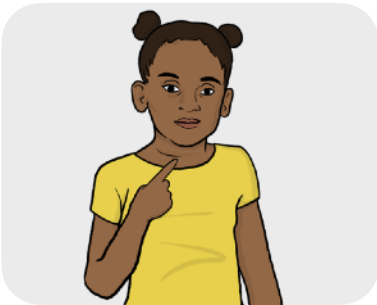
SEND stands for **S**pecial **E**ducational **N**eeds and **D**isabilities. Children and young people with SEND need some extra support to learn and grow.

Different kinds of carer

Adult carers



It is very important that you look after yourself. If you are an adult carer, you can find out about the support you can get on page 9.



Young carers

As a young carer, it is very important that you look after yourself.



That way you can enjoy your childhood and give the best care to the person, or people, you care for.

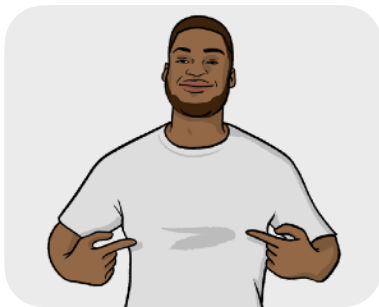


You can feel proud to be a carer.



If you are a young carer, you can find out about the support you can get on page 10.

Parent carers



As a parent carer, it is important that you take care of yourself as well as your child.



The services on page 10 will give you support and advice.

What carers do

As a carer, you may care for any of these people:



- A disabled person.



- Someone who has mental ill health or learning difficulties.



- Someone getting better from an illness or injury.



- Someone with a long-term illness.



- An older person.

You might help them by:



- Listening to them and talking to them.



- Helping them with chores, like cleaning, cooking, washing, ironing or shopping.



- Supporting them to take medicines.



- Helping them stay clean and healthy, including eating, going to the toilet, washing and dressing.



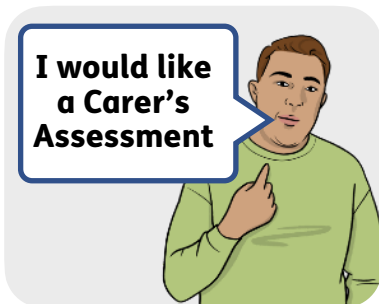
- Making sure they can move around their home.

Getting support

Get a Carer's Assessment



A **Carer's Assessment** is where our staff talk to you to work out how we can support you.



If you are an adult carer living in the City of London, you can ask for a Carer's Assessment.



We will think about the support you need, and what support you can get. We will agree a plan with you.



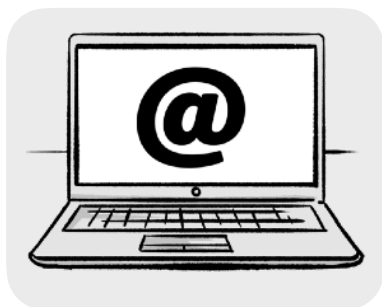
Contact us to get started.

Parent carers and young carers

If you are a parent carer or young carer, contact our Children and Families Team, by either:



- Phone: 020 7332 3621



- Email: children.duty@cityoflondon.gov.uk

Other support



Tell your GP (doctor) that you are a carer.

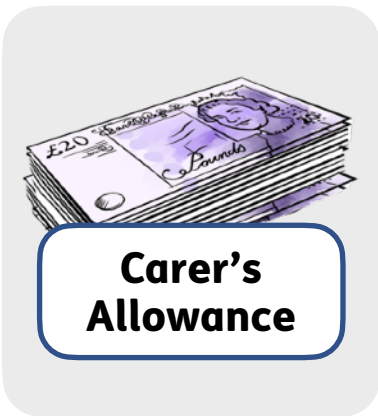


They will give you extra support, like making it easier for you to get to appointments.



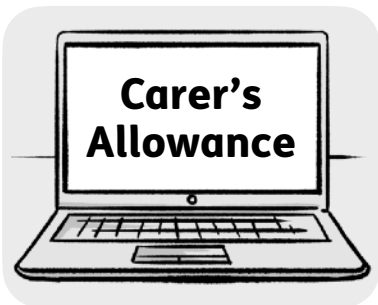
You can get help from the government to work while being a carer.

Search for: 'working and supporting someone's care' on the internet to find out more.



You might be able to get Carer's Allowance.

This is money from the government that helps carers pay for the things they need.



Search 'Carer's Allowance' on the internet to find out more.



You can also find out more on our website:

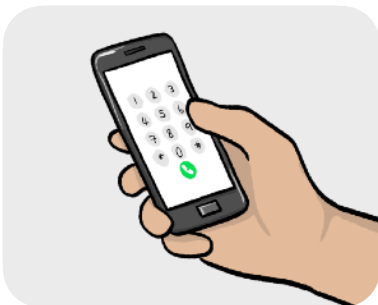
www.cityoflondon.gov.uk/carers

Find out more

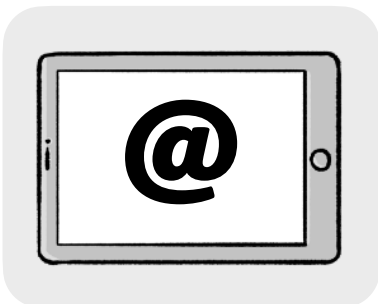
You can contact us by:



- Post:
Community and Children's Services
Guildhall, North Wing
PO Box 270
London
EC2P 2EJ



- Phone: 020 7332 1224



- Email:
adultsduty@cityoflondon.gov.uk

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