

You might be a carer if...



You are an adult who provides care and support for another adult.

You are under 18-years-old and take care of someone else.

You are a parent who is responsible for a child with a special educational need or disability (SEND).



Are you a carer?

Department of Community
and Children's Services
City of London Corporation



Adult Social Care

Adult Carers

An adult carer (over 18) helps an elderly relative or friend, an adult with physical or learning disabilities or an ill husband, wife or partner.

On the last page you will find information and options that are available to support you.



Young Carers

A Young Carer is under 18 years old and provides care for a family member.

As a young carer, it's very important that you look after yourself. That way you can enjoy your childhood and provide the best care for the person/people you take care of.

You can feel proud to be a carer. Acknowledge you are a carer and access the free services on the back page to access support.

Parent Carers

A parent carer provides care for a child with special educational needs or disabilities (SEND) that they have parental responsibility for.

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

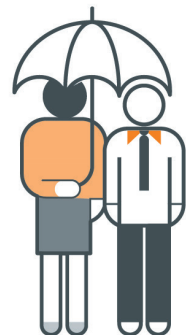
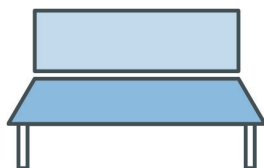
The free services on the back page offer a wide breadth of support, knowledge and guidance to help you.

As a carer you will probably care for:

- a person with disabilities
- someone who has mental ill health or learning difficulties
- someone recovering from a recent illness or injury
- someone with a long-term illness
- a person with age-related difficulties

You might support them through:

- **Emotional support** like listening and talking.
- **Household chores** like cleaning, cooking, washing, ironing or shopping.
- **Medication support** such as picking up medication, reminding them about medication, or physically helping them with tablets or creams.
- **Personal care** like help with eating, getting to the toilet, washing and dressing.
- **Physical care** like ensuring they can move around their home.
- and more



Request a Carer's Assessment

If you are an adult carer (living in the City of London), request a Carer's Assessment.

An Assessment will consider what support needs you have and if any support is available to you. The Adult Social Care Team will agree a support plan with you. Contact the team to get started.

If you are a parent carer or young carer, contact the Children's Social Care and Early Help team on **020 7332 3621** or email children.duty@cityoflondon.gov.uk

Other support

Tell your GP you are a carer - you'll get flexible appointments/text reminders and other help, like free vaccines.

Work help from DWP - Internet search for 'working and supporting someone's care'.

Carer's Allowance - You may be able to get Carer's Allowance, which is the main benefit available to carers. Internet search 'carer's allowance'.

More - see our Support Available for Carers leaflets or visit our web page by going to www.cityoflondon.gov.uk/carers

020 7332 1224 (Monday - Friday, 9am – 5pm)
020 8356 8855 (Out of Hours Emergencies)

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