

1. Who is an unpaid and family carer?

Anyone could be an unpaid and family carer:

- a 15-year-old girl looking after a parent with an alcohol problem
- a 40-year-old man caring for his partner who has terminal cancer
- an 80-year-old woman looking after her husband who has Alzheimer's disease

Often people **don't think of themselves as carers** but see what they are doing as part of their role e.g. mother, husband, son or friend

2. Identifying and Supporting carers

Being an unpaid carer can lead to:

- poorer physical and emotional health,
- social isolation,
- a need to give up work and financial difficulties.

It is important that unpaid and family carers are **supported to take care of themselves** and we all have a role to do this.

Carers often think they don't need support but helping people to build networks and get information, while the carer has the time and energy helps build their resilience for the future.

3. Shropshire Carers Team

Shropshire Carers team is a dedicated carer support team within Shropshire Council. We have friendly Carer Support Practitioners who can provide support and information, personalised for each carer.

We are **not a time limited service** and may be working with individual carers for:

- a short time
- longer periods of time,
- carers may dip in and out of our service depending on their needs.

8. THINK CARER!

The Shropshire Carer Team provides training and short talks giving tips on:

- identifying unpaid and family carers
- information about support available

If you would like to book a talk or training session, please contact **Margarete Davies**, Carers Lead Shropshire Council on 01743 255776 or by email:

Margarete.Davies@shropshire.gov.uk



4. Shropshire Carer Team Offer

- 1:1 support
- Support Line – 01743 341995 (Mon-Fri – 9am-5pm)
- Regular contact to check on the carers wellbeing
- Personalised information and advice
- Signposting or referral to specialist advice and support – e.g., benefits advice, advocacy
- Assistance with planning ahead
- Local peer support groups both virtual and in the community
- Events and activities

7. Other Support for carers

[Mobilise Shropshire](#) provides online support for carers commissioned by Shropshire Council

[A Wellness guide for carers](#) information to maintain a carers wellbeing

[Shropshire Choices](#) - a website that provides carers information, including how to request a [carer assessment](#)

[Shropshire Choices Support Finder 2023](#)- a directory for individuals, carers and families on local information.

6. Hospital Carer Support

A Hospital Carer Support Practitioner is available while the cared for person is in hospital. They provide discharge support, information, emotional support, signposting, face to face meetings and assessments.

They're easy to spot in their bright **orange** polo shirt with **CAN I HELP?** on the back! There are **orange** box files on each ward with information for carers .

Contact: Michele on 01743 256879 or email Michele.Lee.Carers@shropshire.gov.uk

5. How to refer to Shropshire Carer Support

Carers can self-refer, or referrals are by staff working in statutory, voluntary and community sector organisations.

Contact Shropshire Carers support line on 01743 341995 (Monday to Friday 9am-5pm) or email: Shropshire.Carers@shropshire.gov.uk

Who can you refer today?

Shropshire Carer Support
Identifying and supporting carers
8th September 2023