

CARING IN LEEDS



quick guide to services for carers

*Do you help to look after a friend, relative
or neighbour at home?*

There are ways that we can help you



www.leeds.gov.uk/caringinleeds

CARING IN LEEDS

The 2001 Census showed there are over 70,000 carers in Leeds helping to support an adult or child at home who is a relative, neighbour or friend. Carers make a big contribution to the quality of life of the person they look after, often at the expense of their own mental or physical well-being.

This leaflet gives an outline of the services available to support carers. More details are given in the directory *Choices for Carers*, and can be found on our website www.leeds.gov.uk/caringinleeds

Are you a carer?

If you give substantial and regular care or support to a person with a long-term illness, disability who is elderly or frail, or who has a substance misuse problem you might need some help.

There are many different types of help available from a range of organisations. However, which organisation you get support from often depends on the health condition and age of the person you are helping.



A Carer's Assessment

Social Care Services can do an assessment of your needs as a carer so that they can help you get the services you need. It doesn't matter whether the person you are helping is using a service from Social Care Services or not. To ask for an assessment call:

Telephone Centre: 0113 222 4401 Carers' of adults
0113 222 4403 Carers' of children

They will pass your details to the right office. Carers of people using mental health services can also get a Carers Needs Assessment by speaking to the mental health service professional involved with the person they care for.

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Information, support, advocacy and advice for carers

- **Alzheimer's Society Leeds** ☎ 0113 231 1727 – information, advice and support group for carers of people with Dementia/Alzheimer's, of any age.
- **Carers Leeds** ☎ 0113 246 8338 – advice, information, financial help, social events, courses, support from other carers. Email info@carersleeds.org.uk
- **Carers UK • Leeds** ☎ 0113 275 4718
• **National Helpline** ☎ 0808 808 7777
- **Older Carers Support Service** ☎ 0113 272 0377 – support service for people over 65 caring for an adult with a learning disability.
- **Mental Health Carer's Support Service**
☎ 0113 295 4444
support service for carers supporting someone with a mental health problem other than dementia.

Financial & other advice

- **Carers Leeds** ☎ 0113 246 8338
- **Citizens Advice Bureau** ☎ 08701 202450
and local offices.
- **Leeds City Council Welfare Rights Unit**
☎ 0113 214 9006

Planning for your emergencies

Carers Emergency Plan scheme – help if the carer is taken ill – **Claimar** ☎ 0845 026 8923. You must be pre-registered to use this scheme.



Short breaks & other respite breaks

- From Adult Social Care after an Assessment
- Family Placement – contact Social Services
- Home Based sitters schemes

South Leeds area ☎ 0113 274 1900

East Leeds area ☎ 0113 223 7321

North East Leeds area ☎ 0113 268 4211

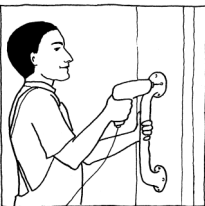
North West Leeds area ☎ 0113 240 4164

West Leeds area ☎ 0113 240 4164



Daytime activities for the person being cared for

- Day Care for older people with physical disabilities – Social Care
- Mental Health Day Services – Leeds City Council or Partnership Foundation Trust
- Daytime support to access community facilities and activities



Help in the Home

- Community support in the home
- Telecare equipment to keep people safe in the home
- Nursing services at home, physiotherapy, chiropody etc. – contact your GP

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Young Carers

- **The Willows Project** ☎ **0113 240 8368** can help a young person (and their family) who is affected by a caring situation to cope with problems and get some fun for themselves.



Help in a Crisis or Emergency

- **NHS Direct** ☎ **0845 4647** – for medical advice
- **Carer's Emergency Plan Scheme**
(must pre-register) ☎ **0845 026 8923**
- **Emergency services** ☎ **999**
- **Your GP**
- **The Samaritans** ☎ **0113 245 6789/0345 909090**
– a listening ear
- **Carers Leeds** ☎ **0113 246 8338** – advice and support
- **Emergency Duty Social Care Services**
☎ **0113 240 9536** (*out of hours tel number*)

CARING IN LEEDS

There are 2 other leaflets in this series:

Getting a Break

Assessments for Carers

These leaflets are available in large print, Braille and on audiotape as well as in the following languages:

Bengali, Cantonese, Punjabi and Urdu.

There is also a directory available about services for carers in Leeds: *'Choices for Carers'*

To get copies of any of the above, please telephone

☎ 0113 247 8629



Mental health crisis services

- **The Crisis Centre** ☎ 0113 275 5898
- **Connect Carers Helpline** ☎ 0808 800 1212
6pm–10.30pm
- **Saneline** ☎ 08457 678000 12 noon–2am
- **Your own Health Keyworker**