

Burford & Carterton Surgery

Carers Information

You may not see yourself as a 'carer' – you see yourself as a son, daughter, partner, friend or neighbour. But if you regularly support and care for someone who could not manage without you then you are a carer and there is help available to support you.

Respite care is alternative care or support for a 'cared for' person so the carer can have a break from caring. It can range from a break of a few hours during the day so that a carer can go out, to a longer break of a week or more. Respite care may be provided in the home or in another place such as a care home or respite centre. A financial assessment of the person being cared for will confirm whether they need to pay towards the cost of this service.

Carers Oxfordshire

This is a free service providing information and support to unpaid carers of adults to help them balance work and caring responsibilities.

You may be entitled to help with care giving. There are benefits available to carers - if you care for someone for at least 35 hours a week and are over 16 you may be able to claim Carer's Allowance. Visit www.gov.uk for more information about benefits.

Register for a carers' assessment. This gives you the chance to explain your caring role so that you can be provided with the right information, advice or support. Your physical and emotional wellbeing and quality of life are at the heart of the assessment and there will be opportunities throughout for you to explain if or how your caring role can be best supported.

When completing your assessment, think about your life, what you enjoy and would like to achieve, and the effect that your caring role has on you and your family. Please ring Carers Oxfordshire on 0345 050 7666.

Young Carers

If you are a young carer (aged under 18) the Oxfordshire Young Carers service works with schools, professionals and services to offer support. Contact the Young Carers Service at Oxfordshire County Council calling 0345 050 7666 or by emailing young.carers@oxfordshire.gov.uk for more information.

