



Due to the ongoing coronavirus situation not all services and activities listed on this website will be operating as normal. Click here for more information.

Durham Carers InfoPoint

There are thousands of unpaid carers in County Durham providing care or support to a relative, neighbour or friend. Most people who are carers don't see themselves as carers, but as husbands, wives, partners, parents, sons, daughters, siblings or friends.

Caring for someone can involve things like helping with their washing, dressing or eating, taking them to appointments or keeping them company when they feel alone. This website tells you about the support that is available for unpaid carers in County Durham.

Are you a carer?

Carers may receive different support depending on the care they provide and who they care for. There are four main types of carer:

Adult carers

If you are an adult who provides care for another adult who needs care and support, then you are an adult carer. Parents caring for their child who is over the age of 18 are also adult carers.

Parent carers

If you look after your own child who has a disability and is under the age of 18, then you are a parent carer.

Young adult carers

If you are aged 18 - 24 years and provide unpaid care, assistance or support to a family member who has care and support needs then you are a young adult carer.

Young carers

If you are a child or young person under the age of 18 who looks after someone with care and support needs, for example, a parent, sibling or other relative, then you are a young carer.

Who to contact

E-mail carersinfo@durham.gov.uk

Website www.durhamcarers.info

Disclaimer

Durham County Council's Families Information Service does not promote nor endorse the services advertised on this website. Anyone seeking to use/access such services does so at their own risk and may make all appropriate enquiries about fitness for purpose and

suitability to meet their needs.

Call the Families Information Service: **03000 269 995** or email: **fis@durham.gov.uk**



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