A carer is someone who helps another person, usually a relative or friend, in their day to day life. This is not the same as someone who provides care professionally or through a voluntary organisation.

If you wish to discuss any of this advice with us please contact us on the details provided at the end of this factsheet.

**Carers assessment**

The carers assessment looks at how your caring role affects your life, such as your physical, mental and emotional wellbeing, including whether you are able or willing to carry on caring. Carers can be eligible for support whether or not the adult whom they care for has eligible needs. *See factsheet G4 for more information.*

**Carers allowance**

If you are 16 or over and spend at least 35 hours per week caring for someone with substantial care needs, you may be entitled to a carer’s allowance. For eligibility details or to apply, please visit [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance). *See factsheet G5 for more information.*

**Young carers**

A young carer is a child or young person under 18, whose life is affected by caring for a member of their family. They may care for a relative who has a physical or learning disability, a long term illness, a terminal condition, a mental health condition, or difficulties with drug or alcohol use.

**Emergency support**

Our emergency support service can offer peace of mind by providing a care and support service to the person/people you care for, during unplanned events or circumstances. *See factsheet G3 for more information.*

**Support for carers**

There is a wide range of support for carers available in and around Peterborough.

**Carers Register**

Carers can contact us to sign up to receive regular helpful information about new services or service changes, carer-related events and other news via email.
**Carers UK**
A national charity that gives expert information and advice tailored to your situation and can support you to find new ways to manage at home, work or elsewhere. For further information visit their website [www.carersuk.org](http://www.carersuk.org).

**Family Carers Prescription**
Family carers of any age can see their GP for a prescription to access a specialist worker at Carers Trust Peterborough who can offer support, information and advice, including helping to organise a short break from your caring responsibilities. *See factsheet G3.*

**Carers Direct**
Provided by the NHS, they can advise options available to you about personal support for you and the person you care for, including assessments, benefits, personal budgets, direct payments, time off and work or education.

**Safeguarding**
Abuse can happen anywhere, at any time. If you have any concerns or suspicions that someone is being subjected to harm, neglect or abuse, please report this to us on 01733 234724 or call 999 if there is an immediate danger.

**Respite services**
If someone relies on you to care for them, it can be difficult to make time for yourself for routine appointments as simple as visiting the dentist or bank. Please contact us for more information about respite services. *See factsheet G3.*

**Carers Trust Peterborough**
Carers support groups, meetings and events are widely available across the city. To find out times, dates and locations please contact Carers Trust on 01733 645234 or visit [www.carerstrustcambridgeshire.org](http://www.carerstrustcambridgeshire.org).

**The Well Head Centre**
A registered charity that offers support to those who care full-time for family members and need time out from their current situation. For more information please visit [www.thewellheadcentre.co.uk](http://www.thewellheadcentre.co.uk).