

“ *We need to increase the help and support carers receive from all local agencies so they can continue to care effectively. The Government realises that the support and commitment of carers is critical in enabling people with learning disabilities to achieve independence, advice and inclusion.* ”

Government White Paper – ‘Valuing People’

## chapter

# 6 Supporting Carers

### Carers Assessment

### Further Help and Support

Looking after and caring for someone can be difficult and stressful. People caring for someone else may need help providing this care and will probably need time to themselves for a rest, or to follow their own interests. Help is available from social services directly or through organisations they fund to provide carers support services.

Information about what is available in Leeds can be found in a directory of carers services called ‘Choices for Carers’, available from Social Services offices, GP surgeries or by phoning ☎ **247 8924**. There are also shorter leaflets about: getting a break, carers services in Leeds, carers assessments and caring in black and ethnic minority communities.

Carers from black and ethnic minority communities may have particular concerns. Leeds Social Services employ a carer development worker for black and minority ethnic communities – for details contact **Social Services** on **395 0246**.

## Carers Assessments

The **Carers and Disabled Children Act 2000** entitles a carer to be assessed in their own right, even if the person for whom they care refuses a Community Care Assessment. This means carers can ask for an assessment at any time.

The aim of the assessment is to sustain carers in their role as carer. Services can now be provided to them as carers. This assessment is usually organised by social services and other people involved can be invited to take part as well. A plan is made setting out how the support is to be arranged. The carer gets a copy of the plan to keep. The assessment can be reviewed if circumstances change.



## Further Help and Support

### ● Leeds Carers Centre

Leeds Carers Centre supports informal carers by offering advice and information. They provide opportunities for carers to take part in social events, and hold a database of carers, professionals and organisations that receive a newsletter. They also support carers to be involved in consultation and training events, and run the **Carers Befriending Scheme** – see below.

→ Carmel Kent (Carers Centre Manager), Leeds Carers Centre, 1st Floor, Leeming House, Vicar Lane, Leeds LS2 7JF ☎ 246 8338  
📠 234 6255 📧 carers.lds@dial.pipex.com

### ● Carers Befriending Scheme

This scheme matches carers with volunteers, who offer emotional support and a listening ear, with the aim of alleviating stress and reducing social isolation. Home visits are available.

→ Jonathan Smith (Co-ordinator), Carers Befriending Scheme, First Floor, Leeming House, Vicar Lane, Leeds LS2 7JF ☎ 245 3728 📠 234 6255  
📧 befriending@leedscarerscentre.freemove.co.uk  
🌐 www.carersfriend.org.uk

### ● Carers UK

This association was formed to campaign for carers, to provide information and to support carers to speak out more about their needs.

→ ☎ 0207 490 8818 📠 0207 490 8824 🌐 www.carersonline.org.uk

### ● ABC (Autism, Behaviour, Communication) Support Group

ABC Support Group provides a support group for both parents and carers of autistic children including those who suffer from Asperger's Syndrome.

→ Susan McDonagh ☎ 257 9269 (home)

### ● ACTCOM

ACTCOM stands for Action Committee for Adult Training Centres (ATCs). They are a group of relatives or carers of people who use these centres. They meet regularly with Social Services to discuss relevant issues and report back to the Parents, Staff and Friends Association (PSFA) from each centre.

→ Jean Bartlet ☎ 257 5619 (home)

### ● African Caribbean Carers Group

This is a group of African Caribbean carers of people with learning disabilities or other disabilities. They meet on the last Thursday of every month at 10.00am at the Frederick Hurdle Centre off Chapeltown Road, Harehills.

→ Gloria Morris ☎ 295 5016 (home)

### ● UMEED

This is a support group for carers of children and adults with learning disabilities from South Asian communities. The languages spoken are Hindi, Punjabi, Urdu and Gujarati.

→ UMEED, c/o People in Action, Oxford Chambers, Oxford Place, Leeds LS1 3AX ☎ 247 0411

### ● Person to Person

They provide a listening service for anyone who is anxious or distressed. You can talk to a volunteer in confidence. They often refer people on to professional counselling organisations.

→ Liz Day (Co-ordinator), Person to Person, Oxford Chambers, Oxford Place, Leeds LS1 3AX ☎ 242 5254 📠 242 5603 🌐 [www.oxfordplace.org.uk](http://www.oxfordplace.org.uk)

### ● Willow Young Carers Project

A support service for children and young people aged 5–18 who are close to someone experiencing a mental health problem, serious illness or disability in Leeds. Assessments are done to clarify a young carer's support needs. Individual and group support can be provided.

→ Amanda Stuart (Project Leader), Willow Young Carers Project, The Anglers Club, 75A Stoney Rock Lane, Burmantofts, Leeds LS9 7TB ☎ 240 8368/277 3010 📠 240 9113 📧 [willow@barnardos.org.uk](mailto:willow@barnardos.org.uk)