

Are you a carer?

i Information for carers & young carers Sheffield Teaching Hospitals



Do you provide unpaid support to a family member or friend to enable them to carry on with their day to day life?

Would the person you care for be unable to cope without your support?

If yes, then you are considered a carer.

At Sheffield Teaching Hospitals we recognise and value the tremendous support that carers give to relatives, partners and friends. Carers can be any age, including children (known as young carers).

They provide support in many circumstances, perhaps due to illness, frailty, a disability, mental ill-health or substance misuse. This may be long-standing or a sudden and unexpected situation that family and friends find themselves in.



What can I expect?

By identifying you as a carer we can offer you support by:

- Listening and taking into account your views and concerns, recognising that you are the expert in the care of your relative/friend.
- Fully explaining treatment, medication and care plans with you.
- Involving you in treatment plans, care plans and discharge arrangements.
- Explaining what will happen when the person you support leaves the hospital or community service.
- Encouraging you to take regular breaks to ensure you look after your own health.
- Signposting you to local organisations who can offer support such as Sheffield Carers Centre and Sheffield Young Carers.
- Offering more flexibility around visiting times when possible. If the person you support is in hospital and you feel you need to be with them outside of formal visiting times, please ask the senior nurse if more flexibility can be offered.

Support for Adult Carers: Sheffield Carers Centre

The Carers Centre offers support, advice and information to all adult carers in the city including:

- A confidential advice service by email and telephone
- A free regular newsletter keeping carers up to date with services
- Carers café / befriending schemes so carers can meet other carers
- Free and confidential advice on wills, power of attorney and benefits
- Help and advice on planning for an emergency
- Information events and training for carers
- Help and advice on respite and how to take a break from caring
- Help and advice on developing an emergency plan should you unexpectedly become ill or unavailable yourself

You can contact the Carers Centre as follows:

- **0114 272 8362** (Advice line)
- support@sheffieldcarers.org.uk
- www.sheffieldcarers.org.uk



Support for young carers

Sheffield Young Carers (SYC) supports children and young people with caring responsibilities, aged 8-25 years old, across Sheffield. SYC offers:

- One-to-one and group support
- School holiday activities and respite breaks
- Family support for families with mental ill health/substance misuse issues
- Training, support and advice for third parties, e.g. schools and health services, to enable them to identify and support young carers within their own settings.

Please see SYC website for full details:

- www.sheffieldyoungcarers.org.uk
- telephone **0114 258 4595** (all calls are confidential)



Tell us about your experience of being a carer

We are committed to making improvements to our services for everyone who uses them. If you are a carer we would love to hear about your experience of our Trust whilst caring for your family member or friend. If you would like to take part in the Carers Survey then please contact the Patient Services Team for a copy of our questionnaire.

- 0114 271 2400
- sth.pals@nhs.net

Alternatively you can access the survey online at:
<http://ratenhs.uk/VNNfSE>

Alternative formats can be available on request.
Please email: sth.alternativeformats@nhs.net

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