

## Do you need to take a break?

A Family Carers' Prescription can help you to find time:

- to attend your important health appointments
- to understand and learn more about your relatives illness through our health and well-being program
- to cope with emotions and feelings if you are feeling overwhelmed
- to avoid crises
- to cope in an emergency
- to care for your loved one at the end of their illness
- to take a break.

## Who are Carers Trust Cambridgeshire, Peterborough & Norfolk?

A local independent charity in the national Carers Trust network - the largest provider of practical support for carers in the UK.

Carers Trust Cambridgeshire, Peterborough & Norfolk is the leading local fully CQC (Care Quality Commission) compliant organisation providing respite care specifically for family carers.

Our aim is to help relieve the stresses of caring by providing quality help and support for family, unpaid, informal carers of all ages.

# Looking after someone?

We can **help**

## Carers Trust Cambridgeshire & Peterborough

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seventy eight thousand  
reasons to care  
Cambridgeshire and  
Peterborough

Registered Charity Number 1091522.

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Cambridgeshire and  
Peterborough  
Clinical Commissioning Group

# Family Carers' Prescription

## Looking after someone?

## Who's looking after you?



## Family Carers' Prescription

This is a free service provided by Carers Trust Cambridgeshire & Peterborough and funded by the Clinical Commissioning Group (CCG) for family carers of any age.

## Are you caring for someone?

'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<sup>1</sup>.<sup>1</sup> This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. You don't have to be living with that person.

<sup>1</sup> The Care Act 2014 definition of a carer

If this describes you then it is really important that you look after your own physical, mental and financial health and wellbeing, looking after yourself also helps the person you care for too.

## Would you like to know:

- What's available to support you?
- What's available to support the person you care for? Your rights?
- About planning for and coping with emergencies
- About benefits you could be entitled to?

## How to access support

For many people caring just falls into their role as a spouse, parent, child, friend, or neighbour and when you are struggling it can be hard to think about what might help. Finding out about the support available to help you cope in your caring role can help you to stay healthy and well and avoid a crisis. Ask at your surgery for a Family Carers' Prescription or contact Carers Trust Cambridgeshire & Peterborough on 01480 499090 or 01733 645234.

## Carers Support Needs Assessment Tool

Your GP or health professional will introduce you to the Carers Support Needs Assessment Tool (CSNAT). The CSNAT is a brief assessment tool (a set of questions) designed to help you think about the support you may need to continue to care for your relative or friend plus any support that you need for yourself. It is intended to be used to open up a conversation about your support needs and is based on research into the support other family carers have needed. It helps to avoid emergencies by helping you to plan ahead.

You may choose to discuss some of your needs with your health professional and start to agree what will help, or you may prefer to take a copy of the CSNAT and spend some time thinking about your caring role and what is

most important to you. Either way your health professional will make a referral to Carers Trust Cambridgeshire & Peterborough who will arrange for you to talk to a specialist worker about the support you feel would be helpful.

## What happens next?

After you have had an assessment conversation with the specialist worker they will help make a plan based on what you think will help most.

Your specialist worker will ensure that you are aware of all of the support and services available to you and the person that you care for to stay healthy and well.

## How we can help

