

The Carers Prescription – Services available

There are a range of services available to Carers in Surrey as an alternative (or in addition) to the GP Carer Breaks Payment. The support can be provided to the Carer directly, or to the person being cared for, to help the Carer have a better balance between their caring role and their life away from caring. A patient/carer can be referred to the following services via the **Carers Prescription** at www.actionforcarers.org.uk/gp

1. **Carers Information Pack:** Joint NHS and SCC Information for Carers
2. **Carers Emergency Card:** Surrey County Council can register details of contingency plans in case of emergency for a carer
3. **Carer's Assessment** from Social Services
4. **A GP Carers Break** A direct payment of up to £500 if it is felt that the carer's health or wellbeing may benefit from it.
5. **Carers support organisations** across Surrey provide independent information & advice, and other services such as advocacy, emotional support, training, support groups, social events and newsletters to carers over 18yrs. They are also able to refer a Carer for an early intervention payment.
6. **Free on line resources** - An e-learning course that aims to help carers find resources, technologies and support. There is also the Jointly app which enables carers to store important information about the person they are looking after and share it with other family members who are involved in the care.
7. **Crossroads Care Surrey** provide a flexible home based care service for carers looking after family or friends , helping to avoid admission to hospital or residential care of the person being cared for.
8. **Crossroads End of Life Carers Support Service** offers a free unlimited service for those caring for a loved one with a life limiting illness during the last year of their life. A palliative care trained Carer Support Worker will take over the caring role to give the unpaid Carer regular breaks.
9. **Surrey Young Carers** (Action for Carers) supports those Carers who are under 18. Advocates on behalf of young carers and their families, runs groups, activities and outings, and works with schools and colleges.
10. Support around **Learning and Work** (Action for Carers) for Carers aged 16yrs+ who are either juggling employment with caring responsibilities, or who wish to go back into some form of paid employment or voluntary work, or into education.
11. **Giving Carers A Voice** (Action for Carers) lobbies and campaigns locally and nationally to raise awareness of Carers' issues and to give Carers a voice, running regular Carers forums to exchange information and views with Carers.
12. **Mencap Leisure Service** Mencap Leisure Service provides short breaks for parent carers caring for someone with a learning disability living in Surrey.
13. **Moving and Handling Services** provide specialist advisers to give tailored information, advice and training to Carers in their own homes on all aspects of moving and handling the person they care for.