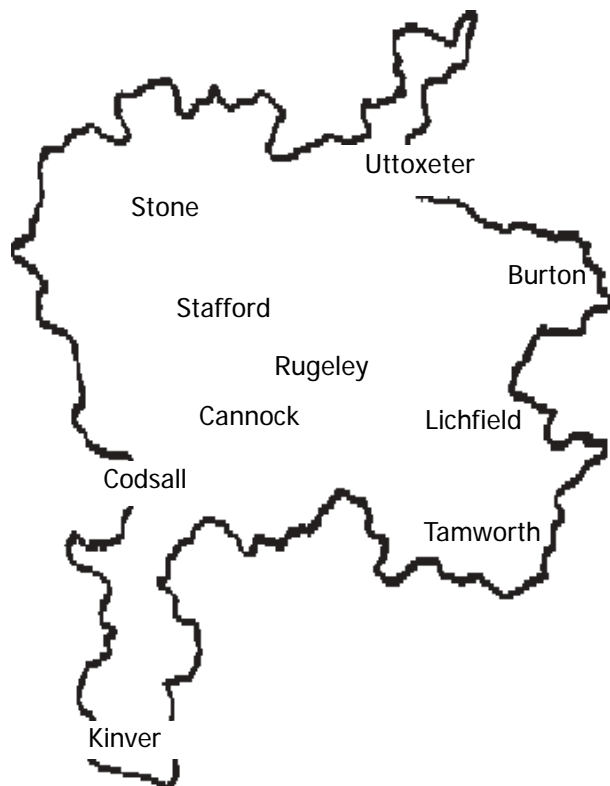


# Caring for Carers in Southern Staffordshire



## **CARERS ASSOCIATION SOUTHERN STAFFORDSHIRE**

Company Limited by Guarantee in England and  
Wales.

Registered No: 4184030 Registered Office: The  
Carers Centre, Austin Friars, Stafford, ST16 4AP

Tel: 01785 606675, Fax: 01785 220665,

Email: [enquiries@carersinformation.org.uk](mailto:enquiries@carersinformation.org.uk),

Website: [www.carersinformation.org.uk](http://www.carersinformation.org.uk)

CASS is a Registered Charity

# CASS

The Carers Association Southern Staffordshire offers a free and confidential service, providing advice, information and emotional support to carers of any age who are looking after a relative or friend due to illness, disability or the effects of ageing, cannot manage without help.

**To join or receive further information  
please telephone:**

### **Main Office**

**Monday to Friday 9am – 5pm**

01785 606675

### **Outreach Workers:**

#### **Stafford & Districts**

01785 241614

#### **Burton & Uttoxeter Districts**

01889 569885

#### **Tamworth Districts**

01827 839071

#### **South Staffs Districts**

01902 746269

#### **Cannock & Rugeley Districts**

01785 228222

#### **Lichfield & Burntwood Districts**

01543 411514

*Carers Association Southern Staffordshire*

## *Are You A Carer?*

## *Does Someone*

## *Depend On YOU?*

## **Register With Your GP As a Carer**



## ***Carers Register***

## Who Is A Carer?

A carer is anyone looking after a relative, friend or neighbour, who because of illness, disability or frailty, cannot manage at home without help. A carer may be of any age or from any background, as may be the person they care for.

**IF YOU OR SOMEONE YOU KNOW IS A CARER, PLEASE READ OR PASS ON THIS LEAFLET**

## Carers Registers

### Did You Know.....

The government has asked all GP's to register all carers in each practice. This should enable carers to have access to the support services available in their area. You may wish to complete the form opposite or ask as Reception for further details.

## Carers Health

A carer's health may be affected by the stresses and strains of caring. To avoid overlooking your own health needs, ask your GP Surgery about health checks for carers.

## Social Services Carers Assessments

If you provide a substantial amount of care for someone, you may be entitled to an assessment from Social Services. From the assessment they will identify your needs as a carer and provide appropriate services and help you need to assist you in your caring role.

**Ask at your surgery for a leaflet or contact your local Social Services**

**Burton:** Under 18: 01283 239666  
Over 18: 01283 239888

**Stafford:** 01785 276969

**Lichfield:** 01543 510800

**Cannock:** 01543 510300

**Tamworth:** 01827 475506

**Uttoxeter:** 01889 256301

**Rugeley:** 01889 256016

**Codsall:** 01902 434000

## How To Register As A Carer With Your GP

Please fill in your details below and forward them to your GP or Practice Receptionist. You may wish to enclose your form in a sealed envelope. This information is for your GP Surgery only. If you require assistance from the Carers Association please contact them directly on 01785 606675.

**Please register me as a carer**

Name: .....

Address: .....

.....

Telephone No: .....

I care for: .....

Disability / Condition: .....

Amount of time you care for per week: 1-10 hrs 11-20 hrs 21-30hrs 31-40 hrs 40+ hrs