

# Information for Carers: Health, wellbeing and emotional support

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Information sheet E7

October 2017

## This information sheet is about:

- Support groups and networks
- How your GP practice can help
- Your health and safety at home

To care for your family member, friend or neighbour, you need to look after your own health and well-being. There are a number of ways you can do this and there is lots of help available.

## Support groups and networks

Carer Support Groups can offer you the benefit of meeting other carers who are in the same position. They bring together people who share the same problems, frustrations and rewards.

Carer Support Groups can help to provide you with a chance to take a short break from caring and enjoy some time in the company of other carers. They are an opportunity to talk, share experiences and to offer and receive mutual support. Different groups have different formats and some offer social occasions. Some groups are for all carers, while others are specific to the condition of the person you care for.

For details of groups see please see our information sheet **E2, Information for Carers: Support groups and networks.**

## Your GP practice

Many GP practices have a Carers Champion, a member of staff who helps provide information and support for carers at the practice. Also, your GP practice should have a Carers Register; you can ask to be on this register. This then helps your GP know, whenever they see you, that you have a caring role and that they need to support you to stay well so you can continue caring. Ask at your GP practice about your Carers Champion and the Carers Register.

## Your health and safety at home

Take care of yourself. Moving or lifting someone who is disabled or frail could cause an injury if it is not done properly. Carers training courses can help you with that.

Look around the home for things that could cause problems, like loose rugs, slippery floors, steps or trailing electrical leads. The Somerset Active Living website has lots of useful information about staying safe and healthy. The section about Balance and Safety (Falls Prevention) includes a short film called Head over Heels, which shows the type of accidents that can happen in a home that may cause someone to fall.

<http://www.somersetactiveliving.org.uk/welcome/life/>

There are many types equipment and technology that can help with safety at home, for you and the person you care for. These include stairlifts, equipment to help with bathing and showering, and telecare solutions such as medication dispensers/reminders and property exit

sensors. For more information about equipment and technology, phone the Somerset Carers Service (provided by the Community Council for Somerset) on 0800 31 68 600.

## **Planning in case of an emergency**

For your own and your family's peace of mind, as well as the person you care for, you may want to carry a way of identifying yourself as a carer if there is an emergency. If you are taken ill or involved in an accident, it might affect the person you care for.

There are a couple of simple ways you can keep details for **I.C.E.** ('In Case Of Emergency'). For example, you can write 'I.C.E.', your name, address, phone number and the contact details of the person you care for on a small card and keep it in your purse or wallet.

It's also advisable to write the letters 'I.C.E.' alongside the numbers of trusted and agreed friends or family contacts in your mobile phone. Two to three contacts are best. Emergency services will look for these numbers in your phone as numbers to contact if there is an emergency.

If you have any questions about **I.C.E.** planning, phone the Somerset Carers Service for advice on 0800 31 68 600.

## **Your opportunity to feedback**

We welcome your comments about the services you receive. If you would like to tell us what you think, please either:

Contact us by going to our website, [www.somerset.gov.uk](http://www.somerset.gov.uk), or

- Speak to your social care worker
- Phone Somerset Direct on 0300 123 2224, or
- Contact the Adults and Health Customer Experience Officer  
Floor B2 East  
County Hall  
Taunton  
TA1 4DY  
Email: [customerexperience@somerset.gov.uk](mailto:customerexperience@somerset.gov.uk)

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