



### Young Carers

- The Willows Project 0113 240 8368 can help a young person (and their family) who is affected by a caring situation to cope with problems and get some fun for themselves.



There are 2 other leaflets in this series:

### Assessment for Carers

### Getting a Break

These leaflets are available in large print, Braille and on audiotape as well as in the following languages:

Bengali, Cantonese, Punjabi and Urdu.

There is also a directory available about services for carers in Leeds: **Choices for Carers**.

To get copies of any of the above, please telephone **0113 247 8630**



# Caring in Leeds Quick Guide to Services for Carers

**Better Lives** | Housing, Care & Support



### Help in a crisis or emergency

**NHS Direct 111** – for medical advice

**Carer's Emergency Plan Scheme**  
(must pre-register) **0303 123 1921**

**Emergency services 999**

**Your GP**

**The Samaritans 0113 245 6789 or  
0345 909090** – a listening ear

**Carers Leeds 0113 246 8338**  
– advice and support

**Emergency Duty Social Care Services  
0113 240 9536** (out of hours tel number)

### Mental health crisis services

**Connect Carers Helpline 0808 800 1212**

Open 6pm–10.30pm. Emotional help and support for carers and people in distress

**Saneline 08457 678000** 12 noon–2am

**Your own Health Keyworker**

Published by Leeds City Council January 2014

**Do you help to look after a friend,  
relative or neighbour at home?**

**There are ways that we can help you**

**[www.leeds.gov.uk/carers](http://www.leeds.gov.uk/carers)**

## Quick Guide to Services for Carers

The 2011 Census showed there are over 71,500 carers in Leeds helping to support an adult or child at home who is a relative, neighbour or friend. Carers make a big contribution to the quality of life of the person they look after, often at the expense of their own mental or physical well-being.

This leaflet gives an outline of the services available to support carers. More details are given in the directory Choices for Carers, and can be found on our website [www.leeds.gov.uk/caringinleeds](http://www.leeds.gov.uk/caringinleeds)

### Are you a carer?

If you give substantial and regular care or support to a person with a long-term illness, disability who is elderly or frail, or who has a substance misuse problem you might need some help.

There are many different types of help available from a range of organisations. However, which organisation you get support from often depends on the health condition and age of the person you are helping.

### A Carer's Assessment

Social Care Services can do an assessment of your needs as a carer so that they can help you get the services you need. It doesn't matter whether the person you are helping is using a service from Social Care Services or not. To ask for an assessment call:

**Telephone Centre: 0113 222 4401 Carers' of adults**  
**0113 222 4403 Carers' of children**

They will pass your details to the right office. Carers of people using mental health services can also get a Carers Needs Assessment by speaking to the mental health service professional involved with the person they care for.



### Information, support, advocacy and advice for carers

- **Alzheimer's Society Leeds 0113 231 1727** – information, advice and support group for carers of people with Dementia/Alzheimer's, of any age.
- **Carers Leeds 0113 246 8338** – advice, information, financial help, social events, courses, support from other carers. Email [info@carersleeds.org.uk](mailto:info@carersleeds.org.uk)
- **Carers UK Leeds 0113 275 4718**  
**National Helpline 0808 808 7777**

### Older Carers Support Service

**0113 272 0377** – support service for people over 65 caring for an adult with a learning disability.

- **Mental Health Carer's Support Service 0113 295 4445** – support service for carers supporting someone with a mental health problem other than dementia.

### Financial & other advice

- **Carers Leeds 0113 246 8338**
- **Citizens Advice Bureau 08701 202450** and local offices.
- **Leeds City Council Welfare Rights Unit 0113 214 9006**

### Planning for your emergencies

- **Carers Emergency Plan** scheme – help if the carer is taken ill – **Claimar 0303 123 1921**. You must be pre-registered to use this scheme.



### Short breaks & other respite breaks

- From Adult Social Care after an Assessment
- Family Placement – contact Social Services
- Home Based sitters schemes

**South Leeds area 0113 274 1900**

**East Leeds area 0113 223 7321**

**North East Leeds area 0113 268 4211**

**North West Leeds area 0113 240 4164**

**West Leeds area 0113 240 4164**



### Daytime activities for the person being cared for

- Day Care for older people with physical disabilities – Social Care
- Mental Health Day Services – Leeds City Council or Partnership Foundation Trust
- Daytime support to access community facilities and activities



### Help in the Home

- Community support in the home
- Telecare equipment to keep people safe in the home
- Nursing services at home, physiotherapy, chiropody etc. – contact your GP