



CARES now has a service to help you. The Carers Self Assessment & Emergency Planning Service can help you with applications for Emergency Cards, help with the preparation of Emergency Plans and help with Self Assessments

For further information, please contact Marilyn Preen, Carers Self Assessment & Emergency Planning Officer on 0121 558 7003.

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CARES
The Carers Advice & Resource Establishment, Sandwell
2 Bearwood Road
Smethwick
B66 4HH

Tel: 0121 558 7003

Email:
cares.sandwell@btinternet.com

Website:
www.carers.org/sandwell

Working in partnership with Sandwell Council and Sandwell Primary Care Trust.



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Carers Self Assessment & Emergency Planning Service



Carers, are you concerned about what will happen to those you care for if you should encounter an emergency? Do you think your needs have been forgotten?

CARES - 0121 558 7003

A Carer is someone who, without payment, provides help and support to a partner, family member, friend or neighbour because they are ill, frail or have a disability.

Carers' Emergency Card

If something should happen to me, I'll either call the emergency number on the card or someone else will call on my behalf.

By having an Emergency Card you will have

PEACE OF MIND

- knowing that you have already made arrangements for the person that you care for to be contacted, or a nominated responsible person has agreed to 'step in' temporarily on your behalf.

Carers' Emergency Plan

What will happen to the person I look after if something happens to me?
Will someone know what to do and where everything is?

By having a Carers Emergency Plan you will be thinking ahead about the 'what if' question.
You will have

GREATER REASSURANCE

knowing that you have made available written instructions about the care needs required.

Carers' Self Assessment

What about me? I'm tired, can someone help out? I'm stressed, can I talk to someone who cares?

By having a Carers Self Assessment you will have a

GREATER FEELING OF WELL-BEING

- You will have the opportunity to explore and discuss your needs and find out about what help and support is available to you;
- Social & Emotional Support
 - Short Breaks
 - Information & Advice