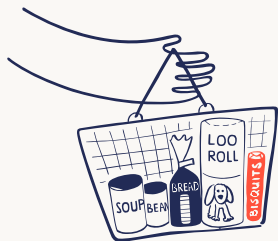


Caring is vitally important – providing support where it's needed, when it's needed. Anyone can be a carer, including parents, partners, daughters and sons.

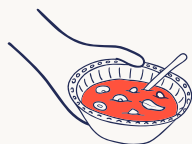
You can still be a carer even if you do not live with the person you care for.



It could be you're doing the weekly shop, cooking a meal, taking a relative to medical appointments, spending time with a friend to prevent loneliness, or supporting a neighbour with day to day personal care – for example helping them get dressed.



It could be you are supporting them for a couple of hours a week or all day, every day.



It is all care and means you are a carer.
It also means you deserve support.

**We're here for
you, and you
count.**

If this feels like you, and
you believe you could be
a carer, get in touch.

 [westberks.gov.uk](https://www.westberks.gov.uk)

 Adultcare@westberks.gov.uk

 01635 503050

If you help your family, friends,
or others in your community,

**your
care
counts**



West Berkshire
COUNCIL

English

If this sounds like you, it's important you get the support you need.



We're not here to question the help you're giving, we're here to help make your life easier.

You might be entitled to support if you:

- Care for a family member or friend who is ill, disabled, elderly, has mental health problems, or is experiencing addiction.
- Go to work, college or school and the help you give impacts your day to day life.
- Perform these tasks outside your normal employment.

Everyone's situation is different and the support we offer you will be tailored to what you need.



You could receive:

- Support with overall wellbeing.
 - Help with requesting a carer's assessment which can provide additional support.
 - Support with breaks – ensuring safe, professional care is provided and you have valuable time for your own wellbeing.
 - Advice on carer's rights if you work – including securing time off or flexible working hours.
 - Access to free flu jabs to help minimise the risk to the person you are caring for, but also your own health.
 - Protection against discrimination.
 - Support with claiming carer's allowance which currently is worth £83.30 a week, if you are eligible.
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