



Haringey Council

Caring for Carers in Haringey

Unpaid carers.....your needs are important

Am I a carer?

A carer is someone who looks after or supports a family member, partner, friend or neighbour who is affected by a disability or illness and would not be able to manage at home without help. A carer is unpaid. Carers come from many different backgrounds and communities. Carers can be young or old, male or female, employed or unemployed.

The term 'carer' should not be confused with a paid care worker, who receives payment for looking after someone.

You are not alone

If you are a carer, you're not alone. Currently in the UK around 1 in 8 adults (around 6.5 million people) are carers. According to the last census (2011) there are approximately 19,000 carers in Haringey.

Register as a Carer

As part of its ongoing commitment to recognise and support carers, Haringey Council keeps a Carers Register. Anyone who is an adult and provides unpaid care to an adult can register as a carer. By keeping a Register we get to know more about the needs of carers in Haringey and take these into account when planning and arranging services.

From time to time we send information about services and carers' events to registered carers. We may also contact you to seek your feedback on issues or ideas.

Carers on the Register qualify for an Active Card which gives free admission to all Haringey Leisure Centres when supporting the person they look after to use the facilities. Carers also benefit from discounted rates on courses run by Haringey Adult Learning Service (HALS) and Advantage + prices when using Council sport and leisure facilities for themselves. Registered carers are eligible for a Carers Emergency Alert Card, a scheme designed to free carers of worry about going out and leaving the person they look after alone at home.

To register (as an adult carer), contact the Integrated Access Team on 020 8489 1400 or download a form from www.haringey.gov.uk

You are entitled to a carer's assessment

If you provide a substantial amount of care to someone on a regular basis, you can ask for an assessment of your needs in your own right and, where eligible, have services provided directly to you.

A carer's assessment is a way of identifying your needs as a carer, not a test of your ability as a carer! It looks at what support you need as a carer and to balance caring with having a life of your own.

How to request a carer's assessment – for adult carers looking after an adult

If you would like to have a carer's assessment, tell the social worker, care manager or care co-ordinator of the person you look after. They will arrange an assessment for you. If you are not in touch with someone from adult services, telephone the Integrated Access Team on 020 8489 1400.

Local support groups

In Haringey there are a number of organisations offering support and advice, which you can access directly.

Black and Minority Ethnic Carers Support Service

Tel: 020 8808 5510

Provides a sitter service for black and minority ethnic carers in Haringey

Mental Health Support Association

Tel. 020 8885 9330

Support group, information and advice for carers of people with mental ill health

Admiral Nurses

Tel: 020 8442 6149

Support for carers of people with dementia

Alzheimer's Society Haringey Branch

Tel: 020 8937 7171

Support for carers and cared for people with Alzheimer's/ dementia

Asian Carers Support Group

Tel: 020 8365 7708 (Monday and Thursday)

Drop in session, advocacy and social activities for carers of people from all care groups of Asian origin

Stepping Out, Haringey Mencap

Tel: 020 8365 0251

Day centre activities for adults with learning disabilities; social enterprise group for adults with mild learning disabilities and day service for adults with more profound learning disabilities

Markfield Project

Tel: 020 8800 4134

Inclusive services for disabled and non-disabled children, young people, adults and their families

Haringey Young Carers Project

Tel: 07971 308 891 (9am – 5pm, Monday to Friday)

Support for carers under 18 years and their families

Rethink

Tel: 0300 5000 927 (national helpline)

Advice and details of local support group for carers of people with severe mental illness