

Care for carers

Take care of yourself - you are as important as the person you are caring for



Supporting you...



Are you a carer?

If you look after someone because their condition means they need your help, you are a carer. People often don't think of themselves as carers because they are caring for someone they love and they do it as a part of their everyday life. Carers can also be any age, including younger carers looking after a parent, relative or sibling.

In reality, being a carer can be challenging. It can have an impact on your social life, relationships, work, finances and emotional wellbeing.

As a carer, you are as important as the person being cared for. Your needs matter too because you have such a vital role to play.

Fatigue in carers

Fatigue, tiredness and burnout is also very real for loved ones and carers who, whilst not experiencing the physical impact of the brain tumour or treatment, can be deeply affected by the emotional and psychological pain of facing a loved one's diagnosis as well as the physical demands of caring.

Fatigue is different to tiredness. See our fatigue leaflet for more information and ways to cope.

Carer's needs assessment

Contact your local authority and request a Carer's Assessment. This will assess how your caring role impacts on your practical, emotional and mental needs e.g. how you feel, your own health, housing and planning for emergencies.

Don't feel guilty about being honest. Support will depend in part on your financial situation and that of the person you are caring for. However, they can also offer advice, information and guidance.

Examples of support for you and the other person may include a direct payment, adaptations to the home of the cared for person, a care worker, day or respite care or help with housework, information on exercise schemes or social groups.

Read more...

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Carers' support

You may not feel you need it now, but it's important to learn about what support services are available.

Find out whether there is a local Carers' Support Service. The support offered will depend on the resources in your area and can include information on activities, groups and courses.

Start by ringing your local authority and use a search engine like Google.

Financial support

If you're looking after a family member or friend, you may be entitled to:

- Carer's Allowance - this is a weekly payment.
- Carer's Credit - ensures your National Insurance payments are kept up

The person you are looking after may also be eligible for certain benefits to help with living with their conditions:

- Disability Payment
- PIP – Personal Independence Payment
- Attendance Allowance
- Help with Council Tax and energy bills

Carers' rights

The stress and pressure of juggling work and care can lead people to leave work. It's important, therefore, to find out about your rights and to access any support that is available. Carers UK is a very useful organisation for carers. The website explains your rights as a carer - www.carersuk.org

BTS' support for carers

- A specially trained Welfare Benefits Support Professional
- One-to-one support with a Brain Tumour Support Professional
- Counselling with our qualified and experienced counsellor
- Online and face-to-face support groups
- 24/7 peer-to-peer support through our Family and Friends Facebook forum

Our services are free to access.

**We are here
to help you**



Contact us: 01454 422701
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www.braintumoursupport.co.uk