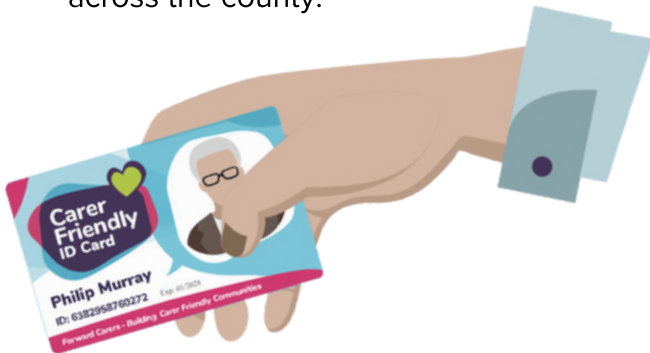


Once registered with Carer Support Dorset our services include:

- Information and advice from our friendly Carer Advisers, about services that can support you in your caring role.
- Details of Carer Cafes & Support Groups - providing an opportunity to compare notes and learn from the experiences of other carers.
- Access to the Carer Friendly ID Card - helping you receive various discounts across the county.



- Access to financial support and energy saving advice, from our Carer Money Matters Service.
- Keeping you up-to-date with news, what's on and services available through our newsletters.

Carer Money Matters

We're here to help you feel more confident about money, both for yourself and those you care for.

We provide advice on energy debt, reducing consumption, debt management, and building financial resilience. We offer tips to help you save money, maximize your income, and provide guidance on benefits you may be eligible for. Our Financial Wellbeing Officers can also discuss a range of other financial matters, including work and employment options around your caring role.

Taking care of others starts with taking care of yourself. To access **Carer Money Matters** support, simply contact us.

Contact us

Email: admin@carersupportdorset.co.uk
Freephone: 0800 368 8349
www.carersupportdorset.co.uk

Follow us on Facebook



@carersupportdorset



Carer Support Dorset

Do you help or support someone?



Who is a carer?

A carer is someone who provides unpaid care or support to a family member, partner or friend who could not manage without their help. They may look after someone due to their age, illness, disability, mental ill health and substance or alcohol abuse. This is not the same as someone who is paid or employed as a formal care worker.

You might not see yourself as a carer, but as a husband, wife, partner, sibling, friend or good neighbour. Anyone can become a carer at any time, for either a short time or for a longer period.



Why does it matter?

Looking after someone can be a positive and rewarding experience, but it can also be exhausting, stressful and isolating. Many carers feel that they can't take a break because the person they look after can't be left alone. Caring for someone may also have a negative impact on your relationships, employment, finances and health.

We care because you do

Carer Support Dorset is a charity that supports unpaid carers in Dorset.

We recognise each person's unique circumstances, and it is important you receive the right information, at the right time. We can help.

If a person you provide care for lives within the Dorset Council area, you can register with us by calling 0800 368 8349, go online at carersupportdorset.co.uk, or email us on admin@carersupportdorset.co.uk.

If the person you care for lives in Bournemouth, Christchurch or Poole, please call BCP Carer Support on 01202 128787.

What happens next?

Our team can help signpost you to the support you could be entitled to or that you may need.

Have you registered with your GP?

If you haven't registered as a carer with your GP, it's a good idea to do so. GP's may be able to offer you support and share news about Carer Clinics, where you can go along and seek face to face information.

Support from Dorset Council

A Carer Assessment under the Care Act will give you an opportunity to discuss your caring role and what support you may need from your local council. If you would like to discuss a referral for an assessment, you can call us on 0800 368 8349.



You can register with Carer Support Dorset by calling **0800 368 8349**, or online at www.carersupportdorset.co.uk