



Look after someone?
Who looks
after you?



www.wholooksafteryou.co.uk



“I don’t want my school friends to know I’m a carer”

G is 14 and looks after his mum who has multiple sclerosis.

“My day starts a lot earlier than most of my mates, helping get mum up and ready for the day. I worry about her when I’m at school and some days I just can’t go in, but I don’t want my friends to know. I know mum didn’t ask to get this but I have to take care of everything and it’s hard not being like everyone else.”



carers@northamptonshire-carers.org

Look after someone? **Who looks after you?**

Do you look after someone?

If you care on a regular basis for a parent, child, partner, friend, neighbour or other relative who is physically or mentally ill, has a physical or learning disability, has drug or alcohol problems or is elderly, then **you are a carer**.



You might help the person you look after in a variety of ways including shopping, collecting medication, cooking, cleaning, providing personal care, listening, helping with finances, giving emotional or practical support or helping them to get out and about.

1 in 10 people in Northamptonshire are also carers like you – they are people of all ages and backgrounds.

'Hidden carers'

You may not describe yourself as a carer, it's just what you do as a husband, wife, partner, parent, relative or friend. Whilst care workers are employed to go into homes and provide support, most carers are not.

Call 01933 677 907



***“My role as a carer
is really complex”***

Z’s husband has multiple health problems and she has been caring for him for several years.

“I am C’s full time carer but I’m still his wife. My role as a carer is really complex. I’m a pharmacist, personal carer, behaviour manager and advocate. People just don’t realise how much is involved in being a carer – there’s little time for me to get the support I need.”

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Look after someone? **Who looks after you?**

Who looks after you?

Looking after someone can be a positive experience but it can also be challenging and exhausting both physically and emotionally. If you find yourself looking after someone with little or no support, it can be isolating and may have a real impact on your own health and other areas of your life. You may find you have little time to look after your own needs.

In Northamptonshire there are many support services available to help people who care for others.

Putting you first

You probably already spend a lot of time talking and worrying about the person you care for, but we're here for you.

If you need to follow up your own health concerns, get some support or just need someone to talk everything through with, then we can help or point you in the right direction of someone who can.

We'll spend time with you asking questions about you and your caring role to find out what your needs are – everything you say is confidential. We'll help you to take steps to look after your own health or other concerns before they become too much for you to cope with, or get in the way of your ability to manage your caring role.

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***“my own health
is suffering”***

S looks after his partner who has mental health problems.

“Looking after F has pretty much taken over my life. It’s getting really hard to leave her for any length of time. I’ve missed countless hospital appointments and my own health is suffering. I feel really isolated. I could really do with talking to others who are going through this.”

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Look after someone? **Who looks after you?**

Support for carers

Our confidential service supports carers and puts you first. We can help if you need:

- support to address your own health matters
- a listening ear
- to be put in touch with other carers
- to organise a break from caring
- the chance to talk through your options
- help to avoid a crisis
- support to get back into work
- help with welfare benefits
- to plan for the future

To take the carers online self-assessment test, visit www.wholooksafteryou.co.uk/assessment-test

Call 01933 677 907

How to get in touch

If you need support or would like a carer's assessment, you can get in touch with us by phone, email or by writing to us. We'll get back to you as soon as we can.



- **Phone us**

Northamptonshire Carers Line: 01933 677 907

- **Email us**

carers@northamptonshire-carers.org

- **Write to us**

Northamptonshire Carers,
123 Midland Road, Wellingborough,
NN8 1LU

- **Follow us on** 

www.wholooksafteryou.co.uk

Photos on bottom left and right of front cover are © Carers Trust. All photos posed by models.

If you know someone who cares for someone else, please pass this leaflet on.

Look after someone? Who looks after you? is a partnership project of carers organisations in Northamptonshire. Nene Clinical Commissioning Group, Corby Clinical Commissioning Group, Northamptonshire County Council and GPs.



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