



# I am a Carer

"I now know who to turn to should I need help"



## involve

CARERS

Do you provide care, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without your support? If you do then you are a Carer and we can support you with your caring role

Involve Carers is a point of contact for Carers living in the West Kent area needing support, information and assistance. We are here to help you.

"I have received invaluable assistance and advice from Involve Carers"



T: 0300 0810005

E: [communitynavigation@involvekent.org.uk](mailto:communitynavigation@involvekent.org.uk)

Web: [www.involvekent.org.uk](http://www.involvekent.org.uk)

Involve Kent, 30 Turkey Court, Ashford Road, Maidstone ME14 5PP  
Charity registration no. 1066911



On behalf of



# Services we can offer:

## Carers' Assessments

We will meet with you so you can tell us what impact caring has had on you and your life.

We will discuss what there may be available to make your caring role easier and develop a support plan to meet any eligible needs you may have.

We provide this service on behalf of Kent County Council

## Kent Carers Emergency Card

This will enable immediate access to pre-arranged planned care for the person you support if you are taken ill or involved in an accident.

The service is free and available 24 hours a day, 7 days a week.

## Training

Training courses to support you in your caring role

Training for professionals and talks to community groups about Carers' issues

## Carers Voice

Involve Carers Forum - An opportunity for Carers to speak directly to planners and managers of health and social services, influencing the work of statutory agencies

Consultation with Carers on specific issues

Support to raise concerns if things go wrong with services

## Information & Advice for Carers

Signposting and referring to local services and support

Carers' Entitlements, Rights & Benefits

Planning for the future

Regular newsletter

## Support for Carers

Onsite support at Maidstone and Tunbridge Wells hospitals, possible practical support to help in your caring role on discharge from hospital

Alternative care to give you a break when your caring role is affecting your health (subject to eligibility)

We work in partnership with health professionals to improve support for Carers

Contact with other Carers; peer support groups

Regular calls to see if you need help, or just to keep in touch



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