



Carers of Older People

**JUNE
2005**

Are you caring for an older person?

Perhaps you are looking after a parent and are trying to balance a family and a job along with your caring responsibilities. Maybe you are retired, and you are caring for someone who is becoming increasingly dependent. You may not have thought of yourself as a Carer – you may think you are simply doing what any relative or friend would do. (If so, you will be amongst some 16,000 Carers living in Bath and NE Somerset.)

What we offer Carers of Older People

At the Care Network, our Carers Support Workers can offer information, advice and support. The Carersline is available for Carers who wish to talk through any problems or queries they have, and we offer courses and workshops on relevant topics. Our quarterly newsletter also provides information about national and local issues, as well as the services offered by the Care Network.

Taking a Break

Having a break from caring is a vital part of keeping healthy. A break can be anything from a couple of hours a week, when you may get out of the house, to a holiday, either with or without the person you care for.

The Care Network can help you choose what is right for you, and support you through all the planning and preparation required. There is normally financial assistance available for breaks.

To help you take a break, there are a number of local organisations providing support, either to you direct, or to the cared for person, in the form of day centres, luncheon clubs and other community groups. We can provide more detailed information about what is available in your area.

Age Concern

Run 5 day centres in Keynsham, Bath & Midsomer Norton for older people, and can provide adapted transport.

They provide practical support and information.

'Home from Hospital' service which includes hospital pick up with support over the next 3 days – including help with shopping and arranging meals on wheels.

For more information

Contact: Ann Thomson or Joyce Allison

☎ 01225 466135

e-mail:

age@concernbnes.freemove.co.uk

Carers line (01761) 431389

Mon – Thur 9.00am – 11.00am and 1.00pm – 3.00pm

Friday 9.00am – 11.00am

Email: carerssupport@thecarenetwork.co.uk

www.thecarenetwork.co.uk

Alzheimer's Society NE Somerset Goldney Day Centre

Based in Temple Cloud, they have a day centre and home based respite service for people with Alzheimer's and other forms of dementia. They also provide support and information and run Carers support groups. This service is for people in North East Somerset.

☎ **01761 453533**

e-mail: alzsocnesom@aol.com

Peggy Dodd – SPA (support for people with Alzheimer's)

Provides a day centre and home based respite service for people living in Bath with Alzheimer's, memory impairment and other forms of dementia. Also run a Carers support group.

☎ **01225 835520**

Crossroads Caring for Carers

Offers a home respite service to enable Carers to take time off from caring. The service is flexible and tailored to meet individual needs.

Tel: **01761 436673**

www.crossroadscarebathnes.org.uk

BEMSCA – Bath Ethnic Minority Senior Citizens Association

Offers support to older people from Black & Other Minority Ethnic Groups around Bath & NE Somerset. They also run a day centre, which includes a lunch club and access to information and advice in different languages.

☎ **01225 464165**

Local Authority Agencies

There are various services available to support older people with additional care needs, some of which are provided by Social Services after an assessment. To obtain a Community Care Assessment, contact Bath and NE Somerset Council on **01225 477000** and ask for the *Adult Duty Desk*. This is an ideal opportunity to request a '**Carers Assessment**' for yourself, so you have a chance to say what support you need as a Carer. **(See Carers Rights Information Sheet)**

The Future

Changing care needs may mean that there could come a time when you are no longer able to care for someone at home. The Care Network has information about local care homes and can help you through the sometimes difficult process of choosing the next stage in someone's care.

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