

CARERS

Adult

You may not think of yourself as a carer. You may think you are just being a good relative or friend. However, it could mean you are missing out on support and financial help from the government.

A Carer is someone who looks after someone who may need additional support due to:

- Illness
- Frailty
- A Disability
- A Mental Health Problem

There are various organisations that can help such as

- Carers first
- Alzheimer's Society's Merton Dementia Hub
- Merton Community Hub
- Carers UK Digital Resource for Carers
- Merton Adult Social Care Team

More useful links

- <https://www.merton.gov.uk/social-care/adult-social-care/carers/information-advice-and-support-to-carers>
- [Services for carers \(Adult Support Services Directory\)](#)
- [Carers UK](#)
- [Carers Trust](#)
- [Carers - GOV.UK](#)

Young Carer

If you are a young carer (under the age of 18 years old) your Social worker can help you with completing a young carers assessment. The social worker may also refer the child or young person to Carers First who also undertake young carers assessments on our behalf.

You can also follow the link below to refer yourself – or a GP, teacher, family support worker or family member can do this for you.

[Get support if you are a young carer \(Carers First\)](#)

You will need consent from a parent to use this service.

More information and support

- [NHS - Help for young carers](#)
- [Barnardo's - Young carers](#)
- [Merton Young Carers](#)
- [Carers Trust - Young Carers in Schools](#)

All Carers are advised to Create a Contingency/Emergency plan it is a really useful document where you put all your information about your caring role in one place. In case you fall unwell yourself or be unable to care for whatever reason its clear exactly what needs to be done so somebody else can take over. Use this link to find out more about it

<https://www.csmerton.org/for-adult-carers/carers-emergency-plan/>