



This information is available in large print, on audio CD and in other languages on request. If you require any of these services please contact us on: 01934 636 363 Extension 3193



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Do you look after someone who can't manage without your help?





If you look after an ill, disabled or frail relative or friend who can't manage without your help, you are a 'carer'.

You may not think of yourself in this way - you probably help your relative or friend without even thinking about it. You just get on with it.

However, if you are a 'carer' it is very common to neglect your own well being because you spend so much time and energy helping the person you care for.

## Is the person you care for in hospital?

If so, our carers support service, based at Weston hospital, may be able to help.

## What we do

We provide a free service for 'carers.' and can help you to:

- **Look after your own well being**
- **Understand your rights and choices**
- **Understand hospital services and processes**
- **Be consulted and involved in the care provided by the hospital**
- **Be consulted and involved in the planning and delivery of care services, before and after discharge**
- **Access carer support services in the community**



## Contact us

If you want to find out more, give us a call on **01934 636 363** and ask for extension **3193**. This is the number for the Carers Support Workers based in the 'Home from Hospital' team.

We may not be available to speak to you immediately, but please leave a message and we will get back to you as soon as we can.