


Adult Social Care Support for Carers in Coventry



Coventry City Council



One in eight people in Coventry look after a friend or family member. If you look after a friend and family member who cannot manage without your support, you are a carer. When you need support, we want you to know you're not alone.

Don't wait until you need help.

● Am I a carer?

As a carer you may support someone emotionally, with personal care or household tasks, to get out and about, attend medical appointments, take medication or manage their finances.

Your role is important and it is likely that you will need information, advice or support at some point, even if you are managing perfectly well at the moment. Caring for someone can be very rewarding but difficult and stressful at times. This can affect your health and wellbeing and impact on your life in ways you may not have thought of.

● Look after yourself

It is important for you as a carer to stay fit and well, and make time for yourself. Top tips:

- Tell your GP you are a carer – get free health checks, flu jabs and flexibility with appointments
- Don't feel guilty for having a break – make time for yourself and get help if you need it
- Register with Carers Trust Heart of England – get a Go CV+ card and Learning for discounts on gym membership, leisure activities, courses and library resources
- Join a carers' group for mutual support
- Check out the Adult Social Care Community Directory online cid.coventry.gov.uk
- Find out more about equipment and technology by visiting <https://www.coventry.gov.uk/care-support/types-support/2> or visiting the Opal Demonstration Centre

● Learn new skills

You can get FREE TRAINING to help you in your caring role.

Every carer's needs are different so there are awareness sessions, short courses, 1:1 support at home, online training, or useful resources.

● Have a Carer's Assessment

A carer's assessment gives you a chance to talk about your situation in more detail and focus on what is important to you. All carers are entitled to an assessment of their needs.

- Your assessment can be combined with an assessment of the person you care for – your needs are considered together
- You can have a separate assessment focussing on your own needs

To request an assessment:

Talk to your social worker or care co-ordinator if you have one. If not, contact

Adult Social Care Direct

024 7683 3003 or **ASCDirect@coventry.gov.uk**

Or if you are a Parent Carer or a Young Carer contact **Children's Social Care 024 7678 8555.**

● Register with CRESS!

Register with the Carers Response Emergency Support Service.

The Carers' Response Emergency Support Service (CRESS) can provide you with support in the event of an emergency and will help you build an emergency plan

The service can also offer planned support to help you access appointments and significant events, such as a wedding or funeral.

www.carerstrusthofe.org.uk or call **024 7610 1040**

● Are you a Young Carer?

If you're a young carer/young adult carer (aged 5-18), the Young Carers Project can support you

Find out more at **youngcarerscoventry.co.uk**
Young Carers Project **024 7663 2972**

● Do you know about your rights at work as a carer?

Dedicated support for working carers is available at the Carers Trust Heart of England.

Find out more about flexible working, time off in emergencies and support at work at **www.coventry.gov.uk/workingcarers**

Coventry City Council Adult Social Care and Support Services and Mental Health Services contact details

Adult Social Care Direct	The first point of contact for any referrals into Adult Social Care.	024 7683 3003 ascdirect@coventry.gov.uk Next Generation Text (also known as Text Relay and TypeTalk): Call 18001 024 7683 3003
Emergency Out of Hours After 5pm Monday to Thursday, 4.30pm on Friday and through the weekend	For urgent enquiries / emergencies only outside of normal office hours	024 7683 2222
Main Council Customer Services	The main switchboard for Coventry City Council.	080 8583 4333
Mental Health Access Hub	Run by Coventry and Warwickshire Partnership Trust (CWPT), this is the first point of contact for people accessing mental health services and CWPT services.	080 8196 6798

Other Organisations

Carers Trust Heart of England	One-stop shop for unpaid carers of all ages.	024 7663 2972 carerstrusthofe.org.uk
Age UK Coventry	Supporting adults providing information and advice, support and groups.	024 7623 1999 www.ageuk.org.uk/coventryandwarwickshire
Alzheimer's Society Coventry	Supporting adults with a diagnosis of dementia and their families with the provision of information and advice and group-based support.	024 7665 2602 www.alzheimers.org.uk/find-support-near-you
Coventry & Warwickshire MIND	Support for people living with a mental health condition	024 7655 2847 cwmind.org.uk
Macmillan Cancer Support	Cancer Support Service.	024 7696 6052 www.macmillan.org.uk
SEND Information, Advice and Support Service	Providing information and advice to young people with disabilities and special educational needs.	024 7669 4307 www.coventry.gov.uk/send-information-advice-support-service-iass



Free information and advice in Coventry

For the monthly Carers' Bulletin to find out about what's going on in the city for carers: www.coventry.gov.uk/carersbulletin

Carers Trust Heart of England
A 'one-stop shop' for carers of all ages.
carerstrusthofe.org.uk
Call **024 7663 2972**

Alzheimer's Society Coventry supporting people with dementia and their families.
alzheimers.org.uk
Call Dementia Connect on: **0333 159 3456**

Age UK Coventry
Supporting people over 50 to enjoy later life.
www.ageuk.org.uk/coventryandwarwickshire/
7 Warwick Row, Coventry CV1 1EX
Call **024 7623 1999**

Macmillan
Cancer Support Information Centre UHCW
macmillan.org.uk
Call **024 7696 6052**

SEND
Information, Advice and Support Service supporting families of young people with disabilities and special educational needs.
www.coventry.gov.uk/IASS
Call **024 7669 4307**

Social Care
Emergency Duty Team **024 7683 2222**
For further information
www.coventry.gov.uk/health-social-care

www.coventry.gov.uk/sendlocaloffer

Coventry Dementia Partnership Hub
Everdon Road, Holbrooks, Coventry
CV6 4FB
Call **07957 429324**

Contact Adult Social Care Direct

Call **024 7683 3003**

or email ascdirect@coventry.gov.uk

or visit www.coventry.gov.uk/health-social-care

Speech impairment, deaf or hard of hearing? You can call using Next Generation Text (also known as Text Relay and TypeTalk): **18001 024 7683 3003**

If you require this information in another language or format, please email ascdirect@coventry.gov.uk

Jeśli potrzebujesz zawartych informacji w innym języku lub formie, prosimy o wiadomość e-mail na adres ascdirect@coventry.gov.uk

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ascdirect@coventry.gov.uk 'ਤੇ ਈਮੇਲ ਕਰੋ

اگر آپ کو یہ معلومات کسی دوسری زبان یا فارمیٹ میں درکار ہوں تو براؤں مہربانی ascdirect@coventry.gov.uk پر ای میل کریں۔

إذا اردت الحصول على هذه المعلومات بلغة أو تنسيق آخر، يرجى إرسال بريد إلكتروني إلى: ascdirect@coventry.gov.uk

Dacă aveți nevoie de aceste informații într-o altă limbă sau format, vă rugăm trimiteți email la: ascdirect@coventry.gov.uk

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