



INFORMATION SHEET 6

Caring At Home



The majority of carers wish to look after their friend or relative at home for as long as it is practical and feasible to do so.

Without proper support, advice and help, carers often find that they have to relinquish the caring role sometimes leaving them with feelings of guilt and inadequacy, whereas they could have felt they had done a very worthwhile and rewarding job had this help been available to them.

Help with caring is basically divided into - statutory services, private organisations and the voluntary sector. Not everyone wants to approach Social Services for help, but they are the main source of local help for carers.

STATUTORY SERVICES

Carers should contact the **Community Care Advice Centre, Aldborough Road North, Tel:020 8708 7333** and ask for an assessment to be arranged in order to identify what help the carer needs to continue caring.

Once an assessment has been completed you and your Social Worker will decide upon the appropriate help you need. You may be offered home care where paid carers will come and help you with the difficult tasks such as getting someone up in the morning, washing and dressing or help with putting them to bed at night. Your package may include some help in the home, with shopping or arranging some respite.

If at any time your circumstances change and you feel you need more help you should contact your Social Worker and arrange for him/her to visit you for a re-assessment of your current needs.

Home Care Agencies

The Commission for Social Care Inspection (CSCI) is the independent public body, which in April 2004 took over the regulation of private and voluntary care standards throughout England (previously the responsibility of the National Care Standards Commission). The CSCI's responsibilities include the registration and inspection of care homes (including care homes with nursing), domiciliary care agencies and nurses' agencies.

For general enquires, or a list of agencies or care homes, contact the CSCI on 0845 015 0120

FINANCIAL HELP

This may be available through a range of benefits or from charitable organisations.

Redbridge Welfare Benefits Team can give advice on benefits.

Advice Line: 020 8708 4180

Benefit Enquiry Line

0800 882200

Charity Search**Tel: 0117 982****4060****25 Portview Road****Avonmouth, Bristol BS11 9LD**

The charity offers an advice service to the elderly in need linking them, where possible, with appropriate charities that might help.

The Family Fund Trust

PO Box 50

York YO1 9ZX

Tel: 08451 304542**Textphone: 01904 658085****Email: info@familyfundtrust.org.uk****Website: www.familyfundtrust.org.uk**

An organisation set up to ease the stress on families who care for very severely disabled children under the age of 16, by providing grants and information related to the care of the child.

Independent Living (1993) Fund

P.O. Box 7525

Nottingham NG2 4ZT

Tel: 0845 601 8815**Fax: 0115 945 0945****Textphone: 0845 601 8816****Email: funds@ilf.org.uk****Website: www.ilf.org.uk**

This organisation offers financial assistance to pay for additional help in the home providing:

- The disabled person is between 16 and 66 years old
- In receipt of the higher rate of the Care Component of the Disability Living Allowance
- Will be able to live in the community for at least the next six months
- Needs more care at home than you can afford or the local authority can provide
- Lives alone or with people who are unable to fully meet their care needs.
- Subject to savings

The Fund works closely with the local authority that will be, or are already, providing a substantial amount of care per week to the disabled person. Applications must go through the local authority.

HEALTHCARE NEEDS

If you feel you need medical or nursing help to enable you to continue caring, you should contact your GP who will be able to make the necessary referral to the appropriate health service i.e. Medical, Nursing, Occupational Therapy or Physiotherapy.

Community Nursing Services are available through your GP or Hospital. A highly qualified and skilled nurse will visit to assess healthcare needs and arrange for someone from their team to visit. They may refer you to other agencies such as:

- *The Continence or Diabetic nurse specialist.*
- *The Macmillan Nurses who visit and give advice to cancer patients and their families or carers.*
- *The Marie Curie Nursing Service will sit between 10.30 pm - 7.00 am with patients who are terminally ill.*

Community Psychiatric Nurses are also available through your GP or Hospital. Staff trained in dealing with mental health problems will call to offer a range of services. These may include day care, respite care or information on special groups for support for you.

EQUIPMENT

Equipment may be needed to assist with standing, sitting, bathing, mobility, pressure relief, eating and drinking, continence care.

When caring for a sick relative some equipment can be obtained through your District Nurse. The Local Authority can provide a range of items. An assessment by the Borough's Occupational Therapists may be necessary to assess which equipment is most appropriate.

Please contact:

Community Care Advice Centre

020 8708 7333

You may wish to contact any of the following organisations to see what items are available:

**The Disabled Living Foundation
380 - 384 Harrow Road
London W9 2HU**

**Helpline 0845 130 9177
Website: www.dlf.org.uk**

Provides an information service and maintains a large equipment display area open to the public.

**Care & Mobility
3458
440 Cranbrook Road
3394**

Tel: 020 8518

Fax: 020 8518

Gants Hill, Ilford IG2 6LL

Sells many aids, large and small. Also deals with new and second-hand wheelchairs etc. Literature & information is available on request.

They also have a display showroom at Rayleigh

Tel: 01268 771191