

# Care for the Carers

## What we do

***Our aims; “To improve the quality of carers’ lives by helping the local community recognise and value the role of carers, and by enabling carers to access the services and support they require.”***

Our **Adult Carer Support Workers** can provide a ‘listening’ ear and assist carers in improving their quality of life. They can also:

- Provide carers with an Emergency Alert Card or a Care Passport
- Help access a Carers’ Assessment (also offered by Adult Social Care)
- Link carers to other services
- Promote social opportunities for carers

We have a **Back Awareness Team** to help carers avoid back injuries by learning correct moving and handling techniques. They will also advise carers about equipment or any adaptations they may need in the home.

The **Carers Hospital Liaison Worker** will listen to carers’ concerns if the person they care for is admitted to hospital, and help resolve any problems by liaising with hospital staff.

The **Befriending Scheme** aims to reach the rural areas of East Sussex to recruit and train volunteers interested in taking on the role of Befriender to isolated rural carers.

**Networking – Carers in Touch** – created to bring carers together socially to take part in activities, learn new skills, get fit, get out and about, must most important of all to enjoy themselves.

Our **Information Service** supplies registered carers with a free copy of our CareLine magazine and other relevant information about accessing services or details of events in their area that may affect their lives.

**Young Carers Service** supports people under 18 who provide substantial physical or emotional care for a member of their family. The service also offers one-to-one sessions with a support worker where young carers have the opportunity to talk about their caring situation. There are clubs for young people in Eastbourne, Ringmer and Hastings where they can make friends.

**ENDS**

**For more information from Care for the Carers, please contact the Information Coordinator**  
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