



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

Support for the person you care for

Adults with care and support needs are entitled to a needs assessment from East Sussex County Council to assess their eligible needs and discuss the support available.

Financial assessment and help

Depending on their needs and finances, they may be eligible for their support to be funded by the local council. To assess this, a Financial Assessment would need to be completed – see:

www.eastsussex.gov.uk/socialcare/getting-help-from-us/what-is-an-assessment

Some support with paying for equipment, adaptations and technology is also available – see www.carersuk.org/help-and-advice/technology-and-equipment.

Paid for care

If the person you care for is not eligible for financial assistance, they may choose to pay for care or support, e.g. a care agency, a Personal Assistant or an activity in the day. The local council publicise a list of vetted and approved providers through their Support with Confidence scheme apps.eastsussex.gov.uk/socialcare/athome/approvedproviders.

Grants

If there is a specific moderately-priced item that would make your caring role easier, but you are unable to afford or access council funding for, Care for the Carers may be able to help you to apply for a grant. Contact us to find out more.

Carers Card

What is the East Sussex Carers Card?

As a carer you can apply for the East Sussex Carers Card. The card:

- Identifies you as a carer in an emergency
- Enables you to set up a Carers Respite Emergency Support Service (CRESS) plan
- Provides special offers and discounts for carers with participating local businesses.

It may be useful to think about emergency planning if you haven't already done so. As a carer you will be concerned about what would happen to the person you care for if you had an accident or were suddenly taken ill. The East Sussex Carers Card enables you to set up a Carers Respite Emergency Support Service (CRESS) plan. This includes contact details for up to three people who could provide short-term support in an emergency.

You can carry the Carers Card with you so that in an emergency you or someone else can call the number on the card. When this happens, East Sussex County Council will contact the people you have named in your emergency plan.

If none of your contacts are available, or if there are no other people you can identify to act as an emergency contact, Adult Social Care will provide support to look after the person you care for. This card is available to unpaid carers of adults.

You can apply for a CRESS plan as part of your Carer's Assessment, or we can help you to set up a CRESS plan if you prefer not to have a Carer's Assessment. You can also apply for a Carers Card without the emergency plan included.

Find out more about the East Sussex Carers Card here:

www.cftc.org.uk/get-a-carers-card.

Care for the Carers

Care for the Carers is an independent charity and the Carers Centre for East Sussex. We have been supporting and representing unpaid carers in East Sussex since 1989.

What do we do?

Our team of staff and volunteers can provide free practical and emotional advice and support – face-to-face, by telephone, or online. We can put you in touch with other carers, and help you navigate the range of services available locally. We also run support groups and events for carers in East Sussex and training for health and social care professionals and volunteers working with carers.

Care for the Carers represents carers and raises awareness of caring, working with a variety of local communities, organisations and service providers to build a carer friendly East Sussex.

All our work is developed with carers, and in response to their expressed needs reflecting local and national strategy, legislation, research and best practice. We work with carers so that they are empowered and can have a say in the policies and services that affect them.

How to contact us

During the Coronavirus pandemic, we are here to support all carers and offering our services by phone or online.

Call our Carers Hub on 01323 738390, Monday to Friday, 10am to 5pm to speak with one of our team of dedicated support workers.

Email us: info@cftc.org.uk

Text us: 07860 077300

Request a call back using the contact details above.

More information and carer resources at: www.cftc.org.uk.

No one left to care alone

Phone: 01323 738390 Email: info@cftc.org.uk Text: 07860 077300 Visit: www.cftc.org.uk



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