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**WE ARE HERE  
TO SUPPORT YOU**



**Are you looking after  
someone who could  
not manage without  
your help?**

**If so, you are an  
unpaid carer.**

## **To register with Carers Support:**

There are a number of ways you can register yourself with us:

- Contact our Helpline : 0300 028 8888
- Email : [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)
- Visit : [www.carerssupport.org.uk](http://www.carerssupport.org.uk)

Scan me to visit  
our website!



## **Connect with us on social media:**

-  [@CarersWSussex](https://www.facebook.com/CarersWSussex)       [@carerswsussex](https://twitter.com/carerswsussex)  
 [@carerssupportwestsussex](https://www.linkedin.com/company/carerssupportwestsussex)       [@carerswsussex](https://www.instagram.com/carerswsussex)



90% of carers registered with CSWS said the support enabled them to continue in their caring role.

## Carers Support West Sussex offers free support to unpaid carers registered with the service.

The wellbeing team will talk to you about your caring role and can provide the following services:

- Carer Contingency Planning with access to a carer emergency card
- Carer Helpline
- Welfare benefits advice
- Emotional support
- Carer Assessments
- Practical guidance
- Carer groups
- Support with hospital admission & discharge
- Carer Coaching

The impact of caring can be significant and enduring. We understand what carers need, which means our support is geared towards overcoming challenges.

91% said the support they received made them feel less isolated.

## Carer Smart Search

Carers regularly tell us that it is challenging to find the information they need, often not knowing where to start. This insight formed the basis of the carer smart search function on our website.

### Find the information you need

To help you find relevant and timely information to support you in your caring role, we have developed the online **carer smart search**.

An easy to use tool which provides information about topics related to your caring role. Try it yourself today!

Scan me to visit our Smart Search!



“

The carer smart search form is very simple to complete. The toolkits are excellent giving full information in a user-friendly layout. Carers will find those extremely useful as finding relevant info is easy.

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