



Welcome to Carers Support



Help and support for carers in West Sussex



Welcome to **Carers Support West Sussex**. We are happy you joined us.

You are now part of a big group of over **30,000 carers**.



Whether you are new to caring or have been doing it for a while, **you are not alone**.



We are here to help you, no matter your caring situation.

This booklet will show you some of the services and support we offer.



To scan a QR code, **use the camera** on your phone or tablet.



You can watch a short YouTube video about our service.

Scan the QR code to watch the video.



Local Support



We believe the best support is local.

This means help is close to you, in your community.



We have **Carer Hubs** in West Sussex.

Here you can speak with a Wellbeing Worker about your caring role.



Join **carer groups** for friendly chats, workshops, or outings. Our carer hubs are welcoming places to talk about your caring role.



Visit our website for information on groups and events.

Scan to QR code to visit our website.



Financial Support



Our **Carer Benefits Service** helps you understand what financial support you can get.



You can **book a meeting** with our benefits advisors to learn more.

Call us on our Helpline or send us an email so we can book you a benefits appointment.



Visit our website for more information about our Benefits Service.

Scan the QR code to visit our website.



Planning for the Future



Watch our video on **planning ahead** if you can't provide care.

Scan the QR code to watch the video.



The **West Sussex Care Guide** has a lot of information about support for carers.

It can help you plan for emergencies.



Scan the QR code to read the West Sussex Care Guide.



The **Carer Emergency Contact Card** helps ensure the person you care for gets support in emergencies.



Visit our website for more information about the Carer Emergency Contact Card.

Scan the QR code to visit our website.



Hospital Support



If you or the person you care for is in hospital, we can help.

Our Hospital Team offers support **during hospital stays.**



We can help when you or the person you care for is coming home from hospital.

If you or the person you care for is in hospital, **you can ask hospital staff to refer you.**

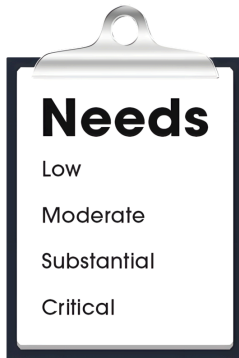


Visit our website for more information about Hospital Support.

Scan the QR code to visit our website.



Carer Assessments



At Carers Support we do **Carer Assessments** for West Sussex County Council.



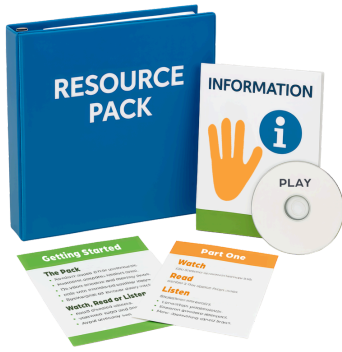
A Carer Assessment is a **conversation** about your caring role.

It helps us understand how to support you.



Watch our video to learn more about Carer Assessments.

Scan the QR code to watch the video.



We provide **easy-to-read guides and advice** on caring.

Our website has resources on many topics.



Visit our website to look at our **Top Tips** and **Toolkits**.

Scan the QR code to visit our website.



Sign up for our **Carer Portal** to manage your caring journey.

You can update details and check bookings.



The portal gives you control and convenience. You can access information **anytime, anywhere**.



To access our services, we ask you to be registered with Carers Support West Sussex.

You can do this by giving us a **call on our helpline**, or by filling out the **form on our website**.



Scan the QR code to register as a carer.



Contact Us

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