



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.



You can watch a short video about our service.

[Click Here To Watch 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.

[Click Here for Carer Groups](#)



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.

[Click Here for Benefit Service Information](#)



Planning for the Future



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

It can help you plan for emergencies.



Click the link to read the West Sussex Care Guide.

[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.

[Click here for Carer Emergency Contact Card Information](#)



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

[Click Here for Video](#)



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.**

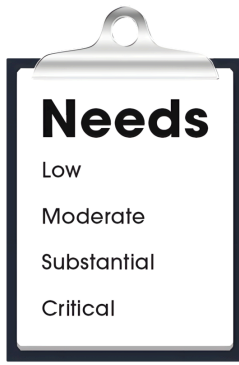


Visit our website for more information about Hospital Support.

[Click Here for Hospital Support Information](#)



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.

[Click Here for 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**.

[Click Here for Resources](#)



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**.



[Click Here to Register As a Carer](#)



Contact Us

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