

Carers Support West Sussex have a range of free services that can help you in your caring role.

- Information relevant to your caring situation
- Carer groups – both online and face to face.
- Wellbeing and Learning workshops
- Carer Coaching
- Carers Assessments
- Contingency Planning



Ways to contact Carers Support:

Ask a member of hospital staff to refer you to us.

Helpline : 0300 028 8888

Email : info@carerssupport.org.uk

Visit : www.carerssupport.org.uk



Scan me to visit
our website!

Connect with us on social media:



@CarersWSussex



@carerswsussex



@carerssupportwestsussex



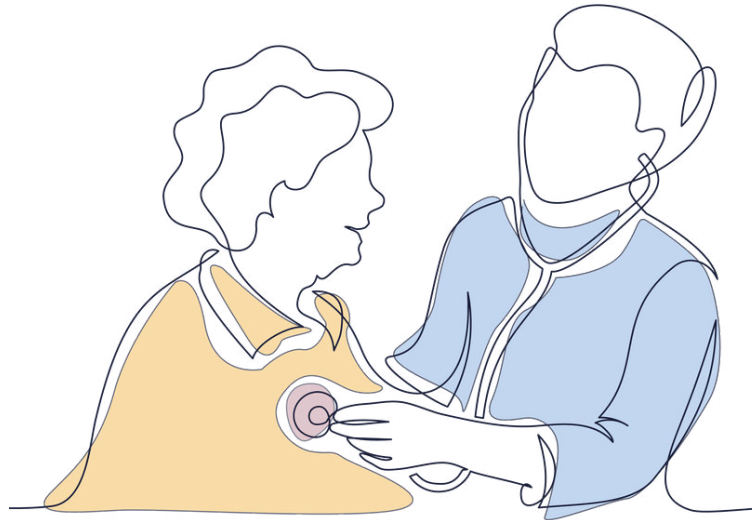
@carerswsussex

HOSPITAL SUPPORT FOR UNPAID CARERS



Do you care for a family member or friend who is currently in hospital and need some support?

You may be an unpaid carer. We're here to help you.



Guidance for your hospital journey

We understand that having someone you are caring for admitted to hospital can be a confusing and emotional time.

Our aim is to help you navigate your hospital journey from admission to discharge and beyond.

After a hospital stay, many people can return home, sometimes with additional support or home adaptations. Others may require ongoing care in a different setting.

Whatever the outcome, we're here to help you understand what's happening, explore your options, and feel supported throughout.



Our knowledgeable team can give you 1:1 support via the telephone and/or face to face.

Ways we can help you:

- Navigate hospital processes and plan ongoing support.
- Understand what support is available within the hospital and after discharge including a wide range of services Carers Support offers.
- Communicate with hospital staff when appropriate.
- Articulate your needs and wishes concerning discharge.
- Address practical matters and support you to manage your own wellbeing.
- Fast track access to benefit advice and information about potential funding.
- Access other organisations that might be able to support your specific needs.
- Find relevant information and referrals
- Plan for future emergencies

