HOW TO GET HELP IF YOU LOOK AFTER SOMEONE

ARE YOU A CARER

You could be a carer if you provide or intend to provide substantial and regular support to another person to help them live at home. A carer can provide support to people in a number of ways. For instance:

- If you look after a friend or relative who needs support because of old age, a physical, sensory or learning disability, mental illness or ill health.
- You are a parent of a child with a disability.
- You are under 18 and look after a parent, brother, sister or grandparent who needs support.
- You do not have to live with the person you care for and there may be others helping you care.

As a carer you are entitled to a Carers Assessment by Social services to discuss the help that both you and the person you care for might need. For example:

- Help with household tasks
- Help with caring tasks during the day and night
- Respite care
- Activities for the “cared for” person
- Benefits advice

For more information on the carer's assessment, log onto:-
http://www.oldham.gov.uk/carer

OLDHAM SOCIAL SERVICES
If you or the person who looks after you is in need of a service you should contact the appropriate Social Services Office. Social Services offices are open each weekday from 8.40 am to 5 pm.

CONTACT NUMBERS:-

If you or the person you care for is an older person, an adult with a learning disability, physical or sensory disability, or a vulnerable adult contact:

The Adult Duty and Intervention Service
The Link Centre
140 Union Street
Oldham OL1 1DZ
Tel: 0161 770 1515 (if you are not already receiving services)
0161 770 1500 (If you are already receiving services)
Mental Health Services  0161 909 8088
Children's Assessment Team  0161 770 3790/1
Blue Badge Scheme  0161 770 3806
General Enquiries  0161 770 6532
Emergency Duty Team  0161 770 6936
Oldham Young Carers Project  0161 621 9420

OTHER USEFUL SERVICES

- District nurse - 0161 621 3496
- Macmillan Nurse - discuss with GP or Practice Nurse
- Chiropodist - 0161 621 3803
- Health Visitor - 0161 344 8172

USEFUL ORGANISATIONS

Alzheimers Society  Oldham Citizens Advice Bureau
POPPS Office  1-2 Ashcroft court,
Partnership House  Peter Street,
Sparrow Hill  Oldham
Rochdale  OL1 1HP
OL16 1QT  Advice Line 0844 847 2638
Tel: 01706 926666  www.adviceguide.org.uk

Age Concern  The Princess Royal Trust Oldham
10 Church Lane  Carers Centre
Oldham  The Phoenix Centre
OL1 3AN  1 Phoenix Street
Tel: 0161 633 0213  Oldham
Fax: 0161 620 6197  OL1 1DB
info@oldham-ageconcern.co.uk  Tel 0161 770 1188
Fax: 0161 770 3784  Carers.centre@oldham.gov.uk