

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/carers>

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)

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| 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

Alheimers Society
 POPPS Office
 Partnership House
 Sparrow Hill
 Rochdale
 OL16 1QT
 Tel: 01706 926666

Oldham Citizens Advice Bureau
 1-2 Ashcroft court,
 Peter Street,
 Oldham
 OL1 1HP
 Advice Line 0844 847 2638
www.adviceguide.org.uk

Age Concern
 10 Church Lane
 Oldham
 OL1 3AN
 Tel: 0161 633 0213
 Fax: 0161 620 6197
info@oldham-ageconcern.co.uk

The Princess Royal Trust Oldham
 Carers Centre
 The Phoenix Centre
 1 Phoenix Street
 Oldham
 OL1 1DB
 Tel 0161 770 1188
 Fax: 0161 770 3784
Carers.centre@oldham.gov.uk