

Carers Allowance

Carers Allowance is the main state benefit for carers. To qualify, the carer must meet all the rules, which are quite complicated. These include the following. The carer:

- must be aged 16 or over
- must be caring for at least 35 hours per week for someone who is in receipt of Attendance Allowance, or middle or high rate care component of Disability Living Allowance, or Constant Attendance Allowance (at least at full day rate)
- must not be earning more than £100 per week net
- must not be receipt of certain other benefits

If you think you may qualify, or would like more information, please contact the Benefit Enquiry Helpline on 0800 882200, the Carers Support Service on 01325 357533 or look for more detailed information at www.nhs.uk/carersdirect

Translations

This document will be made available on request to Adult Social Care in Braille, large print, audio and in other languages. Telephone 01325 346200



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আপনি যদি এই প্রকাশনার কপি ইংরেজি ছাড়া অন্য কোন ভাষায় চান তাহলে সোশাল সার্ভিসেস বিভাগের সাথে 01325 346 200 নম্বরে যোগাযোগ করুন।

گر آپ کو انگریزی کے علاوہ کسی دوسری زبان میں یہ معلومات درکار ہیں تو سوشل سروسز ڈیپارٹمنٹ میں اس ٹیلیفون نمبر 01325 346200 پر رابطہ قائم کیجئے۔

如您需要本出版物除英文以外的版本，请与社会服务部联系：01325 346200。



Carers Information Sheet

Leaflet C2

What is a Carer?

A carer is an unpaid family member, friend or neighbour who looks after another person who needs support as a result of age, frailty, a physical, emotional or learning disability, or who has mental health needs, or who misuses drugs or alcohol.

A carer can be any age and could include someone under 18 (often known as a young carer) or someone who is the parent of a disabled child.

Many people are carers, but don't think of themselves in this role, but rather as husband, wife, mum, dad, son, daughter etc. As a result, they don't often realise that there is support available for them as well as the person they care for.

As a carer, you may find some of the information in this leaflet useful.

Local Contacts

Darlington Adult Social Care,

Central House, Gladstone Street, Darlington, DL3 6JX

Tel: 01325 346200, Fax: 01325 346474,

Website: www.darlington.gov.uk/carers

Carers Emergency Support Service

(provided by Unique Home Care)

Carers who register with the service draw up an emergency plan which identifies 3 family members, friends or neighbours as emergency contacts. If they are not available, or there are no nominated contacts, short term support is provided by Unique Home Care until alternative arrangements can be made by Adult Social Care.

Tel: 01388 773884 or visit the website:

www.ddcarersemergencysupport.org.uk

DAD Carers Support Service

Offers information, support and advice to carers including signposting to specialist services. A separate information leaflet is available on request from the Carers Support Service as are a number of factsheets.

Tel: 01325 357533 or visit the website:

www.darlingtondisability.org

DAD Direct Payments Support Service

Offers information and support about Direct Payments

Tel: 01325 360524 or visit the website:

www.darlingtondisability.org

Job Centre Plus

Carers' contact (Clare Moohan) – 01325 385084

Offers support to carers who would like to combine their caring role with paid employment

“Time Out” YMCA Young Carers Project

Provides support to carers under the age of 18.

Tel: 01325 350465 or Mobile: 07739883379

For further information about the help available locally for carers, please refer to leaflet C1 - "Helping Carers to Care". If you do not have a copy, telephone 01325 346200 to request one or visit the website:
www.darlington.gov.uk/carers

National Contacts

Benefit Enquiry Line

Tel: 0800 882200

Carers Direct

A national information, advice and support service for carers, which includes a wide range of information. You can visit their website - www.nhs.uk/carersdirect - or telephone them on 0808 802 02 02. The service is available 7 days a week.

Carers UK

Tel: 020 7490 8818

Tel: 0808 808 7777 (Carers Line)

Website: www.carersuk.org