

# Pathways Carer Support Service

# Caring for carers

Practical and emotional care and support



# Caring for someone

**Do you care for someone who is in the last years of their life and sometimes feel as though you need someone to care about you? Would you like help with the practical things, someone to talk to or just time for yourself? Interested? Yes? Then please read on...**

## What we offer

Pathways Carer Support Service is a fully funded service which is tailored to suit your needs, so the type and level of support you receive, depends very much on what you want.

Below is just a small selection of the kind of things we can do:

- Offer you a short-term respite break (up to 4 hours per week) from caring by providing professionally-trained care support workers.
- Give you someone to talk to about your worries and feelings. This could be in your own home or in the community.
- Help you sort out any areas of concern you may have such as housing, finances, debt, getting aids and adaptations, employment, legal advice and social activities.
- Help you to feel more confident about what you do.
- Help you with identifying and/or accessing other services which may be of benefit to you or the person you care for.

- Help you to prepare emotionally and practically for your bereavement.
- Provision of emergency care and support at a time of crisis.
- Provision of the service, free of charge.

## Why we do this

- To enable the person cared for to remain at home with increased carer support, averting hospital admissions due to carer breakdown (as opposed to an unanticipated change in the patient's condition) and support facilitating discharge home, where that is the person's preferred place of care.
- To reduce isolation of carers and their 'cared for'.
- To provide independence and personal dignity for people approaching the end of life.





- To allow carers to have a life of their own alongside their caring role.
- To ensure that carers have access to information and training, and are signposted to other appropriate services.
- To ensure the carers' spiritual requirements are met including the ability to attend religious services or other spiritual/cultural activities.

### **Who can access this service?**

- You and the person you care for must be over the age of 18.
- The person you care for must be registered with a GP Practice in Nottinghamshire or Bassetlaw.
- Pathways Carer Support Service will offer support to a carer who is caring for someone with any terminal condition.



## About the service

- Provides support to unpaid carers.
- The carer and the person being cared for must be over the age of 18.
- Must be registered with a GP Practice in Nottinghamshire or Bassetlaw.
- Helps you to feel more confident about what you do.
- Supports carers of patients that are at the end of their life, regardless of diagnosis.



## Contact us

You can contact us Monday to Friday, 9am - 5pm.

A Pathways worker will contact you within 5 working days of the receipt of referral.

If you would like to find out more about the service, please contact the Nottinghamshire Carers Hub on:

**0115 824 8824**

Alternatively, please email

**[hub@carerstrustem.org](mailto:hub@carerstrustem.org)**

or visit **[www.carerstrustem.org/hub](http://www.carerstrustem.org/hub)**

Read and approved by carers.

If you require this information in an alternative format, please contact us on 0115 824 8824.