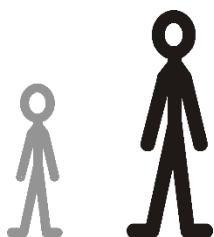


# Support for carers: Carers aged over 18



This easy read tells you about what a carer is, and the first steps to getting support, including information about the Carers Hub.

## Are you struggling with caring?



If you are struggling with your caring role, we have [a separate easy read document that tells you about help you can get.](#)

## Are you a carer?



A carer is someone who looks after an adult or a disabled child in their day-to-day life.



The person you look after needs help due to old age, disability or illness.



This doesn't include people whose paid job it is to be a carer.



You don't have to live with someone to be their carer, but caring for someone affects your life.



The person you care for is often a friend or family member.



Anyone can become a carer, and you may not know it is going to happen.



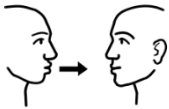
Many people don't know they are a carer.

## Where to start if you are 18 or older

**NHS**



- Tell your own GP you are a carer. We have [another easy read document that tells you why this can be helpful.](#)



- Tell the GP (doctor) of the person you care for that you are their carer.



- Talk to the [Carers Hub](#). There is more information about the Carers Hub in this document.



- Register for an emergency card. You can [apply online](#) or phone 0300 500 80 80.



- Check to see what help you can get with money.

[We have another easy read document about getting help with money.](#)



- Tell your college, university or workplace that you are a carer.



We have separate easy read documents about getting [support with education](#), and [support at work](#).

## The Carers Hub Service



The Carers Hub is the main support service for carers in Nottingham City and Nottinghamshire County.



Support is free.



They can help you with:



- Information and guidance.



- Getting in touch with other organisations that can help you.



- Carers groups and drop ins.



- Carers breaks.



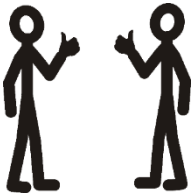
- Free training and caring support.



- 'Carers Smart' benefits and discounts.



- Carers grants.



- Peer support



- Looking at what you need as a carer.

## Contact the Carers Hub



You can visit their website. The [contact page](#) on their website gives full details of the ways you can get in touch.



Some of the ways you can get in touch are below.



Call Carers Hub on: 0808 802 1777



WhatsApp or text: 07814678460



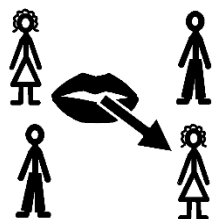
Email Referrals:

[carershubreferrals@carersfederation.co.uk](mailto:carershubreferrals@carersfederation.co.uk)

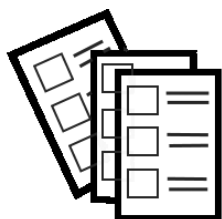


General Email:

[carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk)



The Carers Hub also have webchat available on their website where you can talk to a member of their team online.



We have lots of other documents about for support for carers in [our easy read library](#). This document is part of a set of 19.

## **Links in this document**

### **Struggling with caring: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/11-i-am-struggling-with-caring-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/11-i-am-struggling-with-caring-easy-read)

### **Telling your GP you are a carer: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/4-telling-your-doctor-you-are-a-carer-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/4-telling-your-doctor-you-are-a-carer-easy-read)

### **Carer's Emergency Card- apply online**

[nottinghamshire.gov.uk/carersemergencycardform](https://nottinghamshire.gov.uk/carersemergencycardform)

### **The Carers Hub website**

[carershub.carersfederation.co.uk/](https://carershub.carersfederation.co.uk/)

### **Getting help with money: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/7-money-advice-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/7-money-advice-easy-read)

## **Support with training and education: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/10-education-and-training-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/10-education-and-training-easy-read)

## **Support at work: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/9-work-and-caring-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/9-work-and-caring-easy-read)

## **The Carers Hub website contact page**

[carershub.carersfederation.co.uk/contact/](https://carershub.carersfederation.co.uk/contact/)

## **Nottinghamshire County Council easy read library**

[nottinghamshire.gov.uk/global-content/easy-read-library](https://nottinghamshire.gov.uk/global-content/easy-read-library)

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