

# Carers Booklet: Do you look after someone?



Welcome to our Easy Read version of our Information for Carers Booklet.



This is our information guide for unpaid carers in Nottingham and Nottinghamshire.



This set of easy read documents explain everything an unpaid carer needs to know and where they can get the support they need.

## Contents



This set of documents has 19 parts and you can find these in the [Nottinghamshire Easy Read Library](#):



1. Carer's Booklet introduction. (This document)



2. [Support for carers aged over 18: Are you a carer? Where to start and the Carers Hub.](#)



3. [Help and support for the person you care for.](#)



4. [Telling your doctor \(GP\) you are a carer.](#)



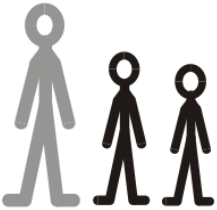
5. [Your needs as a carer, and the Carers Hub.](#)



6. [Help in an emergency.](#)



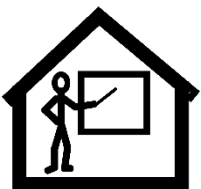
7. [Advice about money.](#)



8. [Support for Young Carers.](#)



9. [Work and caring.](#)



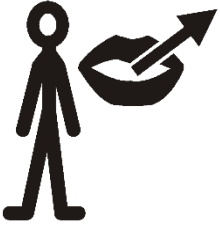
10. [Education and training.](#)



11. ["I am struggling with caring."](#)



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18. [Online support and other organisations.](#)



19. [Getting involved in co-production.](#)

## **Links in this document**

### **Nottinghamshire Easy Read Library**

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

### **2. Support for carers aged over 18**

[nottinghamshire.gov.uk/global-content/easy-read-library/2-support-for-carers-aged-over-18](http://nottinghamshire.gov.uk/global-content/easy-read-library/2-support-for-carers-aged-over-18)

### **3. Help and support for the person you care for: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/3-help-and-support-for-the-person-you-care-for-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/3-help-and-support-for-the-person-you-care-for-easy-read)

### **4. Telling your doctor (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)

### **5. Your needs as a carer, and the Carers Hub: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/5-your-needs-as-a-carer-and-the-carers-hub-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/5-your-needs-as-a-carer-and-the-carers-hub-easy-read)

### **6. Help in an emergency: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/6-help-in-an-emergency-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/6-help-in-an-emergency-easy-read)

### **7. Advice about 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)

## **8. Support for Young Carers: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/8-support-for-young-carers-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/8-support-for-young-carers-easy-read)

## **9. Work and caring: 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)

## **10. Education and training: 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)

## **11. “I am 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)

## **12. Raising an issue and making a complaint: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/12-making-a-complaint-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/12-making-a-complaint-easy-read)

### **13. Advocacy: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/13-advocacy-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/13-advocacy-easy-read)

### **14. Safeguarding: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/14-safeguarding-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/14-safeguarding-easy-read)

### **15. Hospital stays: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/15-hospital-stays-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/15-hospital-stays-easy-read)

### **16. Looking after yourself: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/16-looking-after-yourself-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/16-looking-after-yourself-easy-read)

### **17. Breaks from caring: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/17-breaks-for-carers-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/17-breaks-for-carers-easy-read)

## **18. Online support and other organisations: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/18-online-support-and-organisations-for-carers-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/18-online-support-and-organisations-for-carers-easy-read)

## **19. Getting involved in co-production: easy read**

[nottinghamshire.gov.uk/global-content/easy-read-library/19-getting-involved-in-co-production-easy-read](https://nottinghamshire.gov.uk/global-content/easy-read-library/19-getting-involved-in-co-production-easy-read)

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