



**St Luke's**  
Hospice Plymouth



**Are you  
a carer?**

# Are you a carer?

Supporting someone who has difficulty looking after themselves is sometimes called caring. You are a carer if you provide (unpaid) practical or emotional help for a partner, child, relative or friend who has an illness, a disability, a mental health problem, or an addiction.

Giving support and care like this can affect your own wellbeing. If this sounds like you, it's a good idea to ask for a carer's assessment to look at what caring means for you and check what help could be available.

We encourage you to register as a carer even if you don't think you need any help right now. Things can change quickly. We think it is good to get any information you might need just in case.

Under 18s can be carers too and are usually called Young Carers. If you are aged 16-25 and not in secondary school, there are services for Young Adult Carers.

## Carer's Passports

A Carer's Passport highlights your role and responsibilities as a carer. Completing the information section in the information booklet helps you to be identified as a carer. This makes it easier for you to have conversations with your employer, educational organisation, GP and so on, allowing them to easily and quickly understand any additional support or flexibility you might need and help you to feel recognised and supported.

Each local authority or carers' support service issues Carer's Passports. Please contact your local service using the information or links listed in this leaflet. Online queries are preferred where possible. The information contained here is correct at the time of writing. You can refer to each local authority's website for updates.

## Devon

Information about the Devon commitment to carers can be found at [devon.gov.uk/adult-social-care/carers-support](https://devon.gov.uk/adult-social-care/carers-support)

You can complete an online self assessment at [devon.gov.uk/adult-social-care/assessments/care-support-needs-assessments](https://devon.gov.uk/adult-social-care/assessments/care-support-needs-assessments)

If you need assistance to complete the self assessment, you can contact Devon Carers on **03456 434 435** or via Devon Carers website at [devoncarers.org.uk](https://devoncarers.org.uk)

## Torbay

Torbay adult social care carers information and assessment can be found here [torbay.gov.uk/adult-social-care/carers/carers-support](https://torbay.gov.uk/adult-social-care/carers/carers-support)

Signpost for Carers is the Torbay area carers' service and can be contacted on **01803 666620**

## Plymouth

Adult social care information for carers is here [plymouthonlinedirectory.com](https://plymouthonlinedirectory.com), just search 'carer'

Caring for Carers at Improving Lives Plymouth offer a range of support and services to Carers on behalf of the local authority. You can find information through their website [improvinglivesplymouth.org.uk/caring-for-carers](https://improvinglivesplymouth.org.uk/caring-for-carers) or by calling **01752 201890**

## Cornwall

Adult social care for Cornwall carers services can be found at [cornwall.gov.uk/health-and-social-care/adult-social-care/carers](https://cornwall.gov.uk/health-and-social-care/adult-social-care/carers) or call **0300 1234131**. Cornwall Carers Service information can be found at [cornwallcarers.org.uk](https://cornwallcarers.org.uk) or by calling **01736 756655**

Each local authority offers a  
**Carers emergency response scheme.**  
Please ask your local service for details of  
how to access this.

Torbay and South Devon NHS Foundation Trust | Plymouth City Council  
Devon County Council | Cornwall Council | Devon Carers  
Improving Lives Plymouth | Cornwall Carers Service

