

# Carers

## Overview

Under the Care Act 2014, the Council has a duty to provide information, advice and support; this is to make sure that Carers' well-being is promoted by helping them to reduce their support needs through maintaining independence and good health, and promoting well-being. All partners work with carers to identify the resources already available to them in their family and community networks and put support in place to complement these where necessary.

## Who is a carer?

You are a Carer if you are 18 years old or older and you look after:

- an adult who is ill, disabled or frail and cannot manage without your help;  
or
- a person who is perhaps a relative or friend, whether or not they live with you.

## Support for carers in Worcestershire

- The Worcestershire Integrated Carers Hub, provided by the Worcestershire Association of Carers, offers a co-ordinated approach to access and support for carers whatever their level of need, care giving or support requirements.
- The Stroke Association offers a service for stroke survivors and their carers to enable people living with stroke to make the best possible recovery they can and to support them and their families/carers to live their life to the full following stroke.
- Carers are also entitled to a carers assessment from Worcestershire County Council.

## Other useful fact sheets:

- Website: [Carer Aware online training module](#)

## Online content:

- Website: [www.carersworcs.org.uk](http://www.carersworcs.org.uk)
- Website: [www.stroke.org.uk/finding-support/worcestershire-stroke-recovery-service](http://www.stroke.org.uk/finding-support/worcestershire-stroke-recovery-service)

## Key contacts:

- Adult Contact Team telephone  
Telephone 01905 768053
- Worcestershire Association of Carers  
Telephone 0300 012 4272
- Stroke Association Helpline  
Telephone 0303 3033 100