



**Cambridgeshire and Peterborough
Clinical Commissioning Group**

Family Carers Prescription



Are you caring for someone?

Do you need:

- Support
- Information
- Flexible respite breaks



Family Carers Prescription for family carers

This is a **free** service for family carers of any age and is available in this Surgery from your Doctor.

Are you caring for someone?

'A carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems'.

Then it is really important that you look after your own health and wellbeing.

Would you like to know?

- Your rights
- About benefits
- What's available to support you
- What's available to support the person you care for.

How to access support

The prescription will give you access to a specialist worker at Carers Trust Cambridgeshire who will discuss options available to you, support you to access them and give you an information pack.

Would you like to take a break?

The prescription will give you access to a specialist worker at Carers Trust Cambridgeshire who will help you design a short break that works for you and will provide support for this break to happen. You help decide what gives you a break - it may be assistance going out with the person you care for, someone being with the person you care for whilst you do something or something else.

How to get a prescription

Go to your surgery or ask for a telephone appointment with your Doctor to briefly explain your circumstances. The service is also designed to respond quickly to urgent need.

Your Doctor will agree the prescription and send it to Carers Trust Cambridgeshire. The surgery will record you are a family carer, so they can support you appropriately in the future.

Carers Trust Cambridgeshire will respond quickly and provide the information service and an agreed break if you choose, without any charge to you.



Cambridgeshire and Peterborough Clinical Commissioning Group

To contact Carers Trust Cambridgeshire

4 The Meadow
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St Ives
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Registered Charity Number 1091522.
West Anglia Crossroads Caring for Carers
(known as Carers Trust Cambridgeshire)
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Who are Carers Trust Cambridgeshire?

Carers Trust is the largest provider of respite care for carers in the UK.

Carers Trust Cambridgeshire are the leading local fully CQC (Care Quality Commission) compliant organisation providing respite care specifically for family carers.

Our aim is to help relieve the stresses of caring by providing quality help and support for family, unpaid, informal carers.

Last year, Carers Trust Cambridgeshire provided nearly 46,000 breaks for carers of adults, young carers and families of children with disabilities.

What can you get from Carers Trust Cambridgeshire?

Cambridgeshire and Peterborough Clinical Commissioning Group and Carers Trust Cambridgeshire have worked in partnership with GPs to offer this new innovative way to improve recognition and help for family carers and provide breaks where needed.

When you receive a prescription, we will visit you and help complete an assessment of your situation to decide the most appropriate form of support. We can point you in the right direction to where you can find out more about caring, your rights, free services or benefits you may be entitled to.

If a short break is prescribed, we will help you to choose and book something that would make a real difference for you. You may need a short break to support your own health and wellbeing, keep an appointment, or just need some “me time” away from it all.

We also support free groups for family carers of all ages and for people with care needs. You could come along to one of our Carers Groups to meet other family carers in a similar situation (free replacement care or help with transport may be available). Family carers decide the programme and sessions have included self-defence, relaxation, hypnotherapy and bowling, or just a drink in the pub!

