



Wirral Carers Alliance

‘We Care that You Care’



An Unpaid Carer is anyone, including children and adults, who looks after a family member, partner, or friend.

Carers provide assistance because the person they care for needs help due to illness, frailty, disability, a mental health condition or an addiction and cannot manage without their support.

Importantly, the care they provide is unpaid.

It's worth noting that many Carers don't immediately recognise themselves as Carers. It often takes an average of two years for them to acknowledge their role as a Carer. Carers may find it challenging to separate their caring responsibilities from their personal relationships with the individuals they care for, whether those relationships are as parents, children, siblings, partners, or friends.

The roles and responsibilities of Carers can vary widely, ranging from practical tasks like helping with daily activities (such as getting out of bed and personal care) to providing emotional support for coping with mental health symptoms.

If you are supporting a family member or friend who has a physical disability, mental health needs, or other challenges, you could be considered an Unpaid Carer. Your contribution makes a significant difference to the lives of those you care for and helps reduce the impact on Health and Social Care Services.

We are **Wirral Carers Alliance**, a group of Unpaid Carers working in collaboration with Wirral Council, the NHS, Healthwatch Wirral and multiple Carer Support Organisations to ensure Carers Voices are included in the changes to services and improving the support available to Unpaid Carers on Wirral.

Why not use the checklist on the **‘first steps of support’** for Unpaid Carers

Do you want to be a part of ensuring the voice of Unpaid Carers is heard?

Email – info@wirralcarersalliance.org.uk for further information

www.wirralcarersalliance.com

'First Steps of Support'

Questions to ask Yourself as an Unpaid Carer to get the support you need in your caring role and further information or advice on Carers Services in Wirral

	YES	NO	UNSURE
Have you registered as a Carer with your GP Practice and let your Doctor know that you have caring responsibilities?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Next Steps: Ask your Medical Practice how to update your medical record so that you are identified as an Unpaid Carer and at your next appointment, make the Doctor or Nurse aware that you are an Unpaid Carer so that this can be considered as part of your care

Did you know there is a Carers Passport available when either yourself as a Carer or the person you care for has to visit hospital?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Next Steps: When admitted to or attending an appointment at hospital, ask a member of the team for the 'Carers Passport' - This document identifies you as an carer and includes what needs to be put in place as part of the care plan as well as additional considerations or requirements which may include support for the person you care for whilst you are unable to carry out your caring role

WIRED are a Carer Support Service based on Wirral, are you registered with the service?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Next Steps: Register as an Unpaid Carer and Contact the Carers Helpline for access to support services and carer advice at WIRED on 0151 670 0777 or Email: cws@wired.me.uk

If you care for someone for 35 hours or more a week, did you know that you may be eligible to claim Carers Allowance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Next Steps: Further advice and eligibility can be found on the Government website www.gov.uk/carers-allowance

Have you completed a Carers Assessment with Wirral Council to assess your support needs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Next Steps: Further advice and eligibility can be found on the Council website <https://www.wirral.gov.uk/health-and-social-care/adult-social-care/support-if-you-care-adult/carers-assessment>

www.wirralcarersalliance.com - info@wirralcarersalliance.org.uk -