

Things to say or ask a person that can help establish if they are an unpaid carer:

- Do you pick up prescriptions for someone else?
- Are you doing the shopping for another person?
- Do you help out a friend, relative or neighbour who couldn't manage without your support?
- Are you unable to spend time doing things you enjoy because you are supporting someone else?
- Do you know about the support that Devon Carers provides?
- Did you know you may be able to get help to access information and advice around your finances and benefits?
- Are you in need of emotional support?
- Are you juggling work with looking after someone?
- Is there anything about your own health that worries you?

These conversation starters/questions will help unpaid carers open-up about their caring responsibilities and enable you to give them Devon Carers contact information. For more conversation starters please visit: www.devoncarers.org.uk/campaign



☎ 01392 307720

✉ info@devoncarers.org.uk

🌐 www.devoncarers.org.uk



What do Devon Carers do?

We support unpaid carers to maintain their own health, wellbeing and independence; and to care safely, confidently and effectively. We provide carers with the information and advice they need in their caring role. We also help carers find support in their community and from local community organisations.

Digital Resources

Our website is a great source of information, news and what's on across Devon, including access to the Carers UK Digital Resource via the Devon County Council website.

Helpline

Our Helpline team can provide information, advice, and support throughout all stages of the caring journey. Carers can speak to an adviser on the telephone 01392 307720 or via webchat on our website. Our helpline is open from 8am–6pm Monday to Friday and 9am–1pm on Saturdays.

Carers Passport

This is a handy passport-style wallet to keep a personalised carers' ID card, alert card and information booklet. It identifies a person as an unpaid carer, opening doors to recognition and support.

Training

We run a variety of free face to face and online training courses. These help carers to develop new skills and knowledge that they may need to become more confident in their caring role. We are also able to support carers to access the HOPE programme which has been developed to help people cope better with long-term medical conditions.

Peer Support

We understand that carers can sometimes feel lonely or isolated because of their caring role. This can affect their health and wellbeing. Our Peer Support offer brings carers together for mutual support by offering regular groups, one to one or small groups and activities.

Money

Working out what benefits or tax credits carers might be entitled to can feel overwhelming and getting the right information and support can make a huge difference. Working with Citizens Advice Devon, Devon Carers can support carers to access specific advice on finance, debt and benefits.

Hospital Services

An award winning service offering one to one practical help, support, advice and signposting to ensure the carer and the person they look after can cope if either at risk of being admitted to or following a stay in hospital.

For more information or to access one of the services please contact us using webchat on our website www.devoncarers.org.uk/support, by email on info@devoncarers.org.uk or telephone **01392 307720**.