

Looking after someone? Information for carers

If you provide unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems, you are a family and friend carer. If you are under 18 years you are a young carer.

It's important to know you are a family and friend carer and are recognised by the West Sussex County Council and the NHS for doing a vital job. At times caring can be very rewarding. There is nothing more natural and human than helping our loved ones get the most from life. When focusing on other needs it can however be all too easy to neglect your own.

Caring can sometimes be physically demanding, stressful and isolating, keeping up friendships and hobbies becomes more difficult. There are benefits and services available in West Sussex to help you in your role and give you the chance to meet other carers in a similar situation. You are not alone and it is sometimes helpful to talk.

Find information

Visit [Carers Support West Sussex](#). The website has a 'select language' option which allows you to select from more than 50 languages. You can also phone 0300 028 8888 for information.

Register

You can register to request support and ongoing information and advice from Carers Support West Sussex (see phone number above).

Get a Carer's Assessment

Carers and young carers are entitled to an assessment of their needs as a carer. This gives them the chance to talk about the impact caring has on their life and what might make things easier for them. For information please contact 0300 028 8888 or email info@carerssupport.org.uk.

Available in other languages

Looking after someone? is also available in Gujarati, Polish and Punjabi.

If you would like a copy of this information in one of these languages, either electronically or in print, please email publications@westsussex.gov.uk or phone 0330 222 5545.