

midland **mencap**

Carer Support Services

1:1 AIG (Advice Information & Guidance)

Providing carers with the information and guidance to make informed choices about services and control how they benefit from these.

Support Groups (x2)

Delivered in partnership with Age Concern (WC) and Birmingham East and North Primary Care Trust (PCT). Held monthly in Weoley Castle & Erdington offering support, training and friendship opportunities to carers, with a strong value on 'older' carers and promoting 'well-being'.

Short Break Respite

A planned service which provides an opportunity for a carer to take a short break (2 hours), while a trained support worker facilitates an activity back at home or in the community. Usually offered over a 12 week period, this service is ideal for people with no current service provision. (Some restrictions apply)

- *All these services are free to carers of a person with a learning disability, living in Birmingham.*
- *For more information on all of these services and more, please contact:*

Paul Jones
Carer Services Manager
0121 442 2944



'Carer Support Service'

everyone's included

Supporting and Promoting the
Needs and Rights of Carers

Affiliated to:



In association with:



Service Background

Working in partnership with Birmingham City Council Adults & Communities Directorate, Midland Mencap have set up a Carer Support Service.

The Service has a strong focus on 'Older' Carers and 'Well-Being'.

Aim of the Service

The role of the Service will be to offer the following support to carers across Birmingham:

- To provide practical and emotional help, support and guidance to carers and other family members.
- To act as a link between carers and service providers.
- To identify existing carer provision and signpost to appropriate services.
- Provide information to carers about Learning Disability.
- To provide information about local Learning Disability services and how to access them.
- To provide carers with information about carer breaks, funding and respite services.
- To facilitate the involvement of carers in local Learning Disability development and planning systems.
- To link carers to existing carer support groups and/or facilitate the setting up of carer support groups.

What We Want to Achieve

- To raise awareness of the needs of Carers.
- To promote improvement in Services.
- To promote the rights of Carers and improve accessibility to services and information.
- To promote independence through information and choice.
- To open communication with all agencies and carer groups and empower carers to play an active role in service delivery and provision.

HOW TO ACCESS THE SERVICE

Professional practitioners from both statutory and voluntary services can refer carers to our support service, as can a carer themselves or even a family member or friend of a carer.

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