

What is a carer?



“Easy Read” does not mean that everyone will find this booklet easy to understand.

Many people will still need help and support to understand what they need to do.



Contents



1. What is a carer?
2. What do carers help with?
3. Carers assessments
4. Where can carers get support?
5. Thurrock Carers Service
6. Support from Thurrock Council
7. Thurrock Young Carers Project
8. Family Hubs
9. Financial support for carers
10. Health support for carers
11. Contingency plans
12. What do the green words mean?

1. What is a carer?



A carer is someone who is regularly looking after someone because they are elderly, disabled or have a long term health condition.



An **unpaid carer** is someone who does not get paid for providing care.

Many people become unpaid carers, for a short or long period of time.



An unpaid carer does not have to live in the same **household** as the person they are caring for to be called a carer.



It is important to recognise many carers also have their own health issues.

It is important to look after the carer as well as the person they care for.



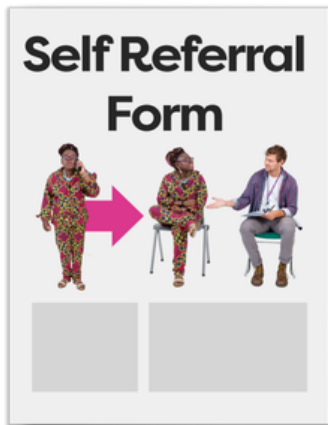
2. What do carers help with?

	<p>These are some of the things a carer may do for other people:</p> <ul style="list-style-type: none">• Shopping or household tasks
	<ul style="list-style-type: none">• Supporting the person with finances or getting the benefits they need.
	<ul style="list-style-type: none">• Helping with medical appointments or communicating with professionals.
	<ul style="list-style-type: none">• Providing emotional support or helping with personal care.

3. Carers Assessments



If you are over 18 and you care for another adult, you are **entitled** to a carers assessment.



A carers assessment will help us find out what support the carer needs, how the caring role impacts the carer and what we can do to help.








If the carer is **eligible** for formal support, a carers **support plan** will be written and given to the carer.



There are groups and agencies that can help support the carer by giving information and advice or providing **support services**.







4. Where can carers get support?

	<p>As a carer, there are many places to receive support, advice or information.</p> <p>Help is available for carers of all ages.</p> <p>Such as:</p> <ul style="list-style-type: none">• Thurrock Carers Service
 thurrock.gov.uk	<ul style="list-style-type: none">• Thurrock Council
	<ul style="list-style-type: none">• Thurrock Young Carers Project
  thurrock.gov.uk	<ul style="list-style-type: none">• Brighter Futures Family Hubs



5. Thurrock Carers Service

	<p>Thurrock Carers Service can provide information, advice and support to unpaid carers of Thurrock Residents.</p>
	<p>They can:</p> <ul style="list-style-type: none">• Complete Carers <u>assessments</u>• Support with benefit forms
	<p>They also provide:</p> <ul style="list-style-type: none">• Carers support groups• <u>Employment</u> support• <u>Volunteering</u> support
	<p>You can contact Thurrock Carers Service by:</p> <p>Phone: 01375 659172 Email: carers@tbmind.org.uk Website: www.thurrockcarers.org.uk</p>

6. Support from Thurrock Council



Thurrock Council provides information and advice, including what support carers can receive and where to go for help.



Social care workers also complete carers assessments which look at how caring affects the carers life, and what would make things easier for the carer.



Carers assessments are free, and you can ask for one at any time.



A carers assessment can also be requested by phoning:

Thurrock First
01375 511000

7. Thurrock Young Carers Project



A young carer is someone under 18 years old who provides ongoing support and assistance to a family member who has a disability, illness, mental health condition, or a drug or alcohol problem.



Thurrock Young Carers Project can provide:

- emotional support
- fun activities
- training sessions
- advocacy support
- and other types of support



Young Carers
Website



Contact Thurrock Young Carers by email or telephone:

020 8593 4422

carers@carerscentre.org.uk



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8. Family Hubs



Young carers aged 4 to 8 years old can get support from Thurrock Council's Family Hubs.



Family Hubs provide lots of different activities for parents and children.



There are eight family hubs around Thurrock in different areas.



Scan QR code above

Please go to the website below to see the Family Hub offer and activity details:

<https://www.askthurrock.org.uk/kb5/thurrock/fis/startforlife.page?startforlifechannel=0>



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 thurrock.gov.uk

9. Financial Support for Carers



Carers may be entitled to a Carers Allowance benefit.



The person you care for may also be entitled to benefits.



To get help with applying for carer's allowance please contact Thurrock Carers Service:

01375 659172



You can find out more information about benefits by going onto the Thurrock Council website:

<https://www.thurrock.gov.uk/benefits>



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 [thurrock.gov.uk](https://www.thurrock.gov.uk)

10. Health support for carers



Caring can be tiring.
A carer's health is just as important as the person they care for.



Being a carer can impact physical health and/or mental health.



Carers can get a free carers health check. This is the same as the NHS Health Check but is about looking after the carer.



GP Surgery

Carers can contact their GP for more information if caring is affecting their health.

11. Contingency Plans



A contingency plan is a simple plan for emergencies.



It makes sure the person being cared for still gets help if the carer cannot do it.



If the carer has an emergency, is unwell, or is in crisis, they can ask for urgent help and support.



In an emergency, a carer can telephone:

- **Thurrock First**
01375 511000
- **Urgent Community Response Team (UCRT)**
0344 257 3951
- **111 or 999**



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 thurrock.gov.uk

12. What do the green words mean?

There are words that have been changed to green in this document.
The meanings of these words are listed below:

<u>Assessment</u>	An assessment is when you have a conversation with a social care worker on how your care and support needs can be met.
<u>Benefit</u>	Money from the government to help you if you meet certain criteria, for example Carers Allowance.
<u>Eligible</u>	Eligible means you have the right to support because you meet the criteria.
<u>Employment</u>	Employment means having a job where you are paid to work.
<u>Entitled</u>	Entitled means you have the legal right to get something.
<u>Household</u>	The group of people who live together in the same home.
<u>Mental Health</u>	Mental health is about how you think, feel, and cope every day. Some people have mental health conditions, such as anxiety or depression.

What do the green words mean?

There are words that have been changed to green in this document. The meanings of these words are listed below:

<u>Personal Care</u>	Personal care means help with everyday tasks that keep you clean, healthy, and comfortable. This can include things like washing, getting dressed, brushing your teeth, eating meals, or using the toilet.
<u>Physical Health</u>	Physical health means how well your body is working.
<u>Support Plan</u>	A support plan explains how the carer will be supported to achieve their personal outcomes.
<u>Support Services</u>	Care and support agencies and services to meet your outcomes.
<u>Unpaid Carer</u>	An unpaid carer is not a professional carer and does not work for a care company. An unpaid carer is also sometimes called an informal carer.
<u>Volunteering</u>	Volunteering means giving your time to help others for free.

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Get in touch

01375 511000

Thurrock.First@thurrock.gov.uk



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