

# Information for carers - easy read

Looking after someone you care about can be hard and you may need some help and support.



## Am I a carer?

If you regularly help someone then you may be a carer.

This might be:

- a member of your family.
- a friend.
- a neighbour.



Carers often help with things like:



**shopping**



**gardening**



**cleaning**



**getting washed  
and dressed**

You can be a carer no matter how old you are.

You do not have to live in the same house as the person you care for.

## Caring for carers

Many people who care for someone do not think of themselves as a carer. They miss out on services, support, advice and benefits. If you care for someone you can have a carers assessment.

This will:



give you information about things that can help you.



look at your needs.



give you practical help.



offer you some help if you need a break from your caring role.

You can ask for a carers assessment by talking to adult social care in the area that you live or you can ask a member of staff at Moorfields to help you.

## Further advice and support

**NHS**

**Carers Direct helpline**



**0300 123 1053**

**RNIB**

**RNIB**



**0303 123 9999**

**carersUK**  
making life better for carers

**Carers UK**



**0808 808 7777**

To find out what services for carers are local to you please go to [carers.org](https://www.carers.org)

Author: Lucy Howe, safeguarding adults advisor

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Moorfields Eye Hospital NHS Foundation Trust  
City Road, London EC1V 2PD  
Phone: 020 7253 3411  
[www.moorfields.nhs.uk](https://www.moorfields.nhs.uk)