

Services to Support Carers

Universal Carers Services

Available to all people over 16 who provide unpaid care.

(There are separate services for young Carers – contact Signposts as below for more info)

Assessment is not necessary, but may help to identify service required.

Aim to prevent eligible needs arising by providing support as early as possible.



Signposts – Carers Info and Advice service – 01803 666620 (Mon - Fri 9-5pm at present)



Carers Register – including Carer's Emergency Card, which acts as a back-up plan +

- Discount Card – free hospital parking* , discounts in local shops etc
- Signposts Carers Newsletter – quarterly, with monthly e-mail updates
- Carers Education Courses – eg First Aid, manual handling, craft, exercise



Carers Centres – Paignton Library & Information Centre, Great Western Road, TQ4 5AG



GP-based Carers Support (low-level 1-1 support at every GP practice)



Carers Peer Support – Groups, Activities, Facebook



Lifestyle Team – Carer Support to quit smoking, get fit, eat and drink healthily etc



Carers telephone Line (Tuesday night, planned calls for isolated or working Carers)



Voluntary agencies for Carers – Carers Aid Torbay including ...



'Bay Benefits' - Benefits + basic finance advice for Carers