

### Getting Assessed

Do you need help on a regular basis? Whether it's equipment or care you are entitled to support. Contact social services or the social work department of your local council who can offer a range of support for carers.

To determine what help is needed and how much it might cost, social services will carry out an assessment of the person you care for, called a *community care assessment* and sometimes they might do an assessment of your needs, called a *carer's assessment*.

**For more information about our services in Wales, please contact:**

Bipolar UK  
4th Floor  
Clarence House,  
Clarence Place,  
Newport,  
NP19 7AA  
T: 01633 244 244  
E: [walesinfo@bipolaruk.org.uk](mailto:walesinfo@bipolaruk.org.uk)  
W: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

### Useful Contacts:

#### Carers Benefits

##### Your Benefits are Changing:

[www.yourbenefitsarechanging.co.uk](http://www.yourbenefitsarechanging.co.uk)

0300 303 1073 or

text 'change' 80018

##### Citizen Advice:

08444 772020

#### Helplines

##### Samaritans:

0845 909090

##### C.A.L.L.

##### Mental Health Helpline for Wales

0800 132 737

##### Young Minds (Parent Helpline)

0300 123 3393

#### Informative websites

##### Carers UK

[www.carerswales.org](http://www.carerswales.org)

##### Hafal

[www.mentalhealthwales.org](http://www.mentalhealthwales.org)

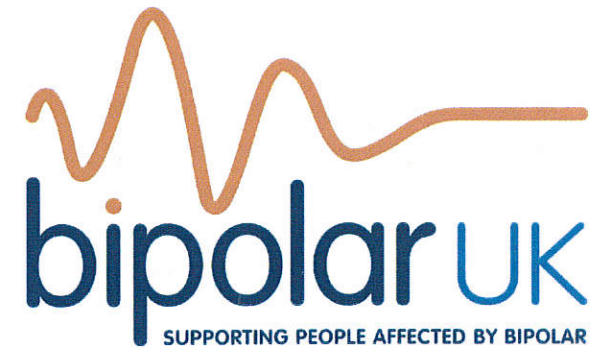
##### Carers Trust

[www.carers.org](http://www.carers.org)

##### Carewell - Health Support

[www.carewelluk.org](http://www.carewelluk.org)

Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)  
Registered Charity No. 293340



# Carers Information Leaflet

**Bipolar UK**

**Offering support to anyone  
affected by bipolar**

### **Who is a Carer?**

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

### **Number of Carers**

More than 1 in 10 people in Wales is a carer. Carers can be any age. Some carers do a lot of caring, some do less. 1 in 4 carers say their own health is not good.

### **Impact of Caring**

- Caring can be bad for your health
- Caring relationships can break down because the carer is not getting support
- Carers are informed of information, training, money, emotional support, equipment and breaks from caring
- That carers get the right help and support quickly

### **Your Rights:**

#### ***Carers Strategies (Wales) Measure***

- You can opt out of caring
- You are important and need to have a say
- That a member of NHS staff are available to talk to
- That everyone in the NHS treats you as a partner
- You have a right to an assessment
- Information must be easy to get hold of and easy to understand
- That you are involved in all decisions about the person you are caring for
- You must be treated fairly

### **Look after your own health**

- Sleep is important - a good night sleep will set you up for the day ahead
- Watch your stress levels
- Eat healthy and ensure you have a good nutritional diet
- Try and exercise a little each week
- Get help if you need it

### **What can Bipolar UK offer:**

Access help from Bipolar UK's services;

***Peer Support Groups*** - Meet other people in your community who are affected by bipolar, including those with a diagnosis, those pre-diagnosis, their family members, friends and carers. We have many groups running across Wales.

***Link Mentoring*** - provides telephone and face-to-face mentoring for individuals with bipolar, as well as family members and carers. Mentoring is provided by volunteers who have a diagnosis of bipolar or who have first hand experience of living with someone with bipolar. This service offers support, advice and practical information.

***eCommunity*** - Join our supportive online discussion groups. It gives you a safe and secure environment to discuss the challenges you face.