

ASD Family Help

Registered Charity No. 1135718

Being a Carer

Many people do not see themselves as carers! They are mums and dads, husbands, wives, partners, brothers, sisters, friends and neighbours. They feel they are simply doing what anyone would - caring unpaid for a loved one or friend, helping when they are unable to do things for themselves.

- 1 Recognise yourself as a Carer** – this can be the gateway to getting a range of help and support to take some pressure off. Also, in the event of a crisis, you will be able to easily access respite and other emergency support for the person you look after. Being recognised as a carer is important - you are a person with your own needs with a great deal of knowledge and understanding of who you are caring for.
- 2 Emotional Support** - Caring can have a negative effect on your emotions (you may feel stressed, over-whelmed, drained, angry, guilty, upset or isolated. Know who to turn to: friends, family or organisations for support. Try coming to our parent/carer support groups – we are friendly, welcoming and understanding.
- 3 Talking** – Talking can really help. It's important not to bottle things up. It can be as simple as a chat with a friend or relative or more formal counselling. Talking is not a sign of weakness – it is part of taking control of your health & wellbeing.
- 4 Know your rights** – There is a whole range of different assessments and benefits that you may be entitled to. Seek advice from organisations (CAB or your Local Authority is a good place to start) or look at using a benefits calculator online.
- 5 Be assertive** – When talking to friends, family or with the Local Authority think about what you want to be change; be direct and ask for what you want. Explain what is working well and what isn't. Take your time and remember not to water it down, say it as it is.

Please reach out to us if you have any questions or you are unsure where to go for support.

www.asdfamilyhelp.org