

Help for Carers

The Princess Royal Trust for Carers - <http://www.carers.org/>

The trust provides support and advice to anyone who is caring for a friend or family member. You can find information about benefits, holidays stress, respite, transport and employment. There are 133 local carer's centres across the UK.

Carer's Assessment

The Carer's Assessment is an interview or a series of interviews with you, to see what help you may need to be able to go on looking after the person you are caring for. It gives you the opportunity to think about yourself and what you want and need. Speak to your local council to arrange an assessment

Young Carers - <http://www.youngcarers.net/>

Many siblings are classed as young carers. Support can be found on the website.

Carers Allowance (CA)

Carers Allowance is paid to a carer of a disabled child or adult, there are eligibility restrictions on hours and earnings if you are in paid employment.

CA is taxable and counts as income for Income Support calculations. It also provides Class 1 National Insurance credits which will improve your state retirement pension.

Check out www.direct.gov.uk for all the details. Call 0800 88 22 00 for a form and advice on how to fill it in.

The current rate is £48.65 a week.