



Carers Together

A consortium of carers in Hampshire

Charity Number 1051879

Carers Fact Sheets 2009-10

Checklist

- 1 Legislation important for Carers
- 2 Preparing for a Carers Assessment
 - a The Carers Assessment Document – points to remember
- 3 Help at Home Matters
 - a Services that will come to your home
 - b Specialist Services
 - c Disability/Mobility Equipment
 - d Transport
- 4 Your Health Matters
 - a Your Health Matters – Stress Management
- 5 Housing and security of tenure
- 6 Finance and Money Matters
 - a A to Z of Benefits and Information
 - b Benefits and Allowances
 - c Useful Benefit Helplines
 - d Where to find help with completing Benefit Forms
 - e Direct Payments
 - f Direct Payments FAQ
 - g Carers Financial Assessment
- 7 Legal issues
 - a Powers of Attorney
- 8 Paid Work and Caring
- 9 Deciding not to be a carer
- 10 Loss and Bereavement
- 11 Useful contacts
 - a Some groups and organisations that may help
- 12 Caring for a child with a disability
- 13 Young Carers
- 14 Comment or Suggestions about services

These facts sheets do not have all the answers but do help to plan what is needed. Each sheet can be requested separately. Please tick which sheets you would like and return to Carers Together