



## How to Get Support for Carers Within BDCFT

**A carer** is someone who spends time providing unpaid support to a family member, partner, or friend who is ill, frail, disabled or has mental health or substance misuse problems. Carers come from all walks of life, cultures and can be of any age.

BDCFT staff identify patient has a carer and give details of Carers Hub

BDCFT staff identify carer has on-going needs in their own right

Obtain consent to refer and record

Offer Declined

Document on record

Referral Options for support for carers

- Carers Hub open 10-4 Mon-Fri  
**Telephone : 01274 251112**
- Support network for carers
- Signpost to relevant agencies for Crisis Contingency Planning
- Activities for carers
- Regular talks from professionals

Refer to Barnardo's

**[carer aged 5 –18] If the carer is aged 16-18 years they can choose whether to access Barnardo's, Carers Resource and Making Space.**  
Complete referral form ensuring you have child and parent signatures and post in.

<http://www.barnardos.org.uk/bradfordyoungcarers>

- Information and advice
- 1:1 support and Group work
- Whole family support
- Support with education
- Social and holiday activities
- Signposting to other relevant agencies
- Advocacy
- Support with referral to Child Social Service

**If in doubt - give us a call on 01274 481183**

Refer to Carers' Resource  
**[For all carers aged 16+**

<http://www.carersresource.org/?s=referral+form>

**Information, advice, signposting to other relevant agencies**

- Caseworkers offer 1:1 support
- Wellbeing reviews to address carer health, emotional, social and financial needs
- Access to Carers Wellbeing Grant
- Contingency/emergency plans (EPs)
- Support carers to access breaks, education, leisure, training, employment
- Volunteering opportunities
- Support with referrals to Adult Social Services
- Dementia information and support

**If in doubt - give us a call on 01274 449660 or Craven Carers' Resource on 01756 700888**

Refer to Making Space

**[for carers looking after those with mental health conditions]**

<http://www.makingspace.co.uk/our-services/bradford-and-airedale-carer-support-service/>

- Information and advice on mental illness, medication, services and crisis plans
- Workers offer 1:1 support
- Wellbeing review to address carer health, emotional social and financial needs
- Information on Carers Wellbeing Grant
- Support carers to access breaks, education, leisure, training and employment
- Volunteering opportunities
- Signposting to relevant agencies
- Support with referrals to Adult Social Services

**If in doubt - give us a call on 01274 221270 or Email : [linda.anderson@makingspace.co.uk](mailto:linda.anderson@makingspace.co.uk)**