

Are you a carer?

Who is a carer?

A carer can be anyone who gives unpaid help to someone who cannot manage on their own.

A carer might help someone in their family, a friend or a neighbour. The person they help may be frail or have a medical condition, disability, addiction, or mental health condition.

Carers can be any age and from any background. Many carers feel they are just looking out for someone and so may not see themselves as a carer.

What can you expect from us?

As a carer, you can expect us to:

- Treat you with respect and compassion
- Value what you know and listen to you
- Include you in decisions about care and treatment (with patient consent)
- Listen to your feedback and involve you in improving our care
- Understand you have your own needs
- Make reasonable adjustments to help you as a carer
- Help you find support.

Where can you find more support?

Caring for someone is an important role and there is support available to help you too.

For information about support available, please visit bridgewater.nhs.uk/aboutus/information-for-carers or use the QR code opposite.



Carers Trust

They support carers and provide information of local carers centres.
Telephone: 0300 772 9600
Web: www.carers.org

Carers UK

They provide support for carers and have an advice line.
Telephone: 0808 808 7777
Web: www.carersuk.org

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.

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