

Carers Service

If you need extra support when the person you care for is discharged from hospital or once you are back at home, a Carer Support Worker can discuss with you the type of help and support available to meet your needs. You can contact us to talk to someone about your caring situation and we will listen to you and provide you with support to help you with your caring role whilst maintaining your own health and wellbeing.



I am a wife, I am also a Carer



I am a sister, I am also a Carer

How to contact us

While you are a patient, or are looking after someone who is a patient in hospital you can call Carers FIRST directly and ask for our hospital based staff to contact you to find out what support you may need.

We can provide support in a way most convenient to you, for example on the telephone, in the hospital, at a suitable community venue or in some cases at your home.



0300 303 1555

carersfirst.org.uk

hello@carersfirst.org.uk



Carers FIRST: Suite A, Cardinals Court, Bradford Street, Braintree, Essex, CM7 9AT

Carers Hospital Support Service



I am a friend, I am also a Carer



I am a husband, I am also a Carer

Do you look after a relative or friend who needs support because of a disability, illness, addiction or frailty? If yes, then you are a carer and we can help while you or the person you look after is admitted into hospital.



Carers FIRST
FIRST Choice for Carers



What we do

Carers FIRST support staff work within the hospital and if you or the person you are caring for are admitted, they are available to support you during the stay. Contact us to meet you at the hospital.

How we can help

We can support you to have conversations with the Hospital teams to ensure:

- Hospital staff recognise that you are a carer.
- You able to look after the person you care for when either they or you leave hospital.
- Have you been given a choice in whether or not you are able to provide support and care.

Where we work

- Broomfield - Chelmsford
- Basildon
- Colchester
- Princess Alexandra – Harlow
- Southend (in-patient service only)



Useful Contacts

Living Well Essex

www.livingwellessex.org

Carers Hotline, Essex County Council

03330 135 136

Following discharge

A Carers FIRST Support Worker is available to provide you with:

- Emotional support
- Information, guidance and advice
- Support to liaise with adult social care to ensure you are able to access the correct support for you and the person you care for
- Opportunity to talk in detail about the impact caring has on your life and consider what additional support is available to help you
- Opportunities to access support groups and activities so you can meet other carers
- Support to plan for possible future emergencies
- Please note that residents of Southend-On-Sea will be referred into the locally run carers hub for on-going support