

## Carers' Essentials Checklist

- Sign up with Carers Oxfordshire** - your one stop shop for this Quarterly **Newsletter** 'Care Matters' and much more!
- Plan for **help in a crisis** if something happens to you, make sure you are registered for the **Free Emergency Carers Support Service**.
- Find information about **Carers Grants** you may be entitled to.
- Get an **assessment and help** for yourself and the person you care for e.g. **support at home, respite, day services**.
- Get support by meeting other carers** and sharing information and experiences: **carers groups**.
- Need to talk face to face to an understanding and helpful Carers **Outreach worker**? Get information about **home visits and Carers Advice Sessions**.
- Use **training opportunities** to give you 'Confidence 2 Care' to manage stress and look after yourself, call: 01235 520463 and request your free Prepared to Care Training opportunities booklet.
- Make your voice heard, campaign and influence change**: Carers Voice 01235 520440.

**For more information about all of the above services please call  
0845 050 7666 or visit [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)**

ALSO:

- Check on the **Benefits** you or the person you care for could be entitled to: Benefits Enquiry Line 0800 88 22 00
- Last but not least - **Look after your own health! See your own GP** if your own health is not good, **register as a carer with your surgery** and **ask about GP Carers Breaks Grants**.