

BRIDGE MEDICAL CENTRE

Carers Newsletter— August 2022

Do you need to register as a carer?

If you are a carer, please let us know by completing the form on our website:

<https://www.bridgemedicalcentre.co.uk/carers-support>

Once you register as a Carer, one of our PCN Care Co-ordinators will contact you to complete a Carers Assessment and to ensure you, and the person you care for, are getting everything you need.

The Care Co-ordinators are on a mission to ensure everyone is getting the best from Bridge Medical Centre and will be calling patients to get them booked in for outstanding vaccines and screenings and to ensure you have the support to manage your healthcare needs.

Are you a Carer and need support?

Below is a list of organisations that provide support for carers.

CARER'S SUPPORT WEST SUSSEX - Tel : 0300 028 8888

Advice, Guidance and Support

CARER'S HEALTH TEAM - Tel : 01243 623521

Carer's Health checks which can be done at home for those carers who find it difficult to leave the home
Manual Handling Training
Advice and Guidance

AGE UK - Tel : 01903 731800

Information on home help, finances and benefits, care packages
Advice and guidance

ONE CALL URGENT RESPONSIVE SERVICE – 24 HOUR NUMBER - Tel : 01293 228311

They have a range of staff who can help with urgent care needs

NOT FOR MEDICAL EMERGENCIES – IN THIS CASE CALL 999

ADULT CARE POINT (SOCIAL SERVICES) - Tel: 01243 642121

Assessment of Care Needs and finances
Advice on Care Homes and agencies
Assessment and provision of equipment within the home



If you are in need of help ask, please ask the reception team for referral to in house Social Prescriber/ Care Coordinator.

Carer Emergency Contact Card



You may be concerned as to what will happen to someone you provide care and support to, should you be involved in an accident or be suddenly taken ill yourself.

The Carer Emergency Contact Card offers peace of mind to family and friend carers and supports them to develop a carer contingency plan, in advance, in case of an incident or an emergency. The card also doubles up as a carer discount card, giving carers a range of exclusive offers and discounts within West Sussex.

Who should have a Carer Emergency Contact Card?

The Carer Emergency Contact Card (CECC) is available to anyone who looks after a family member, friend, or neighbour in West Sussex.

The CECC provides the following benefits:

- Carers have access to 24-hour telephone response service
- Opportunity for stronger **contingency planning** in case of emergency
- Identifies you as a carer
- Offers peace of mind as a carer
- Discounts and special offers across the county

How to apply for a card

To qualify for a card, you need to be registered with Carers Support West Sussex. Once registered, you can request the CECC referral form. This form asks you for relevant information helpful in the event of an emergency, such as details about yourself, the person you care for, their medical needs and any emergency contingency plan that may already be in place. Once your referral is complete, Carers Support West Sussex will issue your personal CECC card with details about the service in the post.

What should I do with the card?

When you receive your CECC it should always be kept with you. We suggest keeping it in your wallet or purse, as this will be one of the first places that would be checked for identification. This will ensure that, in the event of an emergency involving yourself, anyone helping you is aware that someone depends on you, as you may be unable to tell them yourself.

If you are not yet registered with Carers Support West Sussex, you can register in several ways to suit your needs. You can phone 0300 028 8888 or email info@carerssupport.org.uk

For more information visit www.carerssupport.org.uk/carers-emergency-card