



 carer

# Supporting carers makes sense



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## Identifying carers and referring them to the Carers' Resource helps:

### Save money

96% of carers suffer health and wellbeing problems as a result of caring. By supporting carers, the Carers' Resource saves health and social care services £19.9 million a year by improving carers' physical and mental health.\*



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### Save time

Referral to the Carers' Resource can prevent carer breakdown, helps carers to care for longer and reduces unplanned hospital admissions, saving time and resources.




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### Save lives

*"The Carers' Resource saved my life. Literally saved my life. I reached the stage where I wanted to end it all. That's when the GP put me in touch with the Carers' Resource. I had nowhere else to turn. Without them I would not be here now."*

**Jackie cares for her husband and daughter**



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## The Carers' Resource helps carers:

- ▶ by listening and understanding
- ▶ by providing information on everything from accessing benefits and services to long term care and respite care
- ▶ to find out what support is available and how to access it
- ▶ to plan for emergencies and to plan for the future
- ▶ to find training and employment opportunities
- ▶ to take a break, with social and leisure opportunities
- ▶ to claim welfare benefits

 carers' resource

*you care for them, we care for you*

\* Princess Royal Trust for Carers: Social Impact Evaluation 2011



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## We offer:

- ▶ a unique and specialist service for carers
- ▶ a safe, reliable and confidential referral system
- ▶ an easy way to ensure that carers you identify get the best possible support
- ▶ bespoke training on carer issues
- ▶ information stands, displays and presentations

A carer is someone who, without payment, provides help and support to a relative or friend who could not manage otherwise due to illness, disability, frailty, mental health or drug or alcohol issues.

The Carers' Resource gives tailored and confidential support and information to unpaid carers and vulnerable people. It is an independent, award-winning Yorkshire charity which is open to everyone and offers information and practical and emotional help to enable them to cope.

## The Carers' Resource has offices for:

### Harrogate and district

11 North Park Road  
Harrogate HG1 5PD  
Telephone: 01423 500555

### Bradford and Airedale

Unit 15, Park View Court  
St Paul's Road  
Shipley BD18 3DZ  
Telephone: 01274 449660

### Ripon and rural area

Community House  
Sharow View  
Allhallowgate  
Ripon HG4 1LE  
Telephone: 01765 690222

### Craven and Airedale

Griffin House  
Broughton Hall Business Park  
Skipton BD23 3AN  
Telephone: 01756 700888

[info@carersresource.org](mailto:info@carersresource.org)

[www.carersresource.org](http://www.carersresource.org)

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