



Employer of the Year



## **PROSPECT HOUSING AND SUPPORT SERVICES**

## **SUTTON CARERS' SUPPORT SERVICE**

## **What the Service Provides**

Prospect Sutton Carers' Support Service provides a short break service for Carers looking after adults and children who have a disability or who are frail, older people. This is through the provision of a home based service which is provided by trained support workers or volunteers.

### **For the Carer:**

it provides:

- A break from caring
- Opportunities to go out or to pursue hobbies/interests
- Opportunities to maintain social contacts/networks
- The opportunity to get a full night's sleep
- The opportunity to stay at work or to return to work
- Social and emotional support
- Information and advice

### **For the Person being Cared for:**

- Support with continuing activity inside or outside the home
- Support with personal care
- Preparation of meals and support to eat if needed
- Social and emotional support
- Support to maintain independence

## **Who is eligible for the service**

Any Carer who provides or intends to provide a substantial amount of care on a regular basis for another individual.

**Who gets priority:-**

Those in greatest need. Those in greatest need would include:

- Carers who are children
- People caring alone
- Carers who have other caring/family responsibilities
- Working Carers
- Carers who are getting inadequate sleep
- Carers with no other support

**How do you access the Service?**

You can access the Service by telephoning the Service Manager, **Sue McNamara, tel: 020 8661 0132**. Prospect will then liaise with the appropriate Community Service to arrange a Carers Assessment.

You will be required to have a Carers Assessment by a LB Sutton Care Manager.

**Why have a Carer's Assessment?**

- It is your right to have a Carers Assessment to identify what will make your caring role easier
- Helps you identify your needs as a Carer
- Helps you to decide if you want to begin or to continue caring
- Enables you to stay at work or return to work
- Recognises your knowledge and expertise
- Determines if you are eligible for support

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Prospect Housing and Support Services  
Sutton Carers' Support Service, 184A High Street,  
Sutton, Surrey SM1 1NL  
Tel: 020 8661 0132 Fax: 020 8661 7458