

Information and advice for adult carers in Birmingham

Who is a 'carer'?

"A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend, who is ill, frail, disabled, or has mental health or substance misuse problems."

How can we help you?

Think about your own needs and what you want.

There is a range of information and advice which can help you in your caring role.

My Care in Birmingham – www.mycareinbirmingham.org.uk

Carers Information Service – Birmingham Carers Centre

76 – 78 Boldmere Road

Sutton Coldfield

B73 5TY

Carers Helpline: **0121 296 2443**

Email: helpline@birminghamcarerscentre.org.uk

Website: www.birminghamcarerscentre.org.uk

The Princess Royal Trust for Carers provides a network of advice and support. Go to:

Carers Website: www.carers.org

Young Carers Website: www.youngcarers.net

Do you need a carer's assessment?

This is an assessment of your needs as a carer.

If you are caring for somebody who already has an assessment from the city council or may need an assessment, you have the right to ask.

How do I ask for a carer's assessment?

You can ask for a carer's assessment by contacting the relevant team below.

Having a carer's assessment is free.

Adults & Communities Access Point (ACAP)

Phone: 0121 303 1234

Text phone: 0121 303 6230

Email: ACAP@birmingham.gov.uk

Please visit **My Care in Birmingham:**
www.mycareinbirmingham.org.uk
for further information.

The fastest way you can get information and advice about adult social care.