

Looking after someone?



Caring Together offers a range of support for carers and the people they look after including*:

- Care in your home and community for adults and children.
- Information, advice and guidance to help you in your caring role.
- Dedicated staff to identify and arrange support for you.
- Local carer groups and support from other carers.
- Tailored services for young carers and young adult carers.
- Help to plan for the unexpected (find out more inside).
- Immediate support in a crisis.
- Specialist dementia support.

* Not all services are available in all areas.



What If? Plan

What is a What If? Plan?

A service funded by **Cambridgeshire County Council** to look after adults with care needs during a crisis involving their carer.

When can you use your What If? Plan?

The service operates 24 hours a day, 7 days a week, 365 days a year.

Why have a What If? Plan?

A What If? Plan provides emergency support for the person you care for, in the event of you being unable to care because of a sudden illness, accident or other unplanned event. This is done by us contacting your nominated contacts for you, with essential back-up support available from professional care staff.



Register today at caringtogether.org/whatifplan

0345 241 0954 hello@caringtogether.org



What if something happens to you?

What if something happened to you which means you cannot look after your loved one who is aged over 18?

If the person you look after lives in Cambridgeshire

The free **What If? Plan** operates 24 hours a day, 7 days a week, 365 days a year. It is provided by Caring Together and funded by Cambridgeshire County Council.

Caring Together can provide emergency support to the person you care for in the event of a sudden illness, accident or other unplanned event.

This service is available to carers irrespective of whether they meet eligibility or not.

Call 0345 241 0954

Visit caringtogether.org/whatifplan

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If the person you look after lives in Peterborough

If the person you look after lives in Peterborough and you provide regular and substantial care, you can register for the '**Emergency Support for Carers**' service run by Peterborough City Council.

Call 01733 747474

Visit peterborough.gov.uk

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If the person you look after lives in Norfolk

If the person you look after lives in Norfolk, you can register for a Carer's Emergency Card to ensure that the person will be safe if you are caught up in an emergency.

Call 0344 800 8020 (textphone 0344 800 8011)

Visit norfolk.gov.uk

Carers Magazine

Caring Together produce a quarterly Carers Magazine for carers of all ages living in Cambridgeshire and Peterborough.

It includes articles on current news affecting carers, case studies, what support is available to carers, an events calendar plus an extensive listing of services and support offered by partner organisations such as Alzheimer's Society, CPFT Dementia Support Service, Parkinson's UK, Mind and Rethink.

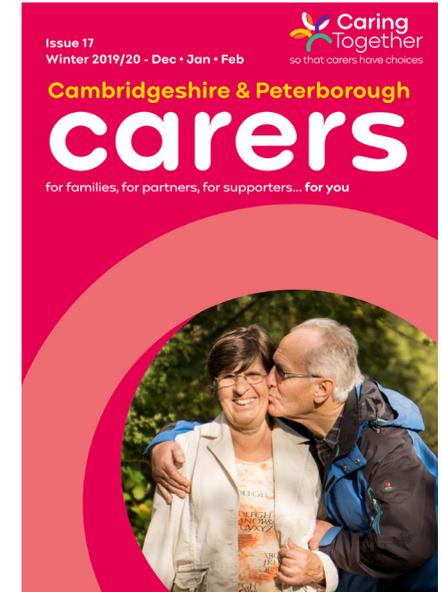
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Caring Together run a number of carers hubs throughout Cambridgeshire and Peterborough. They are open to carers and the people they look after.

The hubs are a social place where you can meet others in a similar situation and find out about what information and support is available to you as a carer.

Hubs offer activities, training and wellbeing support. Carers are able to have a short break within the hub knowing that the person they look after is involved in a safe, meaningful and enjoyable activity.

To find out more about the hubs and where they are held please call 0345 241 0954 or visit caringtogether.org



To sign up to receive a copy - either in the post or electronically - please call 0345 241 0954 or visit caringtogether.org/maillinglist

Young carers aged 5-25

If you are a young carer aged 5-16 or a young adult carer aged 16-25 or you have a young carer in your family, Caring Together can offer you support too.

Call us on 0345 241 0954 to see how we can help you.



Want to find out more?

Caring Together have a specialist information and advice team who are able to answer all your questions and signpost you to the right organisation if they are unable to help.

Caring Together is also able to provide professional care for people in their home or the local community. Personalised care from our trained care workers helps people live safely and more independently.

Contact us to find out how we can help you

0345 241 0954
hello@caringtogether.org
caringtogether.org