

# CARERS CORNER

If you are an unpaid carer you may benefit from information and advice on getting the best support for you and the person you care for.

Carers Corner has guidance on where to go for support, what's available locally as well as information on your legal rights and entitlements.



## What is an unpaid carer?

An unpaid carer is anyone who looks after a family member, partner or friend who needs help because they are ill, frail, have a disability, mental health problem or an addiction and cannot cope without their support. The care they give is unpaid which means you are not caring as a professional (community care worker, residential care worker or a nurse).

## What's in Carers Corner?

### Your Carers Rights

Find out about what rights you have as a carer and how to get more support.

### Carers Advice and Support

Specialist organisations who can provide information and support for unpaid carers.

### Support from the Council

Information on services offered by Leeds City Council to support you and the person you care for.



[VISIT CARERS CORNER](#)



## Money and Benefits

Find out about financial support for you and the person you care for including benefits and grants.

## Carers Assessments

This assessment looks at how you're coping with caring and what might help make your life easier. Carers Corner has more details on what a carers assessment is and how to request one.

## Carer Breaks and Respite

There are various options ranging from a few hours break to sitting services or short stays. Get information on local options in Leeds.

## Useful contacts

Leeds Adult Social Care

Website: [www.leeds.gov.uk/adult-social-care](http://www.leeds.gov.uk/adult-social-care)

Telephone: 0113 222 4401

Leeds Directory

Website: [www.leedsdirectory.org](http://www.leedsdirectory.org)

Telephone: 0113 378 4610

Carers Leeds

Website: [www.carersleeds.org.uk/](http://www.carersleeds.org.uk/)

Telephone: 0113 380 4300

Leeds Young Carers Support Service

Website: [www.family-action.org.uk/](http://www.family-action.org.uk/)

Telephone: 0113 733 9126



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Supporting you to live well