

# Carers Referral Form



NAME:		
DATE OF BIRTH:		
PREFERRED PRONOUN:		
ADDRESS & POSTCODE:		
CONTACT NO:		
EMAIL:	This is so we can keep you up to date with your referral	
ETHNICITY:		
SEXUAL ORIENTATION:		
WHO DO YOU CARE FOR?		
WHAT IS THE NATURE OF THE ILLNESS/DIABILITY OF THE PERSON YOU CARE FOR?		
<b>HOW CAN TRAFFORD CARERS CENTRE SUPPORT YOU?</b>		
<input type="checkbox"/>	HELP WITH COMPLETING A CARERS ASSESSMENT	
<input type="checkbox"/>	HELP WITH HEALTH & WELLBEING	
<input type="checkbox"/>	HELP WITH EMPLOYMENT / VOLUNTEERING	
<input type="checkbox"/>	HELP WITH FINANCE & CARERS RIGHTS	
<input type="checkbox"/>	MEETING OTHER CARERS & SOCIAL INTERACTION	
<input type="checkbox"/>	HELP WITH DIGITAL INCLUSION	
<input type="checkbox"/>	OTHER	
<b>WHO IS MAKING THIS REFERRAL?</b>		
<input type="checkbox"/> SELF	<input type="checkbox"/> PROFESSIONAL	<input type="checkbox"/> FAMILY / FRIEND
IF YOU ARE MAKING THE REFERRAL ON SOMEONE'S BEHALF PLEASE PROVIDE YOUR CONTACT DETAILS (NAME, EMAIL / PHONE NUMBER):		
Due to changes in the law, we now need your consent to store your data. Please indicate your consent below. For information on how we manage your data and to read our Privacy Policy please visit <a href="http://www.traffordcarerscentre.org.uk">www.traffordcarerscentre.org.uk</a>		
<input type="checkbox"/> YES	<input type="checkbox"/> NO	
Please return your completed form to: <b>Trafford Carers Centre, 9 Springfield Road, Sale, M33 7XS</b> Or complete the form online at <a href="http://www.traffordcarerscentre.org.uk">www.traffordcarerscentre.org.uk</a> or call our number of <b>0161 848 2400 (option 1)</b>		

## Getting in touch

Our team of dedicated support workers are available:

Monday to Thursday from 9am - 8pm

Friday from 9am - 4:30pm

Telephone: 0161 848 2400

Email: [info@traffordcarerscentre.org.uk](mailto:info@traffordcarerscentre.org.uk)

[www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk)



**Trafford Carers Centre**  
**9 Springfield Road**  
**Sale**  
**M33 7XS**



/TraffordCarers



@TraffordCarers



TraffordCarers



TraffordCarersCentre

A Network Partner of

**CARERS TRUST**

Registered Charity Number: 1102075

Company Limited by Guarantee Number: 4695523



Do you support  
someone who couldn't  
manage without you?

Telephone:  
**0161 848 2400**

# Are you a carer?

***A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.***

In Trafford there are an estimated 24,000 people supporting someone living with an illness, disability and/or a mental health need.

At Trafford Carers Centre we want to reach out a supporting hand to all carers to ensure the right support at the right time can be available.

At Trafford Carers Centre we support carers from age 5 upwards to recognise their own needs, have their voices heard, help with the emotional and physical wellbeing and ensure they are fully understood, valued and supported in their caring role.



# How we can support you



Our aim is to support carers to reduce the impact of the care role on their physical & mental wellbeing. We provide a range of services for carers including:

- Carer Helpline offering information, support and advice
- Carers Assessment to identify support needs
- Counselling & Therapy service
- Carer Respite
- Benefits advice
- Quarterly newsletter
- Support to understand and use digital technology
- Volunteering opportunities
- Dedicated Carers Nurse offering health checks
- Advocacy support
- 1-2-1 casework support
- Befriending service for carers
- Peer support through activities, forums and events
- Support worker at local hospitals to aid transition from hospital to home
- Carers Emergency Card scheme

# Carer Checklist

It can take up to 2 years for someone to recognise themselves as a carer, which can effect both physical and mental wellbeing and lead to carer breakdown. If you provide support to a friend, partner, relative or neighbour who could not manage without you, then you are a carer and Trafford Carers Centre can help you.

Use our checklist below to help you to identify if you are a carer.

- Do you help a family member, child, friend or neighbour that:
  - is frail
  - has a disability or special needs
  - has a chronic illness and/or
  - has a mental health condition
  - has dementia/Alzheimer's
  - has a substance misuse problem with drugs or alcohol.
- Is this help regular and ongoing?
- Does this help involve showering, toileting, dressing or other personal care?
- Does this help involve cleaning, cooking, shopping, transport and/or assistance with bills or other paperwork?
- Does this help involve medication or other health care?
- Would this person have difficulty managing on their own if you could not provide support?
- Do you receive Carers Allowance or no payment at all?

If any of the above statements apply to you, we are here to help you. Complete the referral form overleaf and return to Trafford Carers Centre