

# CARES - 0121 558 7003

A Carer is someone who, without payment, provides help and support to a partner, family member, friend or neighbour because they are ill, frail or have a disability.

## Carers' Emergency Card

If something should happen to me, I'll either call the emergency number on the card or someone else will call on my behalf.

By having an Emergency Card you will have

**PEACE OF MIND**

- knowing that you have already made arrangements for the person that you care for to be contacted, or
- a nominated responsible person has agreed to 'step in' temporarily on your behalf.

## Carers' Emergency Plan

What should happen if something happens to me?  
Will someone know what to do and where everything is?

By having a Carers Emergency Plan you will have

**GREATER REASSURANCE**

by thinking ahead about the 'what if' question.

## Carers' Self Assessment

What about me? I'm tired, can someone help out? I'm stressed, can I talk to someone who cares?

By having a Carers Self Assessment you will have a

**GREATER FEELING OF WELL-BEING**

You will have the opportunity to explore and discuss your needs and find out about what help and support is available to you;

- Social & Emotional Support
- Short Breaks
- Information & Advice

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**CARES**  
The Carers Advice & Resource  
Establishment, Sandwell  
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Working in partnership with Sandwell  
Council and Sandwell Primary Care Trust.



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## Carers Self Assessment & Emergency Planning Service



**Carers, are you concerned  
about what will happen to  
those you care for if you should  
encounter an emergency?  
Do you think your needs have  
been forgotten?**

**CARES now has a service to  
help you. The Carers Self  
Assessment & Emergency  
Planning Service can help  
you with applications for  
Emergency Cards, help with  
the preparation of  
emergency plans and help  
with Self Assessments**

**For further information,  
please contact Marilyn  
Preen, Carers Self  
Assessment & Emergency  
Planning Officer on  
0121 558 7003.**