



Support for Unpaid Carers

3 in 5 of us become Carers at some point in our life

There are currently over 7 million carers in the UK

Whether you have just become a carer, or you have been supporting someone for a while, going into hospital can be a stressful and worrying time for everyone.

Often unpaid and/or family carers begin their caring role for the first-time after the person they care for has been taken into hospital.

Knowing who to talk to or where to begin looking for support can be very daunting and overwhelming.

As a Hospital Carer Support practitioner my role is to provide:

- Discharge support
- Share relevant information
- Emotional support
- Signposting you to other organisations who can support you
- Face to face meetings and assessments
- Link in with the ward staff, therapists or social work teams
- Referral to Shropshire Carers support team for ongoing support
- Emergency planning

You can be reassured that as a Carer you have access to full support throughout the entire hospital discharge process.

If you would like to chat with someone about your caring role



Michèle is available to talk to you on: 01743 256879 (answer phone facility)

hospitalcarers@shropshire.gov.uk Monday, Tuesday, Thursday & Friday 9am until 5pm - Wednesdays 12pm until 8 PM

I would be happy to talk over the phone or meet up face to face at the hospital.

