



CARER SUPPORT AND
DEMENTIA ADVICE SERVICE
FOR HAMPSHIRE



Do you look after someone who could not manage without your help?

Do you regularly look after a spouse, partner, parent, relative or friend who needs support because of a disability, health condition, mental illness, addictions or dementia?
Is this care unpaid? If this sounds like you, then you are a carer.

We help those caring for adults across Hampshire, with information, emotional support, and advice.

1 in 8 adults in the UK are carers, voluntarily giving up their time to support another adult with activities such as shopping, cleaning, cooking or personal care.

You may not describe yourself as a carer; to you, it's just what you do as a spouse, partner, parent, relative or friend, but if you are providing regular unpaid help for another adult, then you are considered to be a carer.

Who can get help from our Carer Support Service?

Our service is available to:

- ▶ Adults aged 18+ and caring for another adult.
- ▶ Young Carers aged 16+ caring for an adult, and likely to continue their caring role when they reach 18.
- ▶ Living in Hampshire or caring for somebody who does.

You can self-refer to the service and we also accept referrals from all other health and social care professionals including your GP.

For all enquiries and referrals please call 01264 332297

Who looks after you?

Looking after someone can be a positive experience, but we know that it can also be challenging, and take its toll both mentally and physically. It is possible that your own health may suffer because of your caring responsibilities. You may find you don't have time to look after your own needs and with little or no support, it can be isolating and have a real impact on other areas of your life. That's where we come in.

If you want to address your own health concerns, would like some support, or just need someone to talk everything through with, then we can help. We'll spend some time asking questions about you and your caring role to find out about your needs. Everything you say is confidential. We'll then help you take steps to address your worries before they become too much for you to cope with.

We are here for you...

- ▶ Offering a listening ear
- ▶ Providing advice, information and signposting
- ▶ Putting you in contact with other carers
- ▶ Providing face-to-face and online support groups
- ▶ Supporting you to address your own health concerns
- ▶ Helping you plan for the future and avoid a crisis

“Your visit and service has given me more hope than I've felt for a long time.”

How to get in touch

Our friendly team will be on hand to help and put you at ease by responding to any questions or concerns you may have.

Phone us: 01264 332297 (choose option 3)

Email us: enquiries@andovermind.org.uk

Write to us: Andover Mind, Westbrook Close, South Street, Andover, Hampshire, SP10 2BN

Visit our website: www.andovermind.org.uk

Follow us:  @CSDAHampshire  @carer_and_dementia_support

Carer Support and Dementia Advice Service for Hampshire is supported by:



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For more information visit www.andovermind.org.uk