

Time For Carers Referral Process

Background

Time For Carers is a new respite project that Suffolk Family Carers will be running (funded by Suffolk County Council), to help unpaid carers overcome the impact of COVID. The project will pay for a domiciliary care agency to provide companionship for the cared-for, to enable the carer to have some time for themselves on a weekly basis (potentially 2 hours a week for 8 weeks).

Eligibility

Carers who would benefit from the project would need to be:

- Adults looking after an adult with **any diagnosis** that has a high level caring role.
- Living in Suffolk
- Directly negatively impacted by COVID
- Caring for someone who no longer has access to their usual support service.
- Nearing breaking point or have nowhere else to turn for help.
- In possession of a Family Carer Emergency Plan or be encouraged to have one (SFC can help a carer to set this up)

Process

At present, the project is accessed via Suffolk Family Carers, so, with the carer's permission, a name and contact telephone number would be required via one of the routes below and this would then be followed up by one of the project's administrators.

Contact (all 8am-8pm weekdays and 9am-1pm weekends)

Tel: 01473 835477

Email: hello@suffolkfamilycarers.org

www.suffolkfamilycarers.org (LiveChat facility)