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# Caring for someone

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## Who is a carer?

We use the term carer to describe someone who provides unpaid care and support for a partner, relative or friend who has a disability, illness, mental health or memory loss. The person who is cared for would not be able to manage day to day living without this care and support. In Blackpool there are more than 16,000 people who provide unpaid care for another person.

## Carers Assessments

If you are a carer you are entitled to a carers assessment. There is no charge for a carers assessment and you can request an assessment using the [online referral form](#) or [telephone us](#).

The carers assessment will help us understand any emotional stress or physical strains caring for somebody may have on you. Together, we can discuss the support you may need. Services and support may include assistance to enable you to continue working or to access leisure and learning opportunities.

Your carers assessment may be completed at the same time as the assessment for the person you care for or, if you prefer, we can arrange a different day, time or venue.

## Carer support

Planning and scheduling regular breaks from caring can help you to maintain your health and wellbeing. We can give you information about how to organise your own breaks from caring. Following an assessment, if you are eligible for support, Blackpool Council may offer to provide respite support services to you and the person you care for.

For independent advice and support you can contact the [Carers Centre](#).

Blackpool Carers Centre

Beaverbrooks House

147 Newton Drive

Blackpool

FY3 8LZ

Telephone: 01253 393748

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