



On the website
you will find:



Kernow Carers Service

Support for those who care

Carers' Register

By joining the Carers' Register, we will keep you up-to-date with the latest news and developments for carers in Cornwall. Through the register you can also obtain a Carers' Emergency Card, (a scheme to help kick-start your emergency plan should something unexpectedly prevent you from carrying out your caring duties).

Cornwall's PA Network

A free service connecting people who want to recruit Personal Assistants (PAs) with those looking to work as PAs.

www.supportincornwall.org.uk/panetwork

Self Help Tool

A short questionnaire about the person you care for regarding their independence and wellbeing. Based on your answers the Self Help Tool identifies a person's needs and provides a list of possible support services.

Information and advice

Find details of support available both locally and nationally.

Contact us on:

Freephone: **0800 587 8191**

Landline: **01872 323 535**

Available Monday to Friday between 9am and 5pm, an answerphone is provided at all other times.

Text: **60030** starting with the word **FIS**

Email: fis@cornwall.gov.uk

Web: www.supportincornwall.org.uk/carers

 Join us on Facebook/[cornwallfis](https://www.facebook.com/cornwallfis)

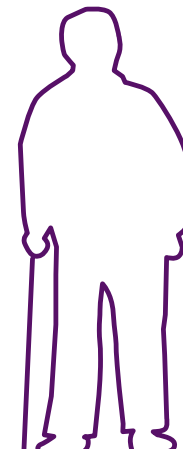
If you would like this information in another format please contact:

**Cornwall Council,
County Hall, Truro TR1 3AY**

Telephone: **0300 1234 100**

Email: enquiries@cornwall.gov.uk

Web: www.cornwall.gov.uk



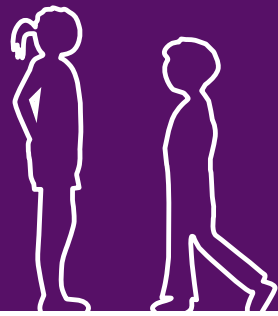
41450 08/2016
All information correct at the time of going to print.



Freephone 0800 587 8191

www.supportincornwall.org.uk/carers

Are you a carer?



A carer helps to look after another person who is not able to manage alone due to age, disability, physical or mental health problems or substance misuse. This could involve supporting a partner, relative, friend or neighbour. For young carers, it means supporting a parent, sibling or other family member.

You may think that you are just helping someone, but caring can take many forms, including assisting with:

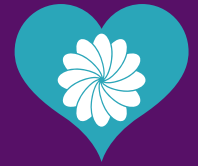
- cooking
- cleaning
- communication
- getting in and out of bed
- shopping
- washing
- taking medication

What can Kernow Carers Service offer?

Kernow Carers Service (KCS) provides information and support to help you in your caring role. This could include:

- advice and guidance offered through the helpline
- advocacy
- assistance from a Carer Support Worker
- guiding you through a carer's assessment
- information about benefits
- organising someone for you to keep in touch with and talk to
- helping you plan for the future

KCS also organises activities, forums and training, with the addition of short breaks and school/college groups for young and young adult carers.



Who is this service for?

We support all informal and unpaid carers in Cornwall:

- young carers (under the age of 18)
- young adult carers (aged 16 – 25)
- adult carers (aged over 25 years)

Who is KCS?

The service is being delivered jointly by Action for Children, Cornwall Rural Community Charity and the Family Information Service.

This partnership saw the merger of what was Kernow Young Carers and Cornwall Carers to form one service.

