

Implementing the Care Act in health settings: identifying carers and signposting them to support



Carers information packs

Carers information packs can be effective tools for signposting carers to support and giving advice and tips, and it also allows carers to use the information as and when it's most appropriate for them.

If your Trust doesn't have a carers information leaflet or pack that you think is adequate, there are some good examples below. You might find that your local authority has a pack that you can direct people to or use as a starting point for creating your own.

You can also signpost to Macmillan's support offer for carers through ordering our leaflet, [*Do You Look After Someone With Cancer?*](#).

Suggested content

In a carer's pack it can be useful to include the following information/ details of where a carer can go to get this information:

- Carers' rights
- Assessments and statutory support available - eg from the local authority
- Organisations that offer carers support - eg respite services, support groups or counselling
- Information encouraging carers to take a break/respite care/holiday, and look after their own health
- Working and caring
- Discharge process, and out of hours contact numbers
- Transport - what help can be provided
- Navigating the healthcare system - key contacts for carers
- Managing finances - how to access benefits available to carers
- Legal information, such as making wills and lasting power of attorney
- Local schemes to save carers money
- Emergency Carers Cards and details of other support tools that are available to carers in your area

Thank you to the following organisation for giving us permission to use their information pack as an example:

<http://www.gloucestershire.gov.uk/CHttpHandler.ashx?id=50949&p=0>

Got any good practice examples you'd like to share, or is there more information you'd like to see on this page? Email Charlotte Argyle, Carers Support Programme Manager: cargyle@macmillan.org.uk