

Carers are unpaid, of any age, and the care they provide may be part time or full time.

The Learning Difficulties Carers Support Worker works in Adur, Worthing, East Arun and Chanctonbury, and can meet with you at your home or another place of your choice, to look at ways of enabling you to improve your quality of life, and to help you in your caring role.

The role of the Learning Difficulties Carers Support Worker is to support you so that you can continue to care in the way that you wish, for as long as it is possible.

What can the Learning Difficulties Carers Support Worker offer?

- Practical and emotional support to individual carers, through regular or one-off phone calls and visits
- Information on availability of services and how to access these
- Information and access to a limited amount of funding for short breaks, leisure activities, courses etc
- Assistance in accessing a Carers Assessment
- Carers support group
- Carers events and activities
- Access to Emotional Support for Carers service

Learning Difficulties Carers Support

Reply Slip

Please contact me about the service.

Name:

.....

Address:

.....

.....

Tel. No:

Please put the slip in an envelope to maintain your privacy and return it to the address overleaf. No stamp is needed.

Learning Difficulties Carers Support

**No stamp is
needed**

Carers Support Service

FREEPOST SEA7752

WORTHING

BN11 1BR

Comments from carers of people with Learning Difficulties

'I don't feel so alone any more'

*'Meetings/Workshops are valuable
for getting to know other families
in similar circumstances and
gaining information'*

*'I do feel I am not on my own any
more, there is always someone I
can phone, should I need help'*

*'To know that there is support of
this kind available is very
reassuring'*

The post of Learning Difficulties
Carers Support Worker is part of
Carers Support Service, Worthing &
District.

Carers Support Service, Worthing &
District is hosted by Guild Care,
whose Registered Charity Number is
1044658.



Carers Support Service
Worthing & District

Learning Difficulties Carers Support

**For people looking after
someone who has a learning
difficulty**

**Information and support
Tel: 01903 536378**

**Admin
Tel: 01903 528600**

October 2008



West Sussex Carers Support Services
Working Together for Carers in West Sussex



The Princess Royal Trust
for Carers