

FREE Dorset Carer Card

The Dorset Carer Friendly ID card is photo identification and helps you show others that you are a carer. It includes an In Case of Emergency section on the back, so people know who to contact if something happens to you. Access hundreds of local and national discounts, including shops, cafes, and services. Contact your local carer support service in Step 2 to apply for a card.



Hospital admission

If the person you care for is admitted to hospital, tell staff that you are their carer. They will be able to advise you about what support is available.

Dorset County Hospital

☎ 0800 783 8058 ✉ patientexperience@dchft.nhs.uk

University Hospitals Dorset

☎ 0300 019 8714 ✉ uhd.carersupport@nhs.net

Community Hospitals and Mental Health Inpatient Units

☎ 0800 587 4997 ✉ dhc.pals@nhs.net

Thank you for reading this leaflet. If you know someone who supports another person and may benefit from this information, please share it with them.



Coproduced with carers in partnership with Our Dorset Integrated Care System - Your Local NHS and Councils Working Together.



Do you support someone who would struggle without you?

Do you help a friend, family member, or neighbour with everyday things like shopping, cleaning, cooking, washing, dressing, or getting to appointments?

Do you give emotional support or help someone manage their mental health?

If yes, you are a carer, even if you do not think of yourself that way.

Carers are all ages and backgrounds. You might be a young person caring for a sibling, parent or grandparent or an adult juggling work, family life, and caring responsibilities.

You may live with the person you care for, or care from a distance. You might care for one person, or several. Every caring role is unique and whatever your circumstances, help is available.

To access support in Dorset, take two steps:

1. Tell your GP surgery you are a carer

2. Contact your local carer support service



Step 1

Tell your GP surgery you are a carer

Let your GP surgery know that you look after someone. They can record this on your patient file. This may help you get extra support, such as more flexible appointment times, priority vaccinations, and, with consent, information about the person you care for.

Step 2

Contact your local carer support service

Contact your local carer support service provided by the council where the person you care for lives. The local carer support service provides free information, advice and guidance. They can also signpost or connect you to services and support. You have a right to ask for a Carer Assessment which is not a test of your ability to care. It is a conversation about how caring affects your life, your health, and what support could help you.

The local carer support service can help with:

- Information, advice, and guidance
- A Dorset Carer Friendly ID Card
- Support to plan for emergencies
- Training to help you
- Peer support groups and social activities
- Advocacy to make sure your voice is heard
- Opportunities to shape and improve local services
- Connection to services and support in your community
- And lots more to make caring feel a little easier

If the person you care for lives in the **Bournemouth, Christchurch and Poole (BCP) Council** area, contact:

BCP Carer Support (Carers over the age of 18)

BCP Carer Support



☎ 01202 128787 ✉ carersupport@bcpcouncil.gov.uk

📍 bcpcarersupport.org

BCP Early Help Access Point, Children's Services (Carers under the age of 18)

☎ 01202 126 668 ✉ EHAcessPoint@bcpcouncil.gov.uk

If the person you care for lives in the **Dorset Council** area, contact:

Dorset Carer Service

An independent service supporting carers of all ages. Funded by Dorset Council and delivered by Help & Care, in association with MYTIME Young Carers and The Hope Programme.



☎ 0303 303 0153 ✉ carers@helpandcare.org.uk

📍 helpandcare.org.uk

