Let Them Know You're a Carer

It's easy to overlook the importance of telling people you are a carer. However, this can help make your daily life smoother, provide you with additional support, and ensure you are a priority in critical situations. Below is a list of contacts you should reach out to, and why they should know you're a carer.

1. Your GP Surgery

By informing your GP, you can access specialized support, additional services, and advice tailored to your role as a carer.

2. Carers Support West Sussex

This local service offers a support, advice, and resources for carers, ensuring you have access to the help you need.

3. Safe & Well Visit from West Sussex Fire Service

As a carer, you may be at higher risk for certain emergencies. A free Safe & Well visit helps you ensure that your home is safe and secure, providing peace of mind.

4. Utilities - Priority Service Register

Let your utility companies know that you're a carer. Being on the Priority Service Register means you'll be prioritized in case of a power cut or service issue, ensuring that your household receives quick assistance if needed.

5. Car Breakdown Service (e.g. AA, RAC)

If you're regularly driving to support someone else, it's worth informing your breakdown service about your carer role. This ensures you receive the support you need if anything goes wrong while you're on the road.

Take Action:

Reach out to these services today, & see the difference it can make.