

c/o Shropshire RCC, 4 The Creative Quarter, Shrewsbury Business Park, Shrewsbury SY2 6LG  
shropshire@carerstrust4all.org.uk/mdavies@carerstrust4all.org.uk  
01743 237875/01743 237875  
www.carerstrust4all.org.uk

**OUR**

**VISION**

is for every carer to be recognised, supported and offered services to help them maintain their own health and wellbeing.

Our aim is to relieve the stresses experienced by unpaid carers whose caring responsibilities may be due to a loved one's disability, illness or age. To allow a carer some normality and the chance to have a meaningful break away from their caring responsibilities in the knowledge that their loved one will be well looked after.

"To give carers time to be themselves"

We provide practical and emotional support, aiming to reduce stress, anxiety and crisis for carers and their loved ones by offering consistent and reliable support built up through long and trusted relationships.

Listening and supporting the carer and cared for's social and emotional needs; providing stimulus to the cared for and supervising the care while the carer takes a break;

Assisting with light household duties and home management;

Assistance with preparing meals and drinks/snacks; even when this is the primary function of our visit we are also providing emotional support, checking their safety and ensuring the cared for person's home is secure when we leave;

Outings, if the cared for person is able to – one to one support to enable them to access community based activities and appointments;

Personal care – assistance with toileting; bathing and washing; dressing/changing clothes; changing beds; moving and transferring as required (within Manual Handling Guidelines); assistance with medication.