

Who can get help from the Carer Support Service?

To use our service you must be:

- 18 years and over and caring for another adult (18+)
- Living in Hampshire or caring for somebody who does

You can self refer to the service and we also accept referrals from all other health and social care professionals including your GP.

How to get in touch

Our friendly team will be on hand to help and put you at ease by responding to any questions or concerns you may have.

Phone us: 01264 332297 (choose option 3)


Email us: enquiries@andovermind.org.uk

Write to us: Andover Mind, Westbrook Close, South Street, Andover, Hampshire, SP10 2BN.

Visit our website: www.andovermind.org.uk

Follow us on:

 @CSDAHampshire

 [carer_and_dementia_support](https://www.instagram.com/carer_and_dementia_support)

Do you look after someone?



Our Hampshire-wide Carer Support Service is here to help look after you...

Carer Support and Dementia Advice Service for Hampshire is supported by:



Hampshire
County Council



CARER SUPPORT AND
DEMENTIA ADVICE SERVICE
FOR HAMPSHIRE

Are you a carer?

If you care on a regular basis for a parent, partner, other relative, friend or neighbour who is physically or mentally ill, has a physical or learning disability, has drug or alcohol problems, is elderly or has dementia then you are a carer. You might help in a variety of ways like shopping, collecting medication, cooking, cleaning, helping with finances, giving emotional support or helping them to get out and about.

You may not describe yourself as a carer. To you it's just what you do as a husband, wife, partner, parent, relative or friend.



“Your visit and service has given me more hope than I've felt for a long time.”



Who looks after you?

Looking after someone can be a positive experience but it can also be challenging and physically and emotionally exhausting. If you are looking after someone with little or no support, it can be isolating and have a real impact on your health and other areas of your life. You may find you have little time to look after your own needs. That's where we come in.



If you need to address your own health concerns, get some support or just need someone to talk everything through with, then we can help. We'll spend time asking questions about you and your caring role to find out about your needs and everything you say is confidential. We'll help you take steps to address your worries before they become too much for you to cope with.

We are here for you...

- Offering a listening ear
- Sharing information to help in your caring role
- Putting you in contact with other carers
- Helping you plan for the future and avoid a crisis
- Providing online and face-to-face support groups
- Supporting you to address your own health problems