



Current caring role

There are a range of ways that you can get support with your current caring role



Support and services for you

Our carers' directory gives information on a range of support that can help you or the person you care for. This ranges from support such as local carers groups, through to Passenger Assist which can help you if you are travelling by rail and organisations who can support you and the person you care for if they have specific conditions such as Alzheimer's.

Visit the carers' directory at carersmatternorfolk.org.uk/carers-directory



Assistive technology

Feeling safe and supported in your own home is very important. 'Assistive technology' is the name for a range of electronic gadgets and devices that can help you and the person you care for to live more independently in your own home.

If you are caring for a family member or friend but you do not live with them, you can still encourage them to have things in place, which will help them and give you both peace of mind knowing that they are safe within their own home.

Find out about assistive technology at carersmatternorfolk.org.uk/information-and-advice/your-wellbeing/assistive-technology



Jointly app

Jointly is a mobile and online app (application) that has been created by Carers UK – working with carers for carers. It is designed to make caring a little easier, less stressful and more organised.

It combines group messaging and to-do lists with other features that are useful for you in your caring role such as medication lists, calendar and more. For example, Jointly can now connect to health and care devices to share information with your circle.

Find out more about the Jointly app at jointlyapp.com



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Homecare to help you and the person you care for

If you are looking after someone having professional support from a homecare provider can help you. It can be used give you a break from your role or to help you with care tasks you may find more difficult.

Homecare providers, also referred to as care providers or domiciliary care providers, give personal care and assistance in your own home. They may also be able to help with the person you care for being able to get out and about in the community.

You may be eligible for help in funding homecare.

Find out information about homecare providers and possible funding in Norfolk on the Norfolk County Council website at norfolk.gov.uk/care-support-and-health/start-with-social-care/types-of-care/home-support-and-home-care

All home support providers must be registered with the Care Quality Commission (see cqc.org.uk) (this includes Caring Together - see caringtogether.org - who provide the homecare support involved in Carers Breaks delivered by Carers Matter Norfolk).