



# Support for Carers of people with a **Learning Disability**

Caring responsibilities often tend to be a lifelong commitment. Many Carers however, do not recognise themselves a 'Carer' and continue to cope with very little or no help or support. This leaves a potential for the situation to worsen and may also impact on the well-being on both the Carer and the Cared-for person. Older Carers in particular tend to become more vulnerable and isolated through the years, especially if they are not aware of the help, support and services available to them.

If you look after someone with a Learning Disability or know of anyone that does, please get in touch with

**Safiyyah Bhatia,**  
**Carers Support Officer**

for Carers of Adults with Learning Disabilities

Contact **Safiyyah** at Preston Carers Centre:

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**Preston Carers Centre supported by:-**

Central Lancashire **NHS**  
Primary Care Trust



The Princess Royal Trust  
*for Carers*  
Network Member





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## How we can help:

- We work with other agencies and service providers in order to provide a range of information, support and services to Carers, particularly older Carers of people with Learning Disability
- Promote a healthy and independent lifestyle by providing a range of activities and leisure and training opportunities
- Provide emotional support - we understand that it can help to talk to someone about your problems
- Work with other agencies to plan for the future, particularly for older Carers
- Help Carers to access services
- Provide support at meetings and reviews
- Help with forms, letter writing and advocacy
- Facilitate a monthly Learning Disability Carers Network Meeting which feeds into the Learning Disability Partnership Board in order to give Carers a say in service provision and delivery
- Ensure Carers are aware of changes to policies related to Learning Disabilities and also those that may affect their role as a Carer
- Help Carers to voice their issues and concerns

