

Things to Keep In Mind

Carers Voice
Norfolk & Waveney

carersvoice.org
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- ▶ You can ask for a Carer's Assessment or for a review of your support plan (if it has been a year since your last one, or less than a year but your circumstances have changed). - norfolk.gov.uk/article/53729/Who-can-have-a-carers-assessment
- ▶ If the health of the person you look after changes you can request a Care Act Assessment, you do not have to wait for a review - norfolk.gov.uk/article/53618/What-is-a-Care-Act-assessment
- ▶ Take your Carers Identity Passport with you when you leave the house
- ▶ Keep your Carers Emergency Plan up to date - norfolk.gov.uk/article/42042/Create-an-emergency-plan
- ▶ If you have a Keysafe, register its location with the East of England Ambulance Service - eastamb.nhs.uk/form/keysafe-access-form
- ▶ If your employment status changes, read through the Carers Leave Act and Flexible Working guidelines for Carers - carersuk.org/help-and-advice/work-and-career
- ▶ If your circumstances change, complete an online benefits check- turn2us.org.uk They also have an option to search for charitable grants that might be available to you.
- ▶ You can complete a budget planner tool to help you keep track of your money and suggests ways to improve your finances. moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner
- ▶ Make sure you are on the right water & energy tariff for your circumstances. Have your power requirements increased due to new equipment, do you need more water due to health changes?
- ▶ Are you now able to claim a council tax reduction? Contact your local council and read through their exemption list
- ▶ Stopping smoking can improve your health and finances. You are 3 times more likely to quite with support. Free support is available from smokefreenorfolk.co.uk
- ▶ Turning appliances off from standby mode saves money
- ▶ Your home is recommended to be heated to between 18c and 20c