



# Integrated Carers' Team

Bristol City Council and NHS Bristol Clinical Commissioning Group have come together as partners to improve and streamline the support provided for carers. We've pooled the money available and set up the **Integrated Carers' Team** to respond to the needs of carers who care for someone who lives within the Bristol local authority boundary.

We will assess the impact of caring on your health and well-being. We will find ways to improve the situation that will provide you with some time out.

We want to help earlier in the caring journey and in more creative, flexible ways.

Our aim is to support you to look after yourself in your caring role.

## Who can get support?

Any carer who:

- Feels that being a carer is affecting their health and well-being
- Needs support to continue their caring role into the future

You and the person you care for do not have to be getting carers' services from the Council or the NHS. You may have previously been told 'you don't qualify for support'.

## How do I get help?

Contact the team directly and talk through your situation.

Fill in an assessment form – this can be on your own or with help from:

- A member of our team
- Someone from the Carer Support Centre
- Voluntary community organisations
- Health professionals
- Involved social care practitioners

It must be signed off by an involved practitioner who can verify your caring role.



For more information contact Care Direct on 0117 922 2700  
or visit [www.bristol.gov.uk/careandsupport](http://www.bristol.gov.uk/careandsupport)



The assessment allows you to explain your circumstances and give information about:

- The person who is cared for
- The care you provide
- The effect being a carer has on you
- Where you think you need help

It allows us to understand how we might assist. If you are eligible, we will provide a personal budget – this is money that can be spent on the support needed. Or you may prefer to be put in touch with local support groups so you have people to talk to.

### How should a personal budget be used?

This is largely up to you, but you will need to spend the money on the outcome agreed in your assessment. For example on something that will give you some time out. There are many ways help can be provided and you can be creative in how it is arranged.

### How to contact the Integrated Carers' Team

Website: [www.bristol.gov.uk/carers](http://www.bristol.gov.uk/carers)  
Email: [integratedcarersteam@bristol.gov.uk](mailto:integratedcarersteam@bristol.gov.uk)  
Telephone: 0117 352 1668  
Fax: 0117 357 4288

You can also contact us through the Carer Support Centre on 0117 965 2200.

We can provide this information in another format like large print, audio or Braille. Or in a language other than English.  
Telephone 0117 922 2700.