

On the website you will find:



Carers' Register

By joining the Carers' Register, we will keep you updated with the latest news and developments for carers in Cornwall.

Information and advice

Find details of support available both locally and nationally.

Local Offer

A resource describing the provision available for children and young people (up to the age of 25) with a special educational need or disability (SEND). With information gathered in one place, the Local Offer helps families and carers make informed choices about the support they receive.

Youth Kernow

An area dedicated to young people to help ease the pressures of life and growing-up.

Care and Support, and You

For adults needing support to live an independent life, offering details of services to help with aspects such as adaptations, equipment and finding a care home, along with useful advice provided by Adult Social Care.

Contact us on:

Freephone: **0800 587 8191**

Landline: **01872 323 535**

Available Monday to Friday between 9am and 5pm, an answerphone is provided at all other times.

Text: **60030** starting with the word **FIS**

Email: **fis@cornwall.gov.uk**

Web: **www.supportincornwall.org.uk/carers**

 Join us on Facebook/cornwallfis



If you would like this information in another format please contact:

**Cornwall Council,
County Hall, Truro TR1 3AY**

Telephone: **0300 1234 100**

Email: **enquiries@cornwall.gov.uk**

Web: **www.cornwall.gov.uk**

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Kernow Carers Service

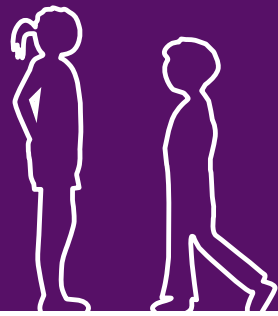
Support for those who care



Freephone 0800 587 8191

www.supportincornwall.org.uk/carers

What is a carer?



A carer is defined as someone who supports a family member, friend or neighbour for any reason such as age, disability, substance misuse or physical and mental health problems; for example, a child looking after a parent or sibling, or an adult looking after a relative or friend.

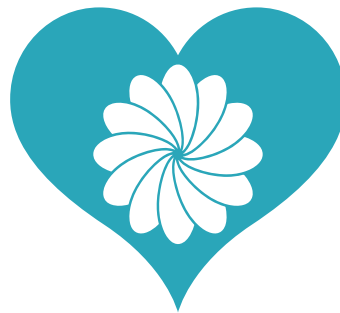
Often, carers think they are just 'helping' someone, but caring includes assisting with chores and tasks such as:

- cooking
- cleaning
- communication
- getting around and mobility
- shopping
- washing
- taking medication
- managing money
- managing appointments

What can Kernow Carers Service offer?

Kernow Carers Service (KCS) provides information, guidance and support to help you in your caring role. This could include:

- information via the referral line or a Carer Support Worker
- advocacy and advice about caring and carer assessments
- details about benefits and the services which assist with filling in forms
- events with other carers
- helping you plan for the future
- training opportunities
- groups and activities for young and young adult carers



Who can, and how does someone access a Carer Support Worker?

KCS, a partnership between Action for Children, Cornwall Rural Community Charity (CRCC) and Cornwall Council's Family Information Service, supports all informal and unpaid carers of any age living within the county.

Anyone can refer to this service, both self-referrals and professional referrals are accepted.

- young carers (under the age of 18)
- young adult carers (aged 16 – 25)
- adult carers (aged over 25 years)

If you are under the age of 16

Call us if you would like information over the phone, however, if you would like to speak with and/or meet a Carer Support Worker, you will need to have permission from your parent/ carer.