



## Support to live your best life & confidence to care



**identify as a carer**



**carers assessment,  
needs & eligibility**



**information and advice**



**support plan  
(person centred)**



**preventative community  
based support**



**digital information  
and support**

*\* If you are helping someone unpaid, with daily living tasks, who cannot manage without your support, you are a carer. The above are options to support you to live your best life*

✉ **Email: [Shropshire.Carers@shropshire.gov.uk](mailto:Shropshire.Carers@shropshire.gov.uk)**  
**Shropshire Carers support line on**  
☎ **01743 341995**  
**(Monday to Friday) 9am-5pm**  
**(Tues till 7.30pm, Sat 9.30 am - 12pm)**

🌐 [www.shropshire.gov.uk/shropshire-choices/caring-for-someone-else/](http://www.shropshire.gov.uk/shropshire-choices/caring-for-someone-else/)



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## Service offered Carers in Shropshire

- 1:1 support – we work with you to explore the options available to you as a carer.
- Information and advice personalised for you.
- Support Line – 01743 341995  
- operating Mon-Fri – 9-00am till 5-00pm  
(Tues till 7.30pm, Sat 9.30 am - 12pm)
- Regular contact to check on your wellbeing.
- Signposting or referral to specialist advice and support – e.g. benefits advice, advocacy.
- Local carer peer support groups – virtual and in your community
- Events and activities.
- Carer Register – a means of sharing important information quickly with you by a method that suits you best. With enrolment to the Carer Register, you will also receive a carer ID card, emergency plan and a free 5-part email course delivered by Mobilise Online – digital support for carers.
- Hospital Carer Support Practitioner available to support you while the person you care for has been admitted to hospital.
- Assistance with planning ahead – the right information at the right time.
- Information and training workshops – a calendar of activities that you can join

## How to refer

Carers can self-refer, or referrals are made via statutory, voluntary and community sector organisations.

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# Carers Support

Shropshire Carers Support Team is a dedicated team, within Shropshire Council, providing information, advice and support to adult family and unpaid carers.

Our vision is to enable carers to live their best lives by providing timely and quality information and support.

We are not a time limited service and may be working with individual carers for a short time or for longer periods of time. Carers may dip in and out of our service, depending on their individual needs.

We continually work to ensure we embrace diversity, responding to and meeting the needs of all adult carers.