

If you would like us to pay you a visit, or would like to hear more about our Carer's Assessment & Support Service, contact:

Tanya Fitzgerald
at

Croydon Mencap

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*Registered Charity No:
1073063*

"How can we help you?"

Problems can sometimes be sorted out over the phone, with us liaising with the relevant agency on your behalf.



**So, please do call us—
we're here to help you.**



"Here to Help"

**Carer's
Assessment and
Support Service
(CASS)**



Croydon Mencap Support for Older Carers

- ◆ *Are you over 50 and caring for someone with a learning disability?*
- ◆ *Are you living in the borough of Croydon?*
- ◆ *Do you sometimes find it hard to cope?*



Our CASS service offers help and advice to carers aged 50 plus who look after someone with a learning disability. We also carry out Carer's Assessments for these carers, on behalf of Croydon Council.

Our support service is here to listen to YOU the carer, and to help you receive the support you need to carry out your role as a carer.

Carers have often spent so much time and energy on the needs of the person they care for that they can be in danger of neglecting their own needs—both physically and emotionally.

**We can visit you at home,
at a time to suit you, to
offer independent advice
on issues such as:**

- ◆ Self Directed Support
- ◆ Carers Assessments
- ◆ Benefits and other money matters

Meetings are set up and speakers are invited to give a talk on a particular area of concern—such as Wills and Trusts—and to answer your questions.



Planning for the future is a big worry for many parents and carers, and they have valued the opportunity to raise their concerns with the relevant professionals.

**Are there any other issues you
would like us to
highlight?
We would welcome
your ideas.**



Social Events

We organise coffee mornings, which give carers the chance to get together over a cup of coffee and share experiences with others in the same situation. We also organise trips to the theatre and days out to places of interest.



Feedback from those who have attended has been very positive, and carers value being given an opportunity to mix with other carers in a similar situation.

If you would like to receive information about our social activities please contact us on 020 8684 5890.