

# Leeds Carers Charter

*A carer is a person who provides care for someone else who, because of long term illness, mental illness, impairment or old age, is not able to care for him or herself.*

A carer can be:

- A parent
- A son or daughter
- A brother or sister
- A husband, wife or partner
- A relative, friend or neighbour

*A carer is someone who is not paid for the care they provide.*

*Young carers are children and young people who take or share responsibility for the care of another person (Carers Act 1995).*

## If you are a carer, using our services, you can expect:

- To be recognised, identified and valued for your caring role and be treated with dignity and respect.
- To access, or be signposted to, relevant and up to date information about the support that is available for you as a carer.
- Our staff to inform you about the right to a carer's assessment and to be referred appropriately - if you wish.
- Your own health needs to be recognised and to be supported to maintain your physical, mental and emotional health and well-being.
- To be included (with the permission of the person you care for) as a valued partner in the planning and delivery of his/her treatment and care, and in particular in discharge planning.
- To have the right to choose the level of care you are able to offer, depending on your age and ability.
- To be considered as an individual, and for services to strive to reflect your own needs.
- Have opportunities to comment on, and be involved in, the wider planning and evaluation of services.

## If you need more information on this charter please contact:

### NHS Leeds:

0800 0525270 (PALS)

### Leeds Teaching Hospital

### NHS Trust:

0113 206 7168 (PALS)

### Leeds Partnerships NHS

### Foundation Trust (LPFT):

Contact LPFT Carers Support team on 0113 295 4445

### Leeds City Council (LCC):

Services for adults

0113 222 4401

Services for children and young people 0113 222 4403

