

## The Family Carers Link Service is all about

- Meeting and listening to you at a time to suit you
- Empowering you to have a voice, and helping you to get in touch with the support & services that maybe relevant to you.
- Enabling you to get in touch or meet up with other family carers.
- Keeping you informed about relevant local events.
- Letting you know your rights as a carer.
- Highlighting any services you wish to see in place.

The Family Link Worker will record information given by you and link this to information about your relative with learning disabilities. This is to help plan and share out resources fairly.

## Can I use the Family Link Service?

**Yes** - if you are a family carer who lives in Southampton and has a relative of any age with a learning disability.

**Yes** - if you would like support to have a say in the services you or your relative needs now and in the future.

**Yes** - if you are worried about how you will cope with changes/transitions in your relative's life.

**Yes** - if you are unsure about what the future holds for you and your relative.

**Yes** - if there are things you would like to achieve in your life as an individual.

**Yes** - if you are an older family carer who is unsure what will happen when you are no longer able to provide care.

**Yes** - if you need information to help you access the services you need.

*(Leaflet Updated July 2006)*

## How can the Family Link Service help me?

- Provide you with information on entitlements to support you in your caring role.
- Encourage you to request a Carers Assessment, which may lead to extra support for you in your caring role.
- Help you to draw up an 'emergency plan' to support your relative in crisis, e.g. sudden illness/ accident or bereavement and make sure those who need to know of your plan are aware of it.
- Liaise with the local authority and other agencies to highlight the needs of carers of all ages in order to enable them to improve services.

**Family carers are usually parents, but could be siblings or other relatives. Friends sometimes take on this role.**