

Caring for someone



You must take care of your own physical and mental health when you look after someone.

This is called self-care.



Carers in Bedfordshire is a local charity who provide support.

They support family or friends who are caring for someone at home or in a care home.



You can get a copy of the **Bedfordshire Carers Guide** to help you find the right support.



Ring Carers in Bedfordshire on **0300 111 1919** for a Carers Guide and support.



Visit www.carersinbeds.org.uk

Regular Breaks



It is important to take regular breaks.

You should do activities you love doing and meet other people.

This will help you look after your own health.



If you need someone to stay with the person who you care for, **Age UK Bedfordshire** runs a Carers Respite Service.



Ring Age UK Bedfordshire on 01234 360 510.



The local council might help with the cost.

Ring your local council for a **Carers Assessment**.



For Bedford Borough Council ring 01234 267 422.



For Central Bedfordshire Council ring 0300 300 8036.

Caring for someone in hospital



If you care for someone with dementia, you must tell the hospital staff.

They can give you more support.



John's Campaign

This campaign allows carers of people with dementia to stay with them in all NHS services.



This includes A&E, community and mental health services.



Visit www.johnscampaign.org.uk.



This will not apply during COVID-19. Please check the visiting rules for the hospital.

The Carers' Lounges



When the person you care for goes into hospital, life may become more difficult.



Whilst visiting the hospital, you can visit the **Carers' Lounges**.



Carers in Bedfordshire runs the Carers' Lounges.



You can talk to trained support workers and volunteers.

You can take time out, have a drink, and talk through your concerns.



Opening times: Monday to Friday, 10am to 5pm.



There is a Carers' Lounge in Bedford Hospital, South Wing



There is a Carers' Lounge in Luton & Dunstable University Hospital, St Mary's Wing



Carers Pack

This is available at the Luton & Dunstable University Hospital.

Visit the Carers' Lounge for a pack.



The Carers Lounges are closed at the moment.

You can ring Carers in Bedfordshire for support on 07772 231 230.