

Registered Charity no. 1085491

Local office:
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DA1 – Information for Carers whose lives are affected by a relative or friend's drug or alcohol use.

You don't have to use drugs or alcohol to be affected by them. Millions of families are living with the impact of a loved one's drug or alcohol use.

Although you might not see yourself as Carer, the nature of addiction means that it is not uncommon for family members or friends to fulfil a Carer role. And, even where you are not undertaking 'traditional' caring tasks, your emotional, mental and physical well-being are likely to be impacted negatively by your loved-one's behaviour

As a Carer you can access the following free services from Carers in Hertfordshire

- Support, information and Carer Planning one to one with a Carers Support Advisor
- A break from caring
- Leisure and learning opportunities
- Opportunities to meet other with other Carers to share experiences and support each other
- Opportunities to have your say on the services that are provided to you and to the person you care about, and

You are entitled to a Carers Assessment

The Care Act 2014 came into effect on 1st April 2015 and it changes the way care and support is provided in England. If the person you care for is an adult (18+) you may be able to get more help to look after your own wellbeing and carry on caring.

From April 2015, you are entitled to a carer's assessment where you appear to have needs. This is a change to the situation prior to April 2015, where you had to show you provided 'regular and substantial' care to be entitled to a carer's assessment.

What is a Carers Assessment?

CGL Spectrum Drug and Alcohol Recovery Service, (Hertfordshire's commissioned treatment provider), has delegated responsibility from Hertfordshire County Council to undertake Carers Assessments where the Carer is affected by someone else's drug or alcohol use. You can ask for a Carers Assessment at any time. The purpose of the Carers Assessment is not to judge the care that you provide. The purpose of a Carer's Assessment is to look at the different ways that caring affects your life and to work out how you can carry on doing the things that are important to you and your family. The assessment will look at a number of distinct areas of your life and asks you to rate how you feel about them. This will help you to develop a clearer picture of how your relative or friend's drug and/or alcohol use impacts on YOU. During the assessment you will receive support to think about how you can make changes that will help you improve your quality of life and together we will identify who can support you. Your physical, mental and emotional wellbeing will be at the heart of this assessment.

You can have a carer's assessment even if:

- The person you care for does not get any help from CGL Spectrum (or any other provider).
- The person you care for does not have to live with you,

Neither,

- Do you need the permission of the person you care for to request a carer's assessment, you are entitled to one in your own right.

www.carersinherts.org.uk

As a Carer whose life is affected by a loved one's drug or alcohol use there are support services across the county for you, please see below or for more information on what is available please visit the Carers in Hertfordshire website

<http://www.carersinherts.org.uk/have-your-say/drug-and-alcohol/change-my-life>

Or call our office on 01992 586969

CGL Spectrum Drug and Alcohol Recovery Service: Spectrum is the commissioned treatment provider with four hubs covering Hertfordshire providing support for carers.

Hatfield: 01707 256532.

Hertford: 01992 538023.

Stevenage: 01438 364495

Watford: 01928 222889

CGL Spectrum will also provide information and advice **out of hours** on 0800 652 3169

The Living Room has sites in Stevenage and St Albans providing the 12-Step Recovery Programme for people who misuse drugs or alcohol as well as carer support groups. For **Stevenage** call 01438 355649. For **St Albans** call 01727 854479.

Resolve runs a day therapy programme in Welwyn Garden City for people suffering an alcohol or substance misuse problem, and offers support services for family, friends and Carers of people with addiction issues, including an evening Carers Group, counselling and alternative therapies. Resolve also has a premises in Hatfield which offers key working for carers and a carers drop-in. For further details please call 01707 690739.

Al-Anon Family Groups provide support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. Click here and enter your postcode to find groups in your area, or call 020 7403 0888, between 10am – 10pm. It is open every day.

Families Anonymous (Famanon) is a world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems. FA has groups, both online and spread throughout the country, which meet regularly. For more information and groups in your area call 0207 498 4680 or 0845 1200 660 on weekdays between 1pm-4pm and 6pm-10pm or weekends between 2pm-4pm and 6pm-10pm

Adfam is the national charity working to improve life for families affected by drugs and alcohol. Adfam provides resources and training to families, carers and paid workers and aims to ensure that no one affected by someone else's drug or alcohol use goes unsupported. Visit www.adfam.org.uk

You can send an email to **The Icarus Trust** (www.icarustrust.co.uk) from their contact page and one of their Family Friends will contact you in your preferred way to register you for their services, which are free of charge and confidential and includes signposting to a professional therapist, ongoing Family Friend Support and online group counselling sessions.

Hertfordshire Alcohol Counselling Service (HACS) offers ONLINE or TELEPHONE advice, information and support to anyone who is concerned about their own or someone else's drinking. The service is FREE and CONFIDENTIAL, you do not need to give your name if you do not wish to do so. Call 01462 701956 or 07964 289843.

And, if you are concerned about your own or someone else's drinking visit

www.drinkaware.co.uk