



Torbay Older Family Carers' Initiative

If you are:

- Aged 60 or over
- Caring for a friend or relative with a learning disability
- Living in Torbay

Phone or text: **07939 880092**. If we can't answer, please leave a message. We will contact you as soon as possible.

Email: caroline.saunders@mencap.org.uk or emmajane.young@mencap.org.uk

www.mencap.org.uk

A partnership between Mencap and



Support for people aged 60 or over caring for someone with a learning disability

You may not think of yourself as a 'carer'. You may see yourself as a relative, partner or friend who supports someone with a learning disability.

Torbay Older Family Carers' Initiative is an independent, confidential service. You do not need to be known to health or social services to access support from us.



"A lifeline for older carers where you are listened to and always kept informed."
Parent carer



"It always hits me when I go to bed and lie awake just worrying about what will happen to him when I am gone." **Parent carer**

We take the time to listen and recognise every situation is different

Support offered includes:

- Help to access services, like short breaks for carers
- Support at meetings and reviews
- Help with forms and paperwork
- Information to help you plan for the future, including wills and trusts
- Making an emergency plan to ensure the person you care for is safe if anything should happen to you
- Providing a 'Me and My Life' book to record important information about the person you care for

If you like to meet other carers, we offer:

- Monthly 'Tea and Cakes' get-togethers with guest speakers who provide information relevant to learning disability and caring
- Weekly drop in sessions
- Family outings and social events

