

Examples of how Carer's Support Payments can be used

- A holiday (including travel expenses and meals).
- Day trips and short breaks such as a weekend away, days out, trips to the cinema, theatre or a concert (including travel expenses and meals).
- Gym membership.
- A computer (including laptops) and internet access.
- Pampering or therapies (such as a day at a spa resort, or getting your hair or nails done).
- An educational course.
- Cleaning, decorating and gardening (labour cost).
- Driving lessons.
- Transport costs associated with your break from caring (this should not be used to travel to your caring role).
- A sitting service care for the person you look after so that you can have a break from caring.
- Residential respite care (Carers Support Payment from your Doctor).

Carer's Support Groups

Elmbridge 01932 235770
carersupport@elmbridgehousing.co.uk

Epsom & Ewell 01372 722269
carers.epsom@btconnect.com

Guildford 01483 458123
carersguildford@tiscali.co.uk

Mole Valley 01306 640020
carer_support@btconnect.com

Redhill & Reigate 01883 745057
info@esca.demon.co.uk

Runnymede 01932 564446
office@carerssupportrunnymede.org.uk

Spelthorne 01784 446234 or 01784 444233

Surrey Heath 01276 273057
surreyheathcarers@tiscali.co.uk

Waverley 01252 718166
carerssupportwaverley@btconnect.com

Woking 01483 727277
carersupportwoking@tiscali.co.uk

www.carersnet.org.uk

Getting in touch

SILC, Astolat, Coniers Way
Burpham, Guildford, Surrey, GU4 7HL

Tel: 01483 458111
Fax: 01483 459976
Text: 0790 481 0935
Email: admin@surreyilc.org.uk
www.surreyilc.org.uk



Centre for Independent Living

Your Carer's Support Payments



Who is a Carer?

Carers look after family, partners of friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid.

What is a Carer's Support Payment

A Carer's Support Payment is an amount of money given to you, the carer, to support you to take a break in your caring role.

Who can get one?

- Anyone who provides regular and substantive unpaid care.
- Young Carers (under the age of 18 years).
- Carers need to be registered with a Surrey GP practice to receive a Carer's Support Payment from their Doctor.

Where can you get a Carer's Support Payment?

Either from your Doctor or your local Carer's Support Group.

How can you use a Carer's Support Payment?

- ✓ A Carer's Support Payment can be made to give you a break from your caring role or for something that supports you in your caring role.
- ✓ A Carer's Support Payment from your Doctor can also be used to cover the cost of replacement care and can include personal care for the person you care for. Can be made to give you a break from your caring role.

What can't a Carer's Support Payment be spent on?

- ✗ You have the freedom to spend the money on things that will make a difference to You. You can be as creative as you like, but the items you purchase must meet your identified needs, and they must be legal.

How will the money be paid?

Carer's Support Payments are administered by Surrey Independent Living Council (SILC) and sent to you by cheque. SILC will also provide you with a stamped addressed envelope with which you will need to send back receipts for the purchases you make with your payment.

