

Support for Parent Carers



Caring for a child with special or additional needs is a **demanding and challenging role**.

Most parent carers would still **not recognise themselves** as a 'carer' – just someone trying to cope as best they can to look after their child.

Caring for a child with a disability comes with its own set of problems often including **seeking diagnosis**, special educational needs even **sourcing social activities** for your child. Parent carers may need additional help or support when new issues or problems arise or simply wish to talk about them with an independent person or other parent carers.

Let us help by offering **independent advice** and support and helping you to establish a support network.



How can we help?

If you are parent carer we may be able to help you by:

- Providing a range of information about groups and services in West Lancs
- Providing emotional support—**someone to talk to** who understands
- Organising **activities** and training

We can also:

- Help you understand **your rights** as a carer
- Help you plan for the future
- Help you to get **access to services**
- Support you at meetings and reviews
- Help with forms and **letter writing**
- Provide **practical help**
- Letting your voice be heard!



Parent Carer worker and Autism support Group

From April 2009 the Carers' Centre appointed a dedicated Parent Carer worker to look after the specific needs of parent carers.

The parent carer worker also has responsibility for facilitating the existing **Autism Support Group** and for developing new groups and services relevant to the needs of carers in the West Lancashire area.

The Parent Carer Worker can arrange an initial meeting at a **suitable venue** to discuss your **individual needs**, introduce you to the support that the Centre can offer, or to discuss any additional support needs.



The West Lancashire Carers' Centre
Call **01695 711243** for support now



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