

Are you a Parent Carer?

Anyone who provides care and support to a child under the age of 18 who is ill, has a disability or any additional needs is a parent carer.

As a parent caring for a child with disabilities and/or additional needs it can be very rewarding. But even when you willingly take on the task it's still hard work. You may have times when there is too much to do; not enough money; no social life or time for yourself, and not enough sleep or relaxation.

Each family has different support needs and our service aims to provide a flexible and adaptive approach to their needs, ensuring each family receives the support and assistance they need to achieve the best possible outcomes for everyone involved.

By registering with us you will have an opportunity to meet people with similar challenges and to access support from our specialist Carers Support Officers.

Services we provide for parent carers

- Specialist information and support from our dedicated Carers Support Officers
- Signposting to a wide range of other services and recourses
- Liaise between parents, statutory and voluntary services
- **In Gwynedd only:** Regular parents support groups
- Financial information on benefits and grants to ensure families are receiving their entitlements
- Social family trips and events throughout the year
- Emergency planning
- Working with a wide range of professionals to ensure that Parent Carers are given the recognition they deserve and to influence the development of health and social care services
- Regular newsletter, website, Facebook and Twitter updates to provide current information and opportunities for feedback and discussion

Useful Links for parent carers

Cerebra <http://w3.cerebra.org.uk/>

Contact a Family <https://www.cafamily.org.uk/>

NAS <http://www.autism.org.uk/>

SNAP <http://www.snapcymru.org/>

Downs syndrome association <https://www.downs-syndrome.org.uk/>

Scope <https://www.scope.org.uk/>

Carers Wales <http://www.carersuk.org/>

Gwynedd Council <https://www.gwynedd.llyw.cymru>

Anglesey Council <http://www.anglesey.gov.uk/>

Conwy Council <https://www.conwy.gov.uk/>

Tros Gynnal <http://www.trosgynnal.org.uk/home.php?Lang=English>

Get Checked Out North Wales – The Health Liaison Team <https://getcheckedoutnorthwales.org/health-liaison-team>

Positive behaviour support – <https://phw.nhs.wales/services-and-teams/improvement-cymru/our-work/learning-disability-health-improvement-programme/featured-ldhip/positive-behaviour-support/>