

Carers' Support East Kent is a charity that provides Carers with the information and support they need.

Our services are available to people looking after a relative or friend, who due to physical or mental illness, age related difficulties, disability or an addiction, cannot manage without their support.

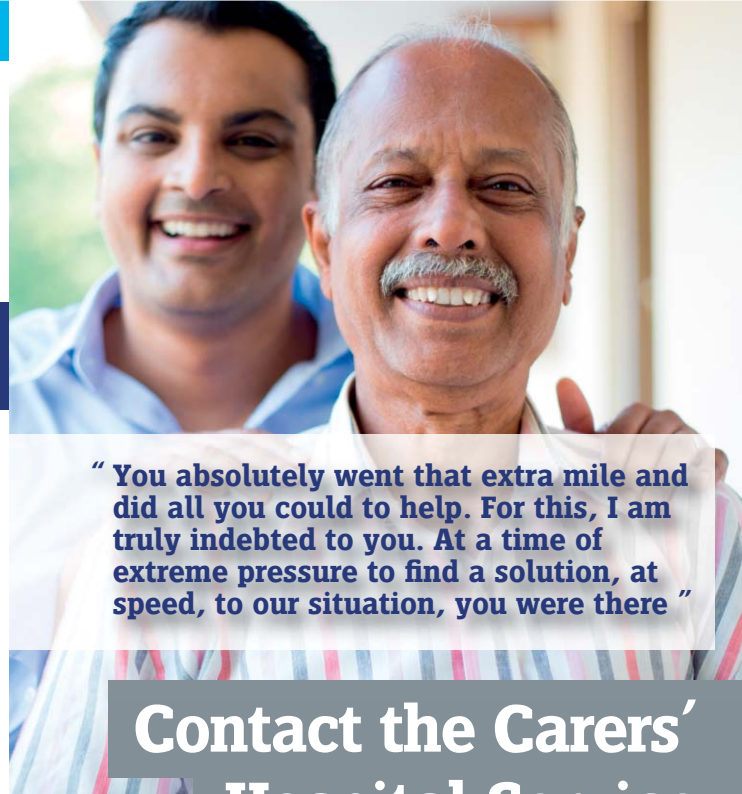
80 Middle Street, Deal, Kent, CT14 6HL | Registered charity number 1136904 | Company limited by guarantee number 7213672

On behalf of



Kent Carers Matter  
WORKING TOGETHER AS A VOICE FOR CARERS

A Network Partner of  
**CARERS TRUST**



**" You absolutely went that extra mile and did all you could to help. For this, I am truly indebted to you. At a time of extreme pressure to find a solution, at speed, to our situation, you were there "**

## Contact the Carers' Hospital Service

**Kent & Canterbury Hospital (Canterbury)**

■ Tel: 07528 080427

**QEQM Hospital (Margate)**

■ Tel: 07528 080431

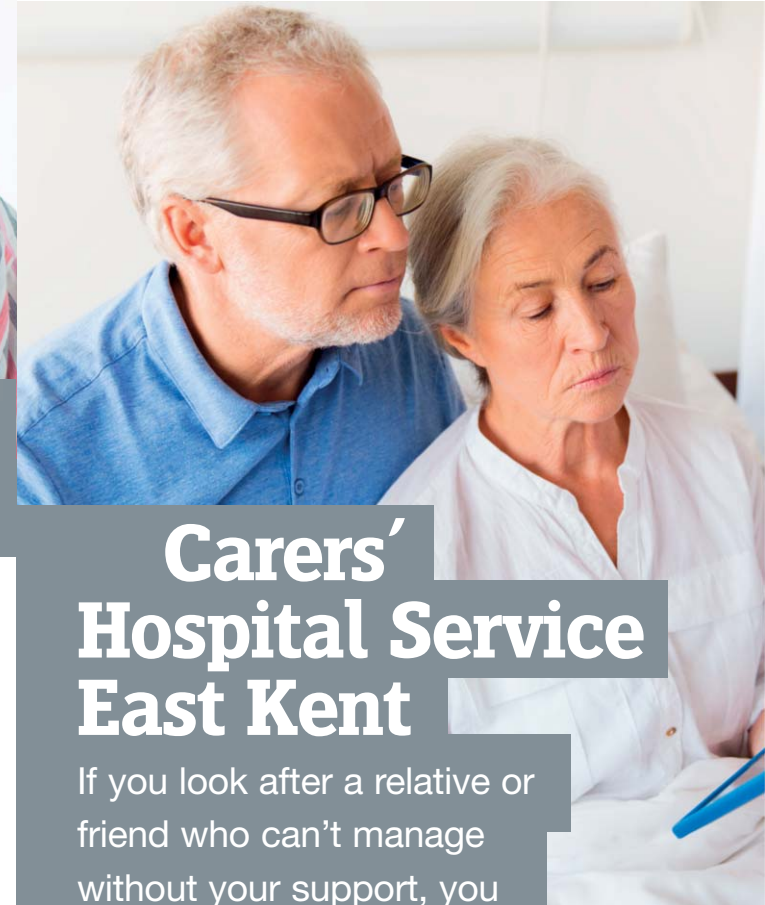
**William Harvey Hospital (Ashford)**

■ Tel: 07786 323184



If you need general information and support as a Carer, call our support line on **0300 302 0061** or email [support@carersek.org.uk](mailto:support@carersek.org.uk)

**"You've been at the end of the phone whenever I needed to just cry and talk. I've been blessed to have this support in my life at this painful time"**



## Carers' Hospital Service East Kent

If you look after a relative or friend who can't manage without your support, you are a Carer.

This leaflet explains the help available if you or the person you look after goes into hospital.

**Information | Support | Carers' Hospital Discharge Service**

# About

Carers' Support East Kent has a dedicated team of Carer Support Coordinators based in the following hospitals. We work in partnership with hospital staff to support Carers and the people they look after during hospital admissions and discharge.

- Kent & Canterbury Hospital (Canterbury)
- Queen Elizabeth the Queen Mother Hospital (Margate)
- William Harvey Hospital (Ashford)

East Kent Hospitals University Foundation Trust wants to ensure that Carers feel valued, welcomed and accepted in its hospitals and to ensure Carers are:

- identified as early as possible
- proactively offered support
- actively involved in plans for hospital care and discharge for the person they look after



# How we can help

When someone goes into hospital you may be faced with important decisions. Maybe you are considering taking on a caring role for the first time when they leave hospital or you're already caring for someone whose needs have increased or changed. You may be a Carer who is in hospital yourself and concerned about how the person you look after will manage.

Our hospital-based Carer Support Coordinators can help you to:



Liaise with hospital teams and other services to access appropriate support for you and the person you look after.



Access a Carer's Needs Assessment – a chance to talk through the impact caring has (or may have) on your life and to find out about support available to you.



## Carers Hospital Discharge Service

This service aims to provide up to 2 weeks practical support to Carers following hospital discharge. This depends on your needs, the needs of the person you care for and what care and support has been arranged by health or social care services.



Talk through the implications of taking on or increasing a caring role, or choosing not to.



Connect you to support you can access after a hospital stay.

