

COVID-19: ADVICE FOR CARERS AND YOUNG CARERS DURING COVID-19 PANDEMIC

Updated 9 July 2021 @ 10:30

Elderly and Community Care Unit, DoH

This document offers advice to people who, without payment, provide help and support to a family member or a friend who may not be able to manage without this help because of frailty, illness or disability. Carers can be adults caring for other adults, parents caring for ill or disabled children or young people who care for another family member.

The aim of this document is to pull various sources of advice and information into one convenient place so that it will save you time. You can also be assured that the information is correct and from reputable sources.

KEY MESSAGES

CORONAVIRUS (COVID-19)

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



**KEEP
DISTANCE**



**WEAR FACE
COVERING**



**WASH
HANDS**



**FRESH
AIR**

- **Follow** public health **advice**.
- Carers, people with care and support needs and people coming into the home of a person with care needs should follow **hygiene and infection control** guidelines.
- **Plan for contingencies** and check with your Trust what the emergency plan is. See section 'planning ahead for an emergency' in this document.
- **Make the most of networks** now to plan for "what if?" Speak to family, friends and neighbours, and your local community organisations.
- Make sure you have **key information** to hand about the person you care for.
- **Make the most of technology** that can keep you in touch with the person for whom you care, or keep them in touch with others.
- This new situation for carers can be confusing and demanding, even tough. **Support is available** to help you to get through this.
- **Remember** to use the **Coronavirus Take 5 message** each day:

[Take 5 Steps to Wellbeing](#)

As restrictions ease and the population becomes vaccinated, it is important for everyone to be 'Distance Aware' and keep social distancing. In the fight against coronavirus (COVID-19), practising social distancing is everyone's responsibility. 'Distance Aware' reminds people of the need to keep social distancing, through the use of the 'Distance Aware' Shield. To find out more go to:

www.nidirect.gov.uk/articles/coronavirus-covid-19-be-distance-aware-and-keep-social-distancing

It is imperative that everyone follow government guidelines in order to keep ourselves and our loved ones safe. If you are struggling in your caring role, are new

to caring or your circumstances have changed, **please seek support and do not suffer in silence**. Support is available from your GP, your named worker or the Trust's [carer co-ordinator](#).

The latest NI government regulations and restrictions are available at:

www.nidirect.gov.uk/articles/coronavirus-covid-19-regulations-guidance-what-restrictions-mean-you

To limit the spread of COVID-19 the World Health Organisation has recommended that everyone should avoid the Three C's:

- **Closed spaces with poor ventilation**
- **Crowded places with many people nearby**
- **Close-contact settings such as close-range conversations.**

Please remember this as you continue to care for your family members, friends or neighbours.

If you are concerned about anything, please contact the [Carers NI advice line](#). If you receive services provided by the HSC Trust, contact your **named worker**.

What's New in this Update?

Page Number	Sections updated	What's New
7	Physical & Emotional Wellbeing	Section shortened
9	Listening Ear Service	New Carers UK service included
	Self Directed Support, Carer's Allowance, Carer's Credit, Additional Financial Support, Carer's Cash Grant, Voluntary/Community Support, Medical Supplies and Pharmacy	Sections removed
11	Short breaks	Section updated
11	PPE	Section shortened
	Autism, Dementia and Deafblind	Sections removed
14	Information for Young Carers	Section shortened

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Introduction

This information provides advice and support for **(unpaid) adult carers, young carers and family members**. It pulls together already existing sources of information into one place and signposts carers to others who may be able to help. All links provided throughout this document are from reliable sources.

As the COVID-19 (Coronavirus) pandemic continues, this document will be regularly reviewed to update the information and advice.

Always ensure you are reading current COVID-19 information from reliable sources as guidance may change frequently.

This advice contains links to the **.gov.uk** website. The information contained in these links is very useful but you should be aware that, on occasions, it includes further web links to information specific to England.

[A number of resources on COVID-19 in British and Irish Sign Language are available via this link:](#)

www.publichealth.hscni.net/covid-19-coronavirus/covid-19-information-public

The Public Health Agency website has all the relevant information relating to COVID-19 (Coronavirus) in Northern Ireland. This includes advice on social distancing, self-isolation, what to do if you think you have symptoms of COVID-19, looking after someone who is clinically vulnerable or extremely vulnerable and more. It can be accessed here:

www.publichealth.hscni.net

Planning ahead for an emergency

You might find this tool useful to help you plan during the COVID-19 period. It was developed specifically for Northern Ireland for emergency planning:

[Planning for emergencies tool](#)

It is vitally important that you have an emergency plan in place in the event that you become ill and are unable to provide care.

- If you don't have one, speak to your **named worker** about getting one in place.
- If you already have a plan, check with the Trust that it is still workable due to COVID-19 (and review periodically).

- Be prepared for the person being cared for needing to be admitted to hospital (have a bag packed, include a list of medication, contact details for their carer and family members).
- Know who your **named worker** is and what arrangements are in place for cover if they are off work.
- This plan may help you to record vital information in the event of an emergency. Keep it up to date and share with your **named worker** and other family members. This will help significantly if your family member needs to be hospitalised or if you become unwell.
- It might be worth giving neighbours and friends of the individual 'In case of Emergency' numbers and also placing these in personal items (e.g. handbag, purse, wallet) of the individual. This is particularly useful for people with dementia who may try to go out for exercise but become displaced or confused.

[Carers UK - Planning for emergencies](#)

Vaccinations

COVID-19 Vaccination

Vaccination provides an additional layer of safety for you and the person you care for.

The COVID vaccination programme has now successfully delivered over 1 million vaccines to people in Northern Ireland. Over 67,000 people booked a vaccine through the carer category with many thousands more carers having booked for a vaccine due to their age. The vaccine is now available to anyone over the age of 18 and **therefore the pathway for carers to book a vaccine through their local Trust has now been closed.**

Further information about the vaccine and the online booking system can be found here: [Get a COVID-19 vaccination in Northern Ireland | nidirect](#)

Physical and emotional wellbeing

COVID-19 has impacted on us all, leading to unprecedented changes in our everyday lives. The restricted living conditions and daily challenges we face can lead to feelings of stress and other difficult emotions.

Health and Social Care (HSC) in partnership with ORCHA (Organisation for Review of Care and Health Apps) has developed a library of high quality, convenient Apps to support health and social wellbeing during these difficult times.

The Apps included in the library provide useful support and information on how to manage stress and improve wellbeing, sleep management, staying fit and nutrition.

You can access the Apps Library via your smart phone or PC at:

<https://apps4healthcareni.hscni.net/>

The resources below are designed to help promote positive mental health and wellbeing both during and after the COVID-19 pandemic and have some useful tips and advice on looking after your wellbeing:

[Take 5 Steps to Wellbeing](#)

The Minding Your Head (MYH) website has a range of information and resources to support and enhance your mental and emotional wellbeing, and information on how to help others and how to access help and support when needed:

www.mindingyourhead.info

Tailored information and self-help guides from local mental health and wellbeing charities are available at the COVID-19 Virtual Wellbeing Hub at www.covidwellbeingni.info.

There are a range of crisis response helplines in Northern Ireland for adults or children who are experiencing distress or despair.

Helpline services are available 24 hours a day, seven days a week to listen and help, **in confidence**. The Helplines NI website provides a directory of over 60 helpline services operating across Northern Ireland. The helplines provide information, support, advice and guidance on a wide-range of health and wellbeing needs. The website also includes details of both national and local Coronavirus (COVID-19) specific helplines:

<https://helplinesni.com/>

People living in Northern Ireland can call Lifeline on **0808 808 8000**. Deaf and hard of hearing Text phone users can call Lifeline on 18001 0808 808 8000. Calls to Lifeline are free to people living in Northern Ireland who are calling from UK landlines and mobiles.

Lifeline: phone **0808 808 8000**

Website: www.lifelinehelpline.info/

Samaritans: phone **116 123**

Website: www.samaritans.org

ChildLine: **phone 0800 1111**

Website: www.childline.org.uk

Listening Ear Service

Carers UK has now established a listening support service. The Listening Support Service offers a series of phone calls with someone who understands the ups and downs of caring and who can provide a listening ear.

Anyone interested in using this service will need to register first on the Carers UK website:

<https://www.carersuk.org/help-and-advice/get-support/listening-support-service>

The **Belfast Health and Social Care Trust's** Listening Ear Service provides a confidential listening service to carers within the Belfast Trust area, providing reassurance and comfort as well as relaxation and mindfulness advice. If you would like to speak to someone you can refer yourself by contacting the Carer Support Service on:

Telephone: **028 9504 2126** Email: CarerSuppSvcs@belfasttrust.hscni.net

The **Southern Health and Social Care Trust** has a contract in place with Carers Trust to provide support, advice, activities and training, along with opportunities to meet with other carers. If you need to talk to someone, the service has trained and experienced outreach workers who can provide a listening ear and will respond to your needs by signposting you to services and programmes which may support you in your caring role. This service is available Monday – Friday 9-5pm.

Please call **07826 930 508** if you need support in the Southern Trust area.

Within the **South Eastern Health and Social Care Trust** various listening ear services are available to carers. An out-bound telephone support service called Good Day Good Carer has been introduced during the COVID-19 period to provide carers with ongoing support, a listening ear service, information and advice, and a link to other support services. Carers can also avail of AGE North Down and Ards Good Morning Call which provides daily calls to those aged 50 and over who live alone and require support or a listening ear service. Similarly, Good Morning Colin Telephone Service offers daily calls to carers and citizens over 65 years of age in the Colin area who feel isolated and vulnerable and require a listening ear service. The South Eastern Trusts Carer Support provides a listening ear service for carers, offering information, signposting and referrals to other HSC Trust's voluntary and community supports.

To find out more information about any of the above services within the South Eastern Trust, please call Carer Support on **028 4372 1807**.

Support for you in your caring role

If you are new to a caring role during COVID-19 it is very important that you contact your local Trust (see contact details at end of this Advice) and identify yourself as a carer. This will allow the Trust to be aware of you and your situation and give you access to various support and help provided by the Trust.

If the person you care for is already in receipt of services and you have any concerns about them, contact the **named worker** who will be best placed to give advice and support.

The Social Care Institute for Excellence (SCIE) has developed a series of videos about looking after someone at home. They cover subjects such as nutrition, preventing ulcers, mouth care, preventing falls, behaviours etc. These videos can be accessed here:

www.scie.org.uk/carers/informal-carers

Can care workers continue to deliver care?

Government advice is that people who need care and help should continue to receive it. Domiciliary care workers and community-based health and social care staff have access to Personal Protective Equipment (PPE) and will follow strict guidelines about hygiene in order to keep you safe.

At present you may leave your home to provide care or assistance to a vulnerable person, or to provide emergency assistance, but make sure you keep up to date with the restriction as they are continually under review: [COVID-19-Restrictions](#)

If the person you care for needs to go to hospital

If the person you care for needs to go into hospital, the information contained in the link below will give you guidance about supporting the person whilst they are in hospital:

[COVID-19: Regional Principles for Visiting in Care Settings in Northern Ireland](#)

Carer's Assessment

As a carer you are entitled to **an assessment** so that the Trust can identify your needs. During COVID-19 (Coronavirus) the Trust may need to contact you by phone

or using video (e.g. Skype, Zoom, Facetime etc.) to discuss your situation. Talk to your local Trust and/or Carer Co-ordinator about this.

For children's services please note that each case will be on the basis of an individual assessment of need and may reflect the capacity of the service to respond during the current situation. Priority will be given to cases where children are at risk or family breakdown is likely.

For more information on Carer's Assessments visit:

www.nidirect.gov.uk/articles/assessments-carers

www.carersuk.org/Factsheets/Assssments.pdf

Short break provision

Short break provision continues to be limited due to the need to protect service users and staff through social distancing and other infection control measures. On 21 June, the Public Health Agency commenced a review of adult day centre and short breaks services to identify a safe pathway to restore services.

The use of a Direct Payment or Carer's Cash Grant may be available to help you source an alternative break from the caring role. Speak to your key worker or Trust's Carer Co-ordinator about this.

Personal Protective Equipment (PPE)

PPE will be provided by your local Trust and you will not be charged. As a carer you should contact your **named worker** to secure access to PPE or contact the relevant Carer Support Service referenced in the contacts section of this document. Likewise if your needs change or you are new to the caring role, again please contact your **named worker** or the relevant Carer Support Service.

If you require PPE due to the nature of the care you give, the Trust will give you the relevant advice on how the PPE should be used and disposed of.

Trusts must ensure that all **Direct Payment recipients** have a **named worker** in their Trust to contact about the need for PPE provision. In this situation the Direct Payment recipient should not be charged for the provision of PPE from Trust stocks.

COVID-19 Testing

Everyone in Northern Ireland with symptoms of COVID-19 is eligible for a free test.

The symptoms of COVID-19 are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature); OR
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual); OR
- a loss of or change in sense of smell or taste.

Further information including how to book at test is available at:

www.publichealth.hscni.net/covid-19-coronavirus/testing-and-tracing-covid-19/testing-covid-19

COVID-19 Contact Tracing

PHA Contact Tracing Service

If you receive a positive test result for COVID-19, you will be contacted by the PHA's Contact Tracing Service in the first instance by text message, asking you to enter your close contacts online using the HSCNI Digital Self-Trace service.

This is so PHA contact tracing can warn your close contacts as quickly as possible that they might have become infected and give them guidance.

More information is available at:

www.publichealth.hscni.net/covid-19-coronavirus/testing-and-tracing-covid-19/contact-tracing

Stop COVID NI App

Stop COVID NI is a free health service app for your mobile phone. It will help us to protect each other and slow the spread of coronavirus (COVID-19). Using the Stop COVID NI app along with the existing public health measures will help us all stay safe.

The app tells you automatically if you've been near someone who tests positive. It also tells others if you test positive, but will never know or share your identity or location.

Most people spreading the virus don't know they have it. So the more people using the app, the more lives we save.

More information including how to download the app is available at:
www.publichealth.hscni.net/covid-19-coronavirus/testing-and-tracing-covid-19/stopcovid-ni-contact-tracing-app

Working carers

You may be a carer who also has a full time or part-time job. Juggling your caring and working role can be difficult in normal times. Trying to do this during COVID-19 may place additional stress upon you. It is vital you seek the support of other family members where possible, and even more important to take time for yourself.

Keep in touch with the **named worker** who will be best placed to give advice and support.

Remember the [Take 5 Steps to Wellbeing](#) messages each day to help you and your family get through this.

Employment rights

All employers have been asked to be flexible with their staff during COVID-19 (Coronavirus). Employers have a 'duty of care' for staff and, in practice, this means taking all steps they reasonably can to support the health, safety and wellbeing of their staff. If you need to take extra time off work because you have caring responsibilities, you should check your employer's policy on Carers/Caring for others and discuss your situation with them.

The Law Centre has produced useful information about your employment rights:

[Law Centre NI - employee rights - Covid-19](#)

Benefits

For advice and assistance on benefits such as Carer's Allowance, housing, Universal Credit etc., please access the NI Direct website:

www.nidirect.gov.uk - [information on benefits and financial support](#)

www.communities-ni.gov.uk - [benefits and pensions/make the call](#)

Extra financial support may be available from the Finance Support Service if you have been affected by COVID-19. To find out what's available go to:

www.nidirect.gov.uk/articles/extra-financial-support

Are you a young carer?

A young carer is someone aged between 8 and 18 who cares for a parent, sibling or relative. This may be due to disability, a mental health condition, long-term illness, or drug or alcohol addiction.

A Young Carers Service will continue to be provided:

- in the Southern, South Eastern and Belfast Trust areas by Action for Children:

Contact Aisling Reynolds, email: niyoungcarers@actionforchildren.org.uk

- in Northern and Western Trust areas by Barnardo's:

Contact Eileen Maguire, email: MagherafeltAdminMailbox@barnardos.org.uk

For further details please see the Contacts section at the end of this document.

Referrals to the Young Carers service will continue in the usual way and in line with the regional guidance to HSC Trusts which identifies processes for:

- The assessment and identification of Young Carers,
- The provision of services to Young Carers,
- Young Carers entitlement to a Carer's Assessment.

Both Barnardo's NI and Action for Children Young Carers services will continue to process referrals to their service in the usual way and will offer 1-2-1 support, assessment and reviews.

During the current crisis, the Young Carers Services will continue to maximise the use of phone, text, Skype, and any other means which are safe and acceptable to young carers and their families.

Useful information for young carers

We have gathered together some information below to help support young carers to understand the current situation surrounding COVID-19 that we hope you will find useful.

The charity Young Minds have written a blog about what young people can do if they are feel anxious about Coronavirus - www.youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/

Attending school

The Department of Education has published [Coronavirus \(COVID-19\): Guidance for School and Educational Settings in Northern Ireland](#). The guidance sets out what steps schools should take to help staff and pupils stay safe when in the school environment.

Information about attending school is in Section 7 of the guidance. In line with the guidance, all pupils should attend school even if they live with someone who is

vulnerable or who is clinically extremely vulnerable and was previously shielding.

Caring for someone who is Clinically Extremely Vulnerable

This a difficult and worrying time for those who are more clinically vulnerable to the impact of COVID-19, and for those who care for them. Information and advice for people who are clinically extremely vulnerable and those who are vulnerable is available on the NI Direct website at:

[Coronavirus \(COVID-19\): guidance for 'clinically extremely vulnerable' and 'vulnerable' people](#)

A graduated easing of the advice for clinically extremely vulnerable people, including that in relation to attending the workplace, commenced on 12 April 2021.

Distance caring

Know the contact number of your relative or friend's GP and **named worker** within the Trust and ensure they have your contact details as next of kin. Check that the current domiciliary care package is being maintained. Make sure the emergency planning tool is up to date [Planning for emergencies tool](#)

Consider setting up a rota/schedule for regular phone calls to keep in touch or using technology such as WhatsApp or Facetime to keep your family and friends connected over long distances.

It is currently advised that only necessary travel should be undertaken. You may have to isolate for 10 days on return from travel outside of Northern Ireland. More information is available at:

www.nidirect.gov.uk/information-and-services/coronavirus-covid-19/travel-advice-and-guidance

Palliative and End of Life Care

Caring for someone with palliative and end of life care needs can be emotionally and physically demanding and especially so during COVID-19. Where the person you are caring for has palliative or end of life care needs, services and care will be planned and delivered to ensure that appropriate arrangements are in place to meet these needs and continue to support you in your caring role.

Information to support people with palliative and end of life care needs and their

family and carers, as well as information on palliative care services and support, can be found at the Palliative Care in Partnership website via the link below:

<https://pcip.hscni.net/>

Other sources of advice and support are also available including:

www.macmillan.org.uk/coronavirus

www.mariecurie.org.uk/help/support/coronavirus

Bereavement Support

It is recognised that experiencing bereavement during COVID-19 will be especially difficult. Information and support have been developed which includes advice on dealing with grief as well as practical information on dealing with those aspects of a death that may be different during the pandemic period. Contact details for Bereavement Coordinators within each Health and Social Care Trust are also provided should you need further guidance and help.

www.publichealth.hscni.net/publications/covid-19-bereavement-resources

Cruse Bereavement Care provides free support, advice and information for adults, children and young people. They can be contacted via their National Freephone Helpline: **0808 808 1677**. Contact details for local services can be found on the Cruse NI website at:

www.cruse.org.uk/get-help/local-services/northern-ireland/northern-ireland

Help with Technology

Are you struggling a bit with technology? Are you having problems with your tablet, laptop or phone, or would simply like more information?

Libraries NI has developed a series of fact sheets and Zoom-based sessions to help you. You can also phone on **028 9039 5989** (Mon-Fri 9:15am - 4:45pm) with a brief description of how you need IT help and library staff will phone you within 48 hours with free, helpful advice.

www.librariesni.org.uk/resources/digital-support/

Interpreting services

Since the outbreak and spread of COVID-19, many Health and Social Care services and essential information sources have switched to telephone contact only, creating significant challenges for deaf people and others who use sign language. A free, temporary service has been established to enable the Deaf community to communicate effectively via telephone and secure video link.

A free interpreting service provides the Deaf community in NI with access to:

- NHS111 services during the COVID-19 pandemic via a video relay system.
- All other Health and Social Care services including GPs via either a video relay system or video remote interpreting.

Further information can be found at the following link:

www.hscboard.hscni.net/interpreting-service-bsl-is/

Contacts

Online information and contact numbers for carers support in each Trust

Each Trust has organised a programme of supports and activities for carers in your area. Details can be obtained from:

Northern Trust

Telephone Carer Hub: [028 2766 1210](tel:02827661210) (available Monday to Friday 9am to 5pm)

E-mail: carers.coordinator@northerntrust.hscni.net

Carer Hub can be accessed at the following link:

northerntrust.hscni.net/services/carers-service/

www.carersdigital.org resources for the Northern Trust only can be downloaded and easily accessed and connection to other carers through the carers chat forum. Carers create their own personal account and download the Jointly app for free using the code DGTL2770.

Belfast Trust

The Belfast Trust Carers Support page:

belfasttrust.hscni.net/service/carers-services

Telephone Carer Service: [028 9504 2126](tel:02895042126)

Email: CarerSuppSvcs@belfasttrust.hscni.net

Southern Trust

The Southern Trust Carers Support page:

southerntrust.hscni.net/health-wellbeing/community-development-and-user-involvement/carers-information/

Telephone: [028 3756 6284](tel:02837566284)

Email: carers.coordinator@southerntrust.hscni.net

Western Trust

The Western Trust Carers Support page:

westerntrust.hscni.net/service/carers-support-service/

Southern Sector (Fermanagh/Omagh/Castledearg)

Telephone: [028 6634 4163](tel:02866344163) or Mobile: [075 2589 8985](tel:07525898985)

Email: Cathy.Magowan@westerntrust.hscni.net

Northern Sector (Strabane/L'Derry/Limavady)

Telephone: [028 7135 5023](tel:02871355023) or Mobile: [078 1015 6551](tel:07810156551)

Email: GeraldineAnn.McLaughlin@westerntrust.hscni.net

South Eastern Trust

The South Eastern Trust Carers Support page:

<https://setrust.hscni.net/service/carers-support-service/>

SET Carers Development Officer

Telephone: 028 4372 1807

E-mail: carer.support@setrust.hscni.net

Community COVID Helpline Freephone

Telephone: [0808 802 0020](tel:08088020020) (Every day 9am-5pm)

Email: covid19@adviceni.net

Text: ACTION to 81025

Carers NI

Telephone: [028 9043 9843](tel:02890439843) (Monday-Thursday 9am-4pm)

[0808 808 7777](tel:08088087777) (Friday 9am-6pm)

Email: advice@carersni.org

Website: www.carersuk.org/northernireland

Carers Trust

For carers in the Southern Health and Social Care Trust area.

Telephone: [07826 930 508](tel:07826930508)

Email: price@carers.org

Website: <https://carers.org/our-work-in-northern-ireland/carers-support-service-northern-ireland>

Action for Children NI Regional Young Adult Carers

Supporting young **adult carers aged 18-25**, across all 5 trust areas in Northern Ireland.

Telephone: [028 9046 0500](tel:02890460500)

Email: YoungAdultCarersNI@actionforchildren.org.uk

Website: www.actionforchildren.org.uk/

Contact via Facebook www.facebook.com/actionforchildrennorthernireland/

Action for Children NI Regional Young Carers

Supporting **young carers aged 8-18** living in Belfast, South Eastern and Southern Trust areas.

Telephone: [028 9046 0500](tel:02890460500)

Email: NIYoungCarers@ActionForChildren.org.uk

Website: www.actionforchildren.org.uk/in-your-area/services/young-carers/ni-regional-young-carers/

Contact via Facebook www.facebook.com/YoungCarersNI/

Barnardo's

Telephone: [028 9067 2366](tel:02890672366)

Email: ReceptionNI@barnardos.org.uk

Website: www.barnardos.org.uk/northern-ireland

Age NI

Telephone: [08088 087 575](tel:08088087575)

Email: info@ageni.org

Website: www.ageuk.org.uk/northern-ireland

Alzheimer's Society

Telephone: [028 9066 4100](tel:02890664100)

Helpline: [0300 222 1122](tel:03002221122)

Email: nir@alzheimers.org.uk

Website: www.alzheimers.org.uk

Dementia NI

Telephone: [028 9693 1555](tel:02896931555)

Email: info@dementiani.org

Website: www.dementia.org

CAUSE

Telephone: [082 9065 0650](tel:08290650650)

Website: www.cause.org.uk

Facebook: www.facebook.com/CAUSEcarers

Huntington's Disease Association

Telephone: 07982843907

Website: www.hdani.org.uk

Together in Dementia Everyday (Tide)

Telephone: [07841 457596](tel:07841457596)

Email: Fiona@tide.uk.net

Website: www.tide.uk.net/

Other useful links

If you need to talk to someone about coping with the pressures, you may wish to call:

Lifeline on [0808 808 8000](tel:08088088000)

www.samaritans.org

www.childline.org.uk

www.education-ni.gov.uk/

www.communities-ni.gov.uk/landing-pages/covid-19-service-updates

www.nidirect.gov.uk/campaigns/coronavirus-covid-19

www.publichealth.hscni.net/news/covid-19-coronavirus

The **A-Z Guide for Carers** has been revised and is available at:

www.nidirect.gov.uk/publications/a-to-z-guide-carers