

Caring for yourself and other family members



Carer's Assessments

If you have not been offered a Carer's Assessment, you can and should request one from your local social services department for yourself. This focuses on your needs as a carer.

A Carer's Assessment means social services will look at your situation and see if you are entitled to any services that could make caring easier for you.

The assessment is an opportunity for you to tell the social worker what impact caring has on you. So it may be a good idea to make a list, or keep a diary, of everything you do to look after the person you care for. Some things you may want to think about are:

- do you get enough sleep?
- is your health affected by caring?
- can you leave the person you are looking after?
- are you worried about having to give up work?
- do you get enough time to yourself?

You might also include how caring affects you because of your:

- health
- age
- work or studies
- other activities or commitments

An organisation you may find helpful is **Carers UK** which has numerous resources to help you in your caring role.

www.carersuk.org

Helpline: 0808 808 7777

The years of caring

Being the parent of a person with PWS is no easy task, and turns you into a very special individual. The rewards can be very great, but it can take a toll on your own health and wellbeing.

It is therefore important for you to be able to recognise when you are not coping, and to ask for help from your GP or social worker. Most GPs now keep a register of people who are carers, and you should put yourself onto this register if they have one.

Realising you are not coping is not an admission of failure: you have probably had a far more stressful life than most people, and everyone has their limits.

Please remember—you are not alone!

Although PWS is rare, we are in touch with nearly 1,000 families who have a child or adult with PWS in the UK, and we know how much they appreciate being able to have contact with other families to share experiences or ask questions. We have a number of ways to help you do this.



Join our Facebook page - www.facebook.com/PWSAUK

Join a special Facebook page for adults and parents of adults, run by a parent [PWS adults and carers unite](#)



Follow us on Twitter at <https://twitter.com/PWSAUK>

Come to one of our **regional family days** - If you are PWSA UK member, you'll be notified about them in advance. Or check our website at www.pwsa.co.uk/meet-families-and-find-events-near-you/ for family events.

Call or email our PWSA UK office at 01332 365676 or admin@pwsa.co.uk and speak to one of our friendly and knowledgeable support staff members.

PWSA UK

Suite 4.4
Litchurch Plaza
Litchurch Lane
Derby DE24 8AA

T: 01332 365676
E: admin@pwsa.co.uk
W: www.pwsa.co.uk

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