



Carers - our promise to you

Who is a carer?



You are a carer if you help to look after someone who would not manage without your help. A carer is not just a paid carer, they can be unpaid or receive a carers allowance.

You could help to look after a family member or friend who has a disability, long term illness, problem with substance misuse (drugs or alcohol), autism, learning disability or mental health need (including dementia).

Our promise to all carers



We recognise that anyone can be a carer. We will train our staff to realise you are a carer. They will listen to you to understand how they can help you and look after your own health and wellbeing.

We will value your expert knowledge about the person you care for and involve you where possible.

If you don't feel as if we are listening to you, please telephone: 0116 295 0830 or email: lpt.pals@nhs.net



We will provide you with support and information that you can understand for your caring needs. Please ask a member of staff for a copy of the carers pack. Visit: www.leicspart.nhs.uk/mental-health/helpful-documents/



or scan QR code above for information



We will offer you the chance to work with us to make services in Leicestershire Partnership NHS Trust better. Visit: www.leicspart.nhs.uk/involving-you/involving-you/



or scan QR code above for more information about getting involved