

Moving and Handling Advisor for family carers

‘A family carer is someone who provides help and support to a relative, friend or neighbour who cannot manage without this help because of age, disability or long term health needs’

Could your handling tasks be made easier when you are caring for someone at home?

Ask yourself the following

- Do you get problems with back or shoulder strain and have a heavy workload?
- Are you struggling with a particular transfer - for example helping someone stand up or rolling someone in bed?
- Do you have an existing injury which is getting in the way of your ability to care?
- Do you have moving and handling equipment in your home that you are struggling to use?
- Has the person you are caring for deteriorated and become more difficult to handle?

We offer free one to one home based assessments by a moving and handling advisor which can include:

- Advice and practical input from support workers when required.
- Individual assessments in the home
- Practical ways to help prevent injury
- Information and advice about back care
- Suggested and possible provision of equipment

This will help your confidence in handling tasks and improve your own physical wellbeing.

FACTS

- 50%** of carers have suffered from back strain since caring
 - 50%** of carers have been treated for a stress related illness since becoming a carer
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FOR A REFERRAL

Contact the Moving and Handling advisors for Family Carers on

01952 607713

Please leave a message with your contact details including your phone number, name and address.

This service is available to any family carer who cares for someone over 18.
