

## **Factsheet MH5 – Your own health & wellbeing**

**Your health and wellbeing is important and you need to look after your self**

- Ask for a carer's assessment
- Talk to someone
- Express your emotions
- Seek practical help
- Join a support / self help group
- Make time for yourself
- Learn to say 'no'
- Focus on the positive aspects of your life
- Enjoy a healthy diet – eat well
- Find time to rest
- Get enough sleep
- Have fun
- Find an exercise you enjoy
- Learn to relax
- Try out alternative therapies (eg. Yoga)
- Keep contact numbers near your phone
- Follow up on your own health needs
- Ask for help if your caring role is affecting your ability to start/maintain employment

### **Your Mental & Physical health**

Ask for a carer's assessment. Remember you are not alone. It can be reassuring to talk to other carers and discover that your feelings are similar to others in your situation. Get help from your friends and family, local carers groups and speak to your GP. Also ensure that you watch your stress levels. It is easier said than done but it is important for you to be able to relax as not being able to do so can have long term detrimental effects on your health.

### **Community Care Services**

Community care services are arranged by the local authority in partnership with Hertfordshire Partnership NHS Foundation Trust (HPFT) for people who have been assessed under Fair Access to Care and qualify for social care services.

If aids or adaptations are needed to be able to continue with carrying out daily routines and/or personal care a request for an assessment should be made to the local authority - there is no charge for this service.

***Making Carers Count***

*The information contained on this sheet is correct at the time of issue.  
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Each person's situation is unique and every request for support looks at the person's particular difficulties and personal circumstances. People are eligible for services if their health, safety, wellbeing or independence is considered to be at critical or substantial risk, however, people who are considered to be at moderate or low risk are not entitled to social care services. Services can be provided as a direct service, examples of which would be home care for practical help with daily living, day care, sitting services or short break for carers services. Please note Turning Point offer short breaks for carers.

Direct Payments, where cash payments are made by the local authority offer choice to people who are eligible for social care services and want to manage their own support.

### **Section 117 Aftercare**

When community care is being arranged to help someone to settle back into the community after being in hospital, it is usually called 'aftercare'.

Section 117 of the Mental Health Act puts a joint duty on health and social services to arrange aftercare for certain people when they leave hospital. The purpose of section 117 aftercare is to help people settle back into the community and to prevent them from having to be re-admitted to psychiatric hospital. If section 117 applies, the person's needs should be assessed before they are discharged from hospital. There is no right to any specific services – it is up to health and social services to decide what they think a person's section 117 aftercare should include – but these could be, for example, somewhere to live, social care support, home help, or using a day centre. The person will be assessed and be given a care plan in a similar way to someone who has a community care or CPA care plan. However, one important difference is that a person *cannot be charged for any services that are provided to them as part of their section 117 aftercare plan.*

### **Carer Support Groups**

For local support groups contact Carers in Hertfordshire 01992 586969 or Hertfordshire Partnership NHS Foundation Trust (HPFT) 01727 804700.

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