

Do you look after, or give any help or support to anyone, because they have long-term physical or mental health conditions or illnesses, or problems related to old age?

Does question 24 of the 2021 Census sound like you?

As an unpaid carer it is important that you complete and return the Census so that local organisations, such as Sefton Carers Centre, Sefton Council and local health services can target much needed support to you. If we don't know where you, we can't help you.



Sefton Council works closely with Sefton Carers Centre, who provide vital support to unpaid carers who are registered with them.

Sadly, the Sefton Carers team often meet carers when they reach crisis point- by completing the Census you have a much better chance of getting the support you need before problems become much bigger. This vital support includes:

- Making sure you and the person you care for receive vital benefits you're entitled to
- Working with you to complete your annual carers assessment to look at your needs in your caring role and ensure the support you receive is right for you
- Advice and guidance from experienced professionals to help you carry out your caring role
- Support with counselling, therapies, listening ear, social events, courses and a range of respite activities to make life easier for you and the person you care for
- Help you to navigate a wide range of care options, including direct payments and health budgets
- Enable you to have your voice heard in forums and influence of the decisions that affect you as a carer e.g. the Carers Voice project
- Support with your health and wellbeing through the Living Well Sefton Carers Support service

Remember, if we don't know where you are, we can't help!

Complete the Census.

Census Day, 21 March, do your bit – find out more at: www.census.gov.uk