**Supporting and providing care at a distance**

Thank you for taking part in this research. We have prepared some information to direct you to to agencies which can provide information to people providing help, support and care to another adult.

If you have questions about care and support for the person you support, or for yourself as a carer, you may wish to contact your local council/local authority or health and social care trust (in Northern Ireland).

In addition, there are a range of voluntary organisations which can provide useful information.

***Information and support for carers***

**Carers UK**

Telephone: 020 7378 4999 or online: <https://www.carersuk.org/help-and-advice>

Also:

Carers Northern Ireland – 028 9043 9843

Carers Scotland – 0808 808 7777

Carers Wales - 0808 808 7777

**Carers Trust**

Email: [support@carers.org](mailto:support@carers.org) or online: <https://carers.org/>

There are also a range of local carers’ support organisations and groups across the UK. You can search for carers’ organisations in your area using the Carers UK website at <https://www.carersuk.org/help-and-advice/get-support/local-support>

The following organisations may also be able to offer advice and information in respect of a range of issues.

**Relatives and Residents Association** – this is a national organisation for older people who are in or in need of residential care, their families and friends.

Helpline: 020 735 98136 or online: <http://www.relres.org/>

**Age UK** – provides help and information to older people and their families and friends.

Telephone: 0800 678 1174 or online: <http://www.ageuk.org.uk/contact-us/>

**Alzheimer’s Society** – provides information, including information for people caring for people with dementia

Helpline: 0300 222 1122 or online: <https://www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200343>

Information for people caring for people with dementia in Scotland is available from **Alzheimer Scotland**

Helpline: 0808 808 3000 or online: <http://www.alzscot.org/information_and_resources/caring_for_someone_with_dementia>

**Rethink** – provides help for people affected by mental illness, including carers.

Advice and information line: 0300 5000 927 or online: <https://www.rethink.org/>

You can also find out about carers’ support groups at: <https://www.rethink.org/about-us/commissioning-us/carer-support>

**Mencap Direct** – provides advice and support for people with learning disabilities, families and carers.

Helpline: 0808 808 1111 (0808 8000 300 in Wales) or online: <https://www.mencap.org.uk/mencap-direct>

**Home Farm Trust Family Carers Support Service** – provides support and resources to families of people with learning disabilities.

Helpline: 0808 801 0448 or online: <http://www.hft.org.uk/supporting-people/family-carers/family-carer-support-service/>

**Action on Elder Abuse** – provides information and advice to those who are worried that an older person might be at risk of abuse or harm.

Helpline: 080 8808 8141 or online: <https://elderabuse.org.uk/>

**Ann Craft Trust** – provides advice in respect of the abuse of disabled people

Telephone: 0115 9515400 or online: <http://www.anncrafttrust.org/advice.php>

All the information in this leaflet is correct to the best of our understanding. The inclusion of agencies on this list does not constitute a recommendation by the researchers; however, we hope that you will find these resources of value.