

# Advocacy support for carers



**Do you care for someone else and feel like you're struggling to cope?**

Your Voice Counts is a local charity that supports people to advocate for themselves and speak up for what they want and need. If you are an unpaid carer for a family member or friend, we may be able to help you to understand and stand up for your rights as a carer.

## How can we help you?

You may be eligible for a Carer's Assessment if you are an unpaid carer and feel your physical or mental health is suffering as a result. We can support you through the assessment process which will look at your own support needs, the impact the role has on you and the person you care for and the help you need.

One of our Independent Advocates can also work with you to help you make important decisions, communicate your needs and wishes, and challenge any decisions made on your behalf.

We are here to make your role as a carer easier and to ensure your needs and the needs of the person you care for are met.

### The Carers' Charter

Our Advocates promote the Carers' Charter that sets out key principles designed to promote better recognition, support and inclusion for carers:

- Recognising carers
- Valuing carers
- Providing information and advice
- Involving carers.

**Our service is independent, free and confidential**

**Contact us to find out about being supported by a Your Voice Counts Advocate**

 0191 478 6472

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 [www.yvc.org.uk](http://www.yvc.org.uk)