



Call us: **0115 824 8824**  
Email us: [hub@carerstrustem.org](mailto:hub@carerstrustem.org)  
Connect with us:  **CTEastMidlands**  
 **@CarersTrustEM**  
Website: [www.carerstrustem.org/hub](http://www.carerstrustem.org/hub)



## Pathways Carer Support Service

**Compassion**  
**Empathy**  
**Respite support**  
**Dignity**  
**Practical help**

Do you care for someone in the last stages of life and feel as though you need someone to care about you?

Read and approved by Carers.

If you require this information in an alternative format, please let us know.

We are registered with the Care Quality Commission – the independent regulator of health and social care in England. **Our performance assessment rating is GOOD against all criteria: safe, effective, caring, responsive and well-led.**

For further information, please visit [www.cqc.org.uk/provider/1-119231049](http://www.cqc.org.uk/provider/1-119231049).

### Who can access this service?

- You and the person you care for must be over the age of 18.
- The person you care for must be registered with a GP Practice in Nottinghamshire, including Bassetlaw.
- Pathways Carer Support Service will offer support to a carer who is caring for someone with any terminal condition.
- The service will accept referrals from an appropriate health and social care professional.

### Contact us

You can contact us Monday to Friday, 9am - 5pm.


A Pathways worker will contact you within 5 working days of the receipt of referral.

If you would like to find out more about the service, please contact the Nottinghamshire Carers Hub on:

**0115 824 8824**

Alternatively, please email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

or visit [www.carerstrustem.org/hub](http://www.carerstrustem.org/hub)



We can offer free emotional and practical support

Contact us to find out more:

**0115 824 8824**  
[hub@carerstrustem.org](mailto:hub@carerstrustem.org)

## Caring for someone

Do you care for someone who is in the last 6 months of their life and sometimes feel as though you need someone to care about you? Would you like help with the practical things, someone to talk to or just time for yourself?

***“Right to the end, everyone was fantastic and cared for him. The expert care we received was second to none. I cannot begin to thank everyone involved enough for the wonderful care he received and me too. I think we are very lucky to have this excellent service available to us all.”***



### What we offer

Pathways Carer Support Service is a free, fully funded service which is tailored to suit your needs, so the type and level of support you receive depends very much on what you want.

Here is just a small selection of the kind of things we can do:

- Give you someone to talk to about your worries and feelings. This could be in your own home or in the community.
- Help you address any areas of concern you may have, such as housing, finances, debt, getting aids and adaptations, employment, legal advice and social activities.
- Help you to feel more confident in your caring role.
- Help you with identifying and/or accessing other services which may be of benefit to you or the person you care for.
- Help you to prepare emotionally and practically for your bereavement.
- Offer you occasional short-term respite breaks from caring (up to 4 hours a week) by providing professionally-trained care support workers, subject to availability.
- Provide emergency care and support at a time of crisis.



### Why we do this

- To enable the person cared for to remain at home with increased carer support, averting hospital admissions due to carer breakdown (as opposed to an unanticipated change in the patient's condition) and support facilitating discharge home, where that is the person's preferred place of care.
- To reduce isolation of carers and their 'cared for'.
- To provide independence and personal dignity for people approaching the end of life.
- To allow carers to have a life of their own alongside their caring role.
- To ensure that carers have access to information and training, and are signposted to other appropriate services.
- To ensure the carers' spiritual requirements are met including the ability to attend religious services or other spiritual/cultural activities.