

# Do you look after someone?

Find out how we can help you

[www.portsmouth.gov.uk](http://www.portsmouth.gov.uk)



Looking after someone can mean helping a person to wash and dress or perhaps helping with their shopping and cleaning.

You may be a friend, neighbour or wife, husband, partner, child or other relative of the person your care for.

If you are providing substantial and regular care to someone, who without it could not manage their daily living, you are entitled to a carer's self assessment and may be eligible for support.

The assessment is your opportunity to tell us what impact caring has on you. Please complete all relevant sections.

**If you have any queries, or require further information about the carer's self assessment, call 023 9285 1864.**

Portsmouth City Council will process your personal information in accordance with the Data Protection Act 1998. The personal details provided by you will be held on a database and where the law allows, may be shared with other departments within the council to update the details they hold about you.

The council may also be required to disclose personal information to other Local Authority departments and third parties (such as the police, Audit Commission or Department for Work and Pensions) for the purposes of preventing or detecting crime, fraud or apprehending or prosecuting offenders.