



Sunderland Carers Centre Guide To: Support for Parent Carers

You may not think of yourself as a Parent Carer.
You are a Mum, Dad or in some cases a kinship carer, just doing what
needs to be done as a parent

But if you look after your child, who could not manage without your support
because of their disability, additional needs, or long-term illness then YOU are a Parent
Carer

Remember that caring includes many things for example:

- Emotional support and companionship
- Organising appointments and medication
- Practical task such as shopping and preparing meals
- Personal care in relation to your child's illness or disability

Below is a list of FAQs along with information we have provided to Parent Carers who have told us they found the information helped them. We offer information advice and guidance to families who are concerned their child may have a disability, illness or long term condition or their child is under assessment or awaiting diagnosis. We can support from you throughout your carer journey. If you feel we can help you, or someone you know, please contact Sunderland Carers Centre on 0191 5493768 for free confidential information, advice, and guidance.

“My Child has been diagnosed with a long term condition and/or disability. I feel alone and don't know where to turn for support” What happens next?

We are here for you. We will guide you through the process step by step and offer signposting to other services that can help.

“Where can I go to find out information about my child's condition?”

There are several services who can offer information. This list is not exhaustive, find out more using the links below

Contact a Family A charity to support and help families who have a disabled child.

Sunderland Parent Carer Forum A Parent Led, Voluntary Group Of Parents, Carers And Grandparents Of Children And Young People (CYP) Aged 0-25 With SEND (Special Educational Needs And Disabilities).

SEND Local Offer - Supporting children and young people with disabilities. **Reminder:** It is important to check this website regularly for up to date information on groups, which may benefit you and your child.

North East Autism Society - Empowering and supporting autistic children and young people. Find out more about the Autism Passport on their website.

Undiagnosed - SWAN UK supports families affected by a syndrome without a name – a genetic condition so rare it often remains undiagnosed.

Cerebra - A service who offer a wide range of services and support helping the families of children with brain conditions.

Wellbeing Info - A website to find local support and resources in the Sunderland area.

“How will this affect our other children?”

If you feel your other children have been affected by this diagnosis, please contact us to discuss this further, as your other children may be eligible for our **Young Carers**. Whether it is help with school,

college or work, respite from caring duties or simply providing the opportunity for your child to meet and gain support from people who have gone through or are going through similar issues, we can help.

“Where can I meet other families who are going through the same as me?”

There are several groups that you can attend to share experiences with other Parent Carers. Please note this list is not exhaustive see the links below to find out more information.

[Carers Coffee Morning](#)

[Parent Carer Forum](#)

[Contact](#)

[Autism In Mind](#)

[Grace House](#)

[Down's Syndrome North East](#)

[More Than Grandparents](#)

[Include In Autism](#)

[SAPS](#)

“What happens when my child turns 18”?

When your child turns 18, they will transition from Childrens Services to Adult Services. They now become a legal adult. It has been advised by Contact a Family to conduct a Child’s Needs Assessment prior to their 18th birthday to formulate a plan around their adult needs. For more information visit [Contact](#).

We understand this is a worrying time for both you and your child, so we are here to support you through this process by providing you with a [Carers Assessment](#).

Moving from Childrens Social Care to Adults Social Care

“We need adaptations/aids for our home to enable our child to be independant where do I go for help?”

[Together For Children](#) provides a range of help to disabled children and young people, their families, and carers in Sunderland.

“My Child is struggling at School – who can help me to understand what support they should be getting?”

[Sunderland Carers Centre](#) is the host organisation for the [Sunderland Special Educational Needs and Disabilities Service \(Sunderland SENDIAS service\)](#).

They are there to support you and your child/young person with information, advice and guidance on what support should be put into place to support at school. Many parents will have heard or been advised that their child needs an Education, Health and Care Plan (EHCP), however, not all children require one of these plans and the SENDIAS service can support you to understand what support should be offered prior to and instead of this. However, if your child does not an EHCP then the team can also guide you through this process.

“What is an Education Health and Care Plan? Who decides whether my childs needs one?”

please contact [SENDIASS](#) on 0191 5375764.

“Where can I go for information to find out which school will be suitable for my child?”

No one knows your child better than you, one of the best ways to think about which school will suit your child is to either check out **Sunderland Local Offer for a list of schools in Sunderland and or look at each schools website – particularly checking out their SEND policies.**

Am I eligible for any funding?”

You may be eligible for some funding to support you around your caring role. Please visit the links below to check if you are eligible.

[Contact a Family](#) have a free grant search on their website for those eligible, which enables you to apply for grants to support your child with specialist equipment, therapies, housing adaptations and holidays.

[Turn 2 Us - Grant Checker Family Fund](#)

Other useful information

Together for children - Disabled Children Register If you are a parent of a child with special educational needs and / or disabilities (SEND), you can also sign up for our Disabled Children Register (DCR). For joining the register, you will receive a Max Card that will entitle you and your family discount entry to attractions and days out across the North East. You will also be kept up to date with developments in our services for disabled children and young people. **[Find out more about the Disabled Children Register](#)**

The CEA card - The Cinema Exhibitors' Association Card is a cinema card for disabled children over the age of 8 that gives a Parent or Carer a free adult cinema ticket whenever they accompany a disabled child to the cinema. In effect, this is a Carers card to take your child to the movies. **[Apply online now.](#)**

Grace House - Grace House Short Break Service, ran by Sunderland Care and Support offers specialist short break care to children and young people aged 5 to 17 years and 11 months, living in the North East, who have a complex disability, Autism, health needs or life limiting condition. It is registered with Ofsted. Your child will first need a social care assessment to see if they meet the eligibility criteria for a short break. Contact TFC for more information

Groups for your child to attend

This list is not exhaustive check out Sunderland Local offer and Wellbeing Info hub to see further services who offer groups and activities for children/young people with SEND. **Reminder:** It is important to check individual websites regularly for up to date information.

Special Olympics

- Children and Young People aged between 6-25 years with a diagnosed learning disability
- A group involving a mixture of sports activities.

Foundation of Light

- Disability coaching for children aged 5-14 years
- A mixture of groups including Multi Sports, Dance, Football and Sensory Play

[Tim Lamb Centre](#)

- Specialist activity and leisure facilities for disabled children, young people, and their families.
- Facilities include a soft play, café, sensory room, trampolines, teenage games room and a computer suite.

[The Alan Shearer Centre](#)

- The Alan Shearer Centre is a highly specialist, respite, residential and social facility for people with complex disabilities and acute sensory impairments.

[Super Tramps Park](#)

- A trampoline session for children with Special Educational Needs and Disabilities, which is closed to the public.
- Parent/Carers go free!

Did you know?

- We work in partnership with Everyone Active to offer carers who are registered with us free a free-swimming pass. Please contact us to register and/or ask for more information
- If your child has a disability, as a Carer, you can gain free access into [Beamish Museum](#).
- If you are a registered Carer, you can gain free access into [Alnwick Gardens](#).
- If you are a registered Carer, you can gain free access into [Washington Wetlands Centre](#).
- If your child has a disability, you can gain free access into [Centre for Life](#).
- If you are a registered Carer, you can gain free access into [National Trust Venues](#).