



KEEPING SAFE & WELL

TOP TEN TIPS




forward carers

Operates Birmingham Carers Hub

10 Attend your appointments

Make sure you keep up to date with regular health appointments and attend your GP appointments on need from every 6 months to 2 years. An eye check should take place every 2 years. An eye smear or prostate checks. Other health checks are offered dependent on age such as a Dental appointments are offered.



8 Health check

Caring for someone can be physically demanding. Don't forget to register with your GP as a Carer and go for regular health checks and go for your free annual flu jab.



6 Keep active

Keeping physically active also helps improve your health and quality of life. Even 10 minutes a day is better than nothing. Take the stairs rather than the lift or walk to the shops rather than drive.



2 Think!

If it seems too good to be true, then it is. Scammers and fraudsters are very clever and can easily manipulate you to be true. Information, bank details or fraudsters are using different methods or even telephone calls, sending emails or even visiting your home. Check before you act. Citizens Advice Consumer Helpline 03454 04 05 06



4 Home Safety

Most of us spend a lot of time at home and we want to feel safe there, the Fire Service can come and assess the risks within your home and provide advice. Get a Safe and Well check from your local Fire Brigade. Contact 0800 389 5525

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Speak up

If you feel unsafe in your caring role, support can be put in place. If you need help ask for it.

Email: ACAP@birmingham.gov.uk
Telephone: 0121 303 1234

3

Out and about? Tell someone

Before you leave home let someone know where you're going and what time you might be back.

Local Support for Birmingham

0333 006 9717
forwardcarers.org.uk



5

Keep it close

Keep your bag and personal property close and in view at all times. There are lots of crime don't suffer in silence. Support, contact you such as Victim or Victimsupport, contact you such as Victim report a crime call 101.

7

Keep healthy

You may be so busy looking after someone that you forget about your own health. To ensure you have enough energy to care, have a good variety of food in your diet, try not to miss meals and drink plenty of fluids.

6

Have a conversation

Contact Birmingham Carers Hub on 0333 006 9717 to find out how you can access services, get support or take part in free activities such as yoga.