

Do you look after someone who:

- ▶ Is in hospital and is going to be discharged soon?
 - ▶ Has recently been discharged from hospital?
- ▶ Has a planned hospital admission? Or do you have a planned hospital admission?
- ▶ You feel might need to be admitted to hospital or a care setting as you are finding your caring role difficult or overwhelming?

Each of our hospitals has a dedicated Carer Officer to help support you by providing information, support and signposting, especially during the discharge process.

Scan here to see how the Carers Officer can support you:



Contact details:

Carmarthenshire

Carers Trust Crossroads West Wales - 0300 0200 002

Ceredigion

Gofalwyr Ceredigion Carers - 03330 143377

Pembrokeshire

Adferiad Recovery - 01437 611002