



## Moving & Handling help for Surrey's unpaid carers

Our Moving and Handling service provides safe solutions for carers who carry out moving and handling as part of their role, helping their loved one move about (e.g. get out of bed or into a car).

We offer information, advice, training and support to help carers prevent potential injury to themselves or the person they care for, delivering this individually, and in groups, face to face and online.

### Get in touch

Call 0303 040 1234

Text (only) 07723 486730

CarerSupport@actionforcarers.org.uk

www.actionforcarers.org.uk

## Action for Carers can help in other ways too

We provide information, advice and support for carers of all ages, right across Surrey.

This includes one to one and telephone support, money advice, advocacy, guidance on moving and handling, workshops, events and support groups (that take place both face to face and online), our helpline, free resources and more.

We have a specialist service for young carers aged under 18, offering support and wellbeing activities, as well as guidance for schools. We also provide carer-awareness training for professionals.

**Action for Carers (Surrey)** Registered Office: Astolat, Coniers Way, Burpham, Guildford, Surrey GU4 7HL. Company Limited by Guarantee. Company Number 5939327. Registered in England & Wales with Charitable Status. Registered Charity 1116714. ACS0011: Leaflet updated April 2022

A Network Partner of  
**CARERS TRUST**



## Moving & Handling Service



Providing safe moving and handling solutions for Surrey's unpaid carers  
**A FREE SERVICE**



## Are you a carer or about to become one?

Carers look after family, partners or friends in need of help because they have a physical or mental illness, are frail or have a disability. They should not be confused with paid care workers.

You may be looking after an adult or child who requires assistance with daily living activities.

Moving and handling someone means that you are there to assist the person with some support or in providing full assistance with tasks that they are unable to complete alone.

## Moving and handling tasks can include:

- Assisting with bed or chair transfers
- Personal hygiene
- Dressing
- Wheelchair transfers
- Car transfers
- Using a hoist or other equipment

## Avoid the risk of damage to your own health

We are vulnerable to injury at any age. It is not dependant on how capable or strong we think we are. The effects of poor moving and handling can potentially build up over time and result in some of the following problems:

- Increased tiredness
- Acute or long-term pain or discomfort
- Reduction or loss of mobility
- Soft tissue injury
- Joint/ligament strain or injury
- Back injury
- Potential damage to you or the person you are caring for
- Inability to work, be active or care

## What we can offer to support you:

- Visits to your home or the place where you do your caring
- Tailor-made solutions to your individual caring situation
- Short-term loan of small handling equipment
- Training on use of handling equipment, both face to face and online



- Support at a pace which enables you to feel safe and confident
- Referral to other support services
- Advocacy on your behalf
- Liaison with other professionals
- Signposting to other services