

"Your involvement has given Mum back her dignity, sense of self, and better quality of life. I am so thankful for this fantastic service. I've felt supported and listened to and it's made a whole world of difference."

Moving & Handling help for Surrey's unpaid carers

Our Moving and Handling service provides safe solutions for unpaid carers who carry out moving and handling as part of their caring 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.

Please get in touch

Call 0303 040 1234

Text (only) 07723 486730

Email CarerSupport@actionforcarers.org.uk

www.actionforcarers.org.uk



Action for Carers can help in other ways too

We're here for all Surrey's unpaid carers.

We support people aged 5-95 who are looking after a relative or friend, with advice, information on rights and benefits, practical and emotional support, free events, wellbeing sessions, support groups, a Helpline, drop-in Hubs, resources and much more.

We have specialist support available for young carers (aged 5-17), and staff working in Surrey's hospitals.

We also support and train health, social and education professionals.

"Excellent team of advisers, treated with courtesy and respect, prompt action for all our needs."

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A Network Partner of

CARERS TRUST



Moving & Handling Service for unpaid carers



Information, advice and training to help you support the person you care for to move about safely and efficiently

A FREE SERVICE FOR UNPAID CARERS

Are you an unpaid 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 full assistance with tasks that they are unable to complete alone.



“If I had not been able to access this service my life would be so much harder and more stressful, and I would be at much higher risk of injuring myself or my mother.”

Moving and handling tasks can include:

- Helping with getting into or out of bed or chairs
- Personal hygiene
- Dressing
- Wheelchair transfers
- Getting in and out of the car
- Using a hoist or other equipment

Avoid the risk of damage to your own health

We're all vulnerable to injury at any age. It's not dependent on how capable or strong we think we are.

The effects of poor moving and handling can potentially build up over time, so if you're not using the right techniques you may experience some of the following:

- 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

How we help:

- Give individual and group training in correct techniques, use of equipment and how to look after your back
- Visit your home (or where you care) if required
- Provide tailor-made solutions to your individual caring situation by giving personalised information, advice and guidance including videos
- Trial, loan and provide small moving and handling aids and equipment
- Give support at a pace which enables you to feel safe and confident
- Refer you to other support services, as well as signpost you to other sources of help
- Advocate on your behalf
- Liaise with other professionals

