



Hft's Family Carer Support Service (FCSS) is a free support service for family carers who have a relative living in England aged 16 or over with a learning disability, autism or both. Support is available to all family carers, whether their relative is supported by Hft or not.

We provide information and support via:

- One-to-one telephone and email support
- Bespoke workshops about subjects affecting family carers and the person they care for
- Resources designed to simplify complicated topics



Here are some examples of the common topics that we support with:

- Adult social care
- Carers' rights
- The Mental Capacity Act
- Benefits
- Transition from children's to adult services
- Future planning



Call us on:
0800 801 0448
Mon-Thurs 9am-4pm



Find out more:
hft.org.uk/familycarersupport



familycarersupport@hft.org.uk



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