



## Caring for someone with Arthritis and Connective Tissue Diseases

**If you look after your partner, or a relative or friend who has arthritis and Connective Tissue Diseases then you could be eligible for Carers support, even if you don't think of yourself that way.**

There are many ways that you might care for someone. For instance you might:

- Be on hand 24 hours a day to provide care.
- Arrange/escort that person to their hospital appointments.
- Drop round to keep someone company or cook their dinner.
- Visit a relative who lives far away once a month. (You might still be caring for someone even if you don't live locally to see how they're doing).

**Whether you've cared for the person for a long time, are temporarily helping them (for example, while they recuperate from an operation), or have just become a carer, take time to review your options and find out what support is available to you.**



MPI ref: 16 3909



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to review  
your  
options  
and find  
out what  
support is  
available  
to you.

Local organisations that can offer support are below:



The Princess Royal Trust  
For Carers in Hampshire

**The Princess Royal  
Trust for Carers in  
Hampshire**

**Telephone:**  
01264 835246

**Email** [info@carercentre.com](mailto:info@carercentre.com)  
**www** [www.carercentre.com](http://www.carercentre.com)

**Address:**  
Andover War Memorial  
Hospital, Charlton Road,  
Andover, Hampshire,  
SP10 3LB

*'We provide carer support to  
all other areas of Hampshire  
outside Portsmouth.'*



**Portsmouth Carers  
Centre**

**Address:**  
117 Orchard Rd,  
Southsea, PO4 0AD

**Opening hours:**  
Monday to Thursday  
9am - 5pm  
Friday 9am - 4.30pm  
Saturday Café  
10am - 2pm

**Telephone:**  
023 9285 1864

**Email** [carerscentre@portsmouthcc.gov.uk](mailto:carerscentre@portsmouthcc.gov.uk)

**Web page:**  
<https://www.portsmouth.gov.uk/ext/health-and-care/carers/portsmouth-carers-centre.aspx>

