



The Princess Royal Trust
for Carers

Support for carers

Alex Fox,
Director Policy and Communications
The Princess Royal Trust for Carers
afox@carers.org

Some facts



The Princess Royal Trust
for Carers

- There are six million carers
- More than a million care for 50+ hours per week
- So carers are every area's most significant source of care and support
- We will all give or receive care at some point: carer turnover is two million people every year moving in and out of caring
- Caring can be bad for your health: twice as many full time carers are in poor health
- Carers can struggle to stay in work without support
- Carers have choices!

Good points to ask for support



The Princess Royal Trust
for Carers

- Diagnosis
- Community care assessment
- Discharge from hospital
- Planning for emergencies
- Finding out about a health problem of your own
- Worrying about money
- Wanting to stay in a job or re-enter employment
- Thinking about changes in care packages

“I’m not a carer. I’m his Mum.”

Confidentiality and information sharing



The Princess Royal Trust
for Carers

“Her GP will not discuss her condition with me and I feel isolated from the situation, despite being her full time carer”

- Professionals have a duty to respect the confidentiality of their patients but...
- Carers can end up feeling worried, ignored, isolated and ill-informed about the practical realities of the care they are trying to give – this may even be dangerous

With the Royal College of GPs, we advise health professionals to:

- Discuss information-sharing with patients and seek permission for carers to be given appropriate information about care and treatment.
- Carers can always be given general information on relevant health conditions.
- Record patients’ wishes.

What's out there?



The Princess Royal Trust
for Carers

In your area you should be able to find:

- A Carers' Assessment
- Carers' Benefits (£50 per week) and other benefits
- A Carers' Centre or similar for info, advice, support
- Breaks from Crossroads Care or similar
- Support to find/ keep a job
- A young carer service for under 18s
- Websites and online communities – **www.carers.org**

Please don't wait until there's a crisis!

Carers Centres



The Princess Royal Trust
for Carers

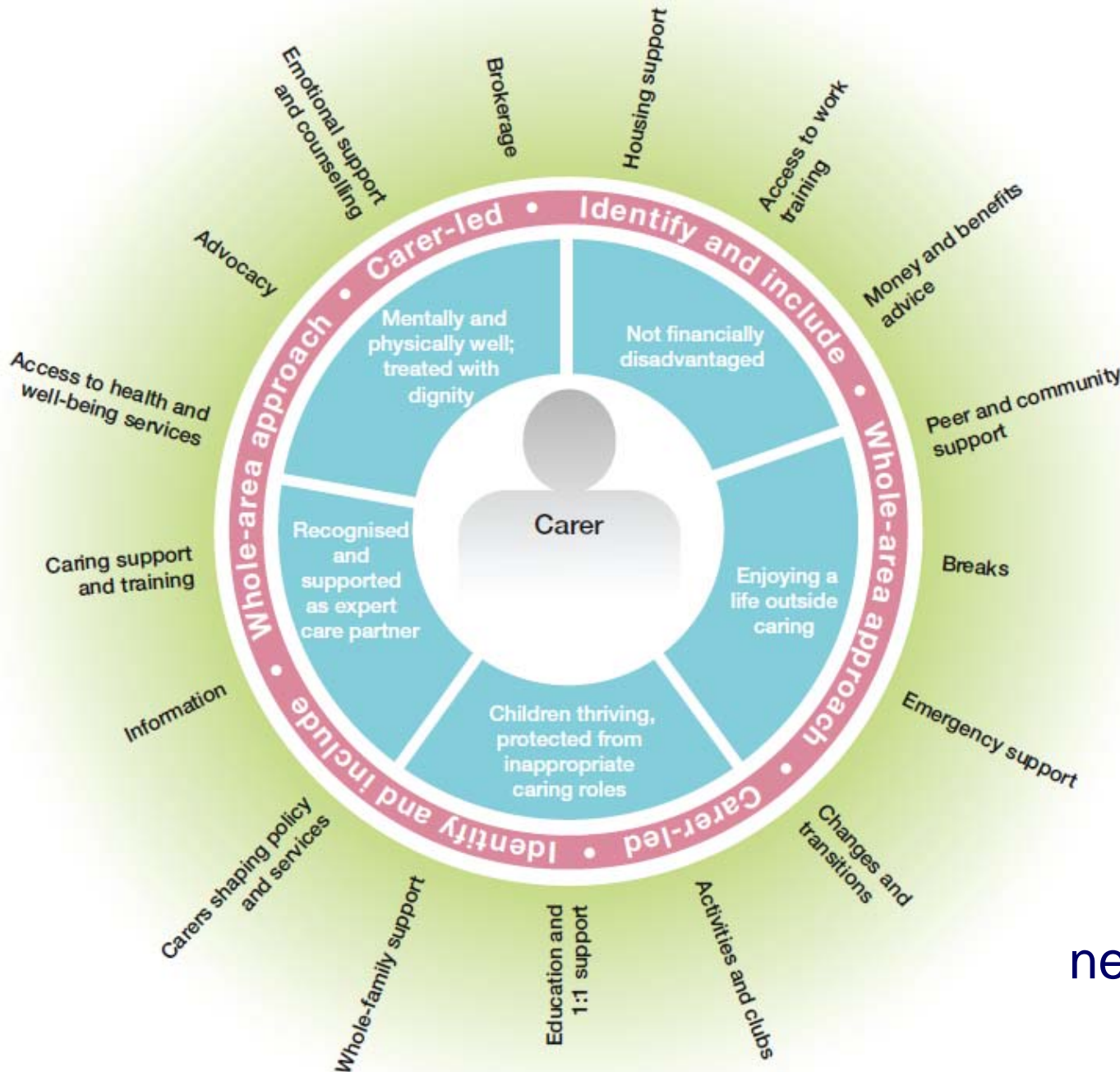
Carers' centres in our network are an area's centre of carer expertise. They belong to all local carers and are locally led, but all offer:

- **Finding hidden carers** who wouldn't otherwise get any help through GP surgeries, hospital wards etc
- **Finding carers the right information**
- **Helping carers to access their entitlements**
- **Supporting carers emotionally**
- **Helping to make caring a positive experience** through access to breaks, employment, peer support.

Many Carers' Centres have a high street centre. Others cover rural areas through outreach and partnerships. Many support young carers. All provide both direct support to carers and training and help for other local organisations.



The Princess Royal Trust
for Carers



A whole area
approach to
needs assessing
www.idea.gov.uk



Five outcomes in the vision for 2018:

- Carers will be supported to stay well and be treated with dignity.
- Carers will be respected as expert care partners; treated with dignity & respect.
- Carers will not be financially disadvantaged because of their caring roles.
- Carers will be enabled to have a life of their own outside their caring roles.
- Young carers protected from inappropriate levels of care and supported.

National Carers Strategy 2008



The Princess Royal Trust
for Carers

- £255 million including £150 million for carers' breaks
-but is it being spent in your area?
- £38m to help carers find/ keep paid work.
- Trying out new ways of supporting carers.
- National help and advice service for carers.
- An Expert Carer programme called *Caring with Confidence*.

Putting People First without putting carers second



The Princess Royal Trust
for Carers

- Carers want better services for the people for whom they care
- Personal budgets should mean carers are more involved in planning
- Carers deserve ‘choice and control’ too
- We can’t do any of this without carers – they should be valued

“A caring system on your side. A life of your own.”

A new consensus on care and support



The Princess Royal Trust
for Carers

- We don't have to choose between independent living and supporting carers.
- We are all inter-dependent. This is about all of us.
- Both people who give and those who receive care want ordinary life chances - a job, to raise a family, to take part in their community.

See “Win – Win” at www.carers.org



The Princess Royal Trust
for Carers

The Princess Royal Trust for Carers

Find your local Carers' Centre or join our carers' community at: **www.carers.org**

Support for young carers at **www.youngcarers.net**

Find out about breaks at **www.crossroads.org.uk**