

Reason for Supporting Informal Carers

- A Carer is someone who, without payment, provides support to a person who could not manage without them
- There are approximately six million Informal Carers in the UK
- Carers can provide:- personal care, emotional & financial support, domestic help, companionship, help with medication and advocacy
- Carers come from all walks of life, all cultures and be of all ages
- Informal Carers are not to be confused with paid care workers

The Cost of Caring

- Caring has an adverse impact on the health of 80% of Carers, many Carers neglect their own health and focus only on the needs of the person they care for
- Many Carers are put at financial disadvantage by their caring role as they are unable to work
- Recent research has found that Carers not receiving a break were far more likely to suffer from mental health problems; 36% compared to 17% of those carers getting a break said the caring role has affected their mental health
- Many Carers find the caring role affects their other relationships and can have a negative effect on their self confidence
- Many Carers feel unsupported by statutory and healthcare staff, 70% of Carers come into contact with healthcare professionals yet health professionals only identify one in ten Carers, with GPs more specifically only identifying 7% (NHS Commitment to Carers 2014)
- Young Carers and Adult Carers can be put at an employment and educational disadvantage by the caring role

3rd Floor, Global House, 303 Ballards Lane, North Finchley, London N12 8NP
Email admin@barnetcarers.org www.barnetcarers.org

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How Supporting Carers Benefits the NHS

‘Targeted, meaningful support at the right stage can enable carers to maintain their own health and wellbeing, care better and for longer and helps prevent breakdown of the care situation, which can result in emergency admission of the person that they care for.’ – (NHS Commitment to Carers 2014)

- Carers provide vital information about patients to GPs and other healthcare staff
- Carers can provide essential information around gaps in services and therefore contribute towards arranging preventative measures rather than costly crisis recovery
- 84% of Carers surveyed for the Carers Trust 2013 ‘State of Caring’ survey said that caring has had a negative impact on their health. If these carers remain undetected and unsupported they are more likely to require NHS treatment and become hospitalised themselves
- As hospitals will no longer be reimbursed for emergency readmissions within 30 days of discharge following an elective admission, focus on re-enablement has grown. Carers play a crucial role and involving and supporting them can improve chances of long-term patient re-enablement
- Carer support and inclusion in the discharge planning of a patient can speed up the process and help to alleviate problems around bed availability and ward capacity
- Carer support reduces and delays the need for transfer to residential care and hospital admission

The Role of the Carers Centre

Barnet Carers Centre is a one stop shop that provides free support and advice to enable Carers to more confidently continue in their caring role. Carers can self-refer or be referred by a professional or friend.

- Regular activities including Meditation and Relaxation Sessions
- Regular training and advice sessions, including Manual Handling and First Aid
- Facilitated specialised Support Groups covering Mental Health and Cancer
- Peer Support and Activity Support Groups, including Art Classes
- Short Breaks funding and access to grants for individuals
- Young Adult Carers Service
- Free Legal Advice and Form Filling service
- Transition and Rapid Response support
- Carers Emergency Plan scheme, active referrals for a Home Fire Safety Check and LBB Leisure Pass

Barnet Carers Centre Community & Home Support Service (CHSS)

The CHSS service provides social and personal care in the home and community, 24 hours a day, 7 days a week with professional, experienced care staff who are kind, caring and compassionate as well as fully trained in a wide range of areas of support.