

# Belinda Jones

Carer Awareness & Voice Team Leader



Carers Matter Norfolk



# About us

Caring Together is a charity that provides information, runs services in our local communities and campaigns, so that carers have choices.

It is our mission that people know where to go for help before, during and after their caring role and get the practical support that matters.

**78000**

Carers in  
Cambridgeshire  
, Peterborough  
and Norfolk



**6000**

Every minute 4  
people in the UK  
take on a caring  
role.  
That's 6000 people  
every day.



# Definition of a Carer?

- 🌸 A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. (Source NHS England)
- 🌸 The care they give is unpaid.
- 🌸 Young carers are children and young people under the age of 18
- 🌸 Young adult carers are young people aged 16–25

# Carers Facts

How Many  
of us will have a  
caring role



**3 in 5**

# Carers in GP surgeries

For every hundred patients you would expect

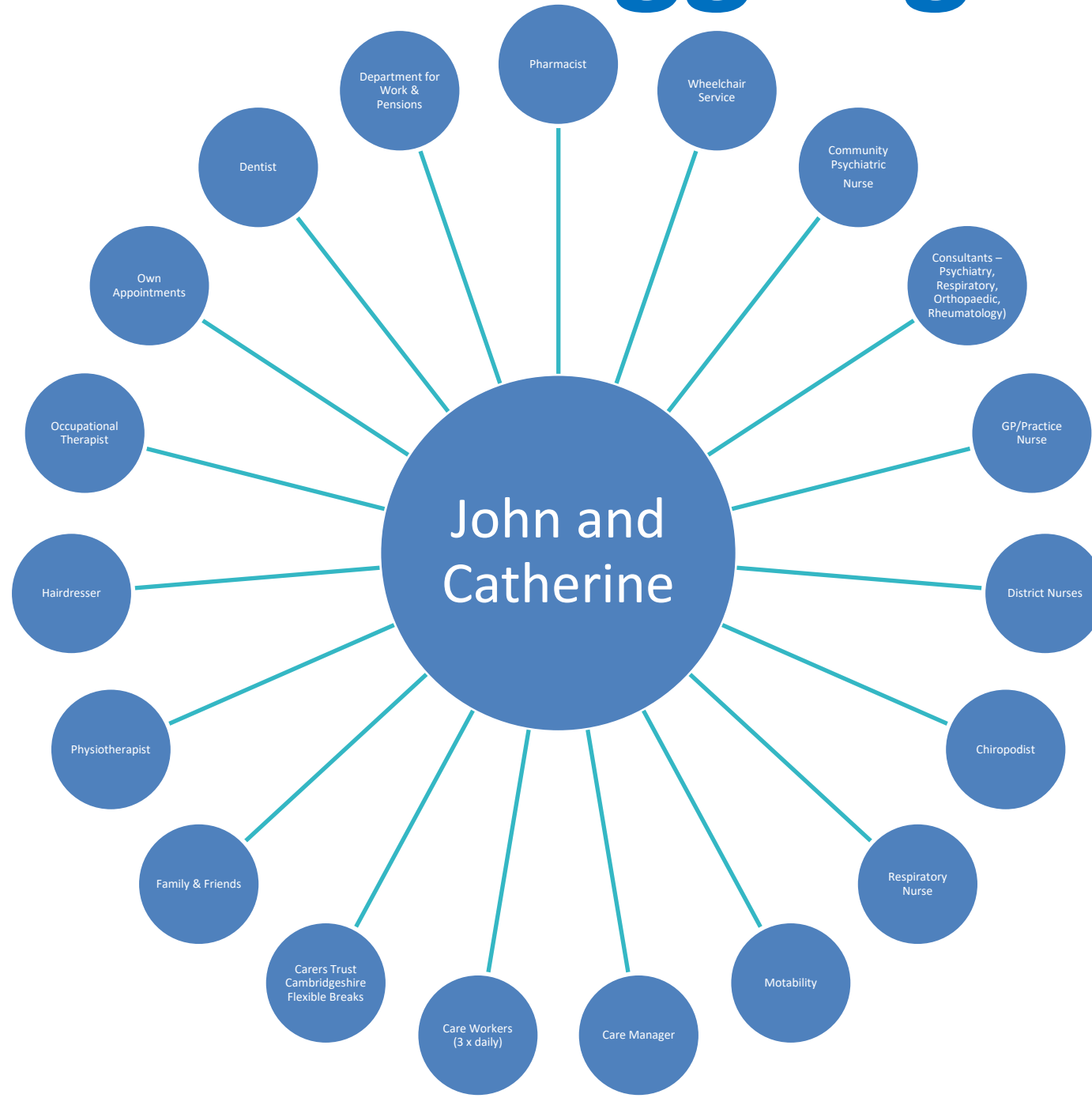


2 will be caring for  
more than 50hr/week

3 to 4 will be caring for more than  
20hr per week

10 will be Carers

# Juggling Caring



Consultants – Psychiatry, Respiratory, Orthopaedic, Rheumatology)

GP/Practice Nurse

Pharmacist

District Nurses

Care Workers (3 x daily)

Community Psychiatric Nurse

Respiratory Nurse

Occupational Therapist

Physiotherapist

Care Manager

Carers Trust CPN

Hairdresser

Dentist

Chiropodist

Motability

Wheelchair Service

Department for Work & Pensions

Family & Friends

Own Appointments

# Carer Facts

## Identification

on average how long  
does it take for a carer  
to identify themselves

2 Years





# Carers Facts

How Many  
adult carers are  
there in the UK



**7 Million**



# Identification of Carers

- 🌸 Clinical Notes / Hospital IT system
- 🌸 Care plans
- 🌸 Value and welcome carers to the wards
- 🌸 Volunteers
- 🌸 Carers passports
- 🌸 Involve carers in care / treatment planning / discharge

# Video

## Two sides of the story



# James Story



# Impact on Adult Carers

- 🌸 83% report poorer mental/physical health
- 🌸 1 in 5 carers give up work to care
- 🌸 49% struggling financially
- 🌸 Social isolation common
- 🌸 Covid19



# Adult Carer Service

 Carers Matter Norfolk are the front door of services



Carers Matter Norfolk

 Carers Assessments

 Carers Breaks – Caring Together

 Homecare – Caring Together

 Listening Ear service – Caring Together

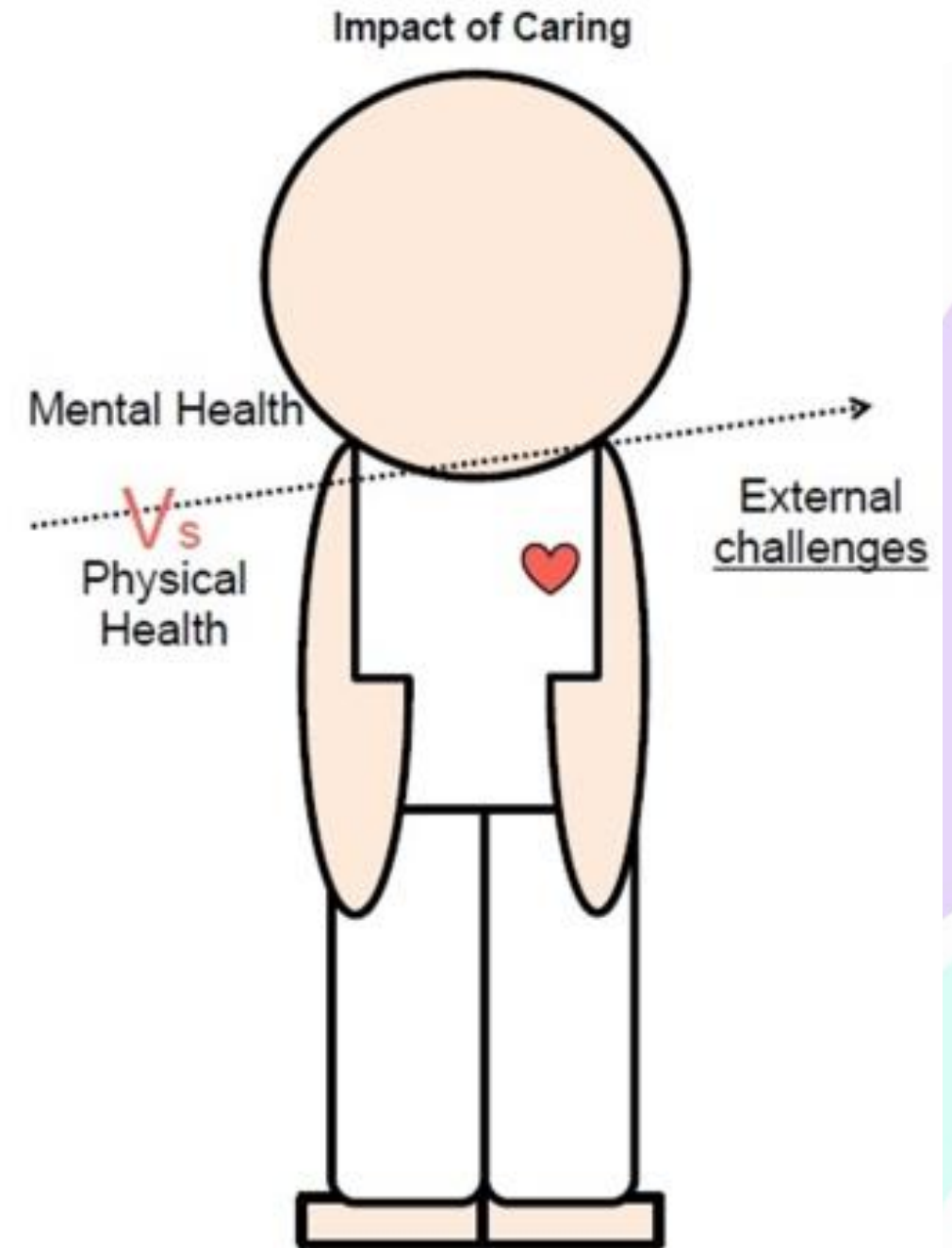
# Carer Facts

How many  
Young Carers are  
there in the UK

700,000



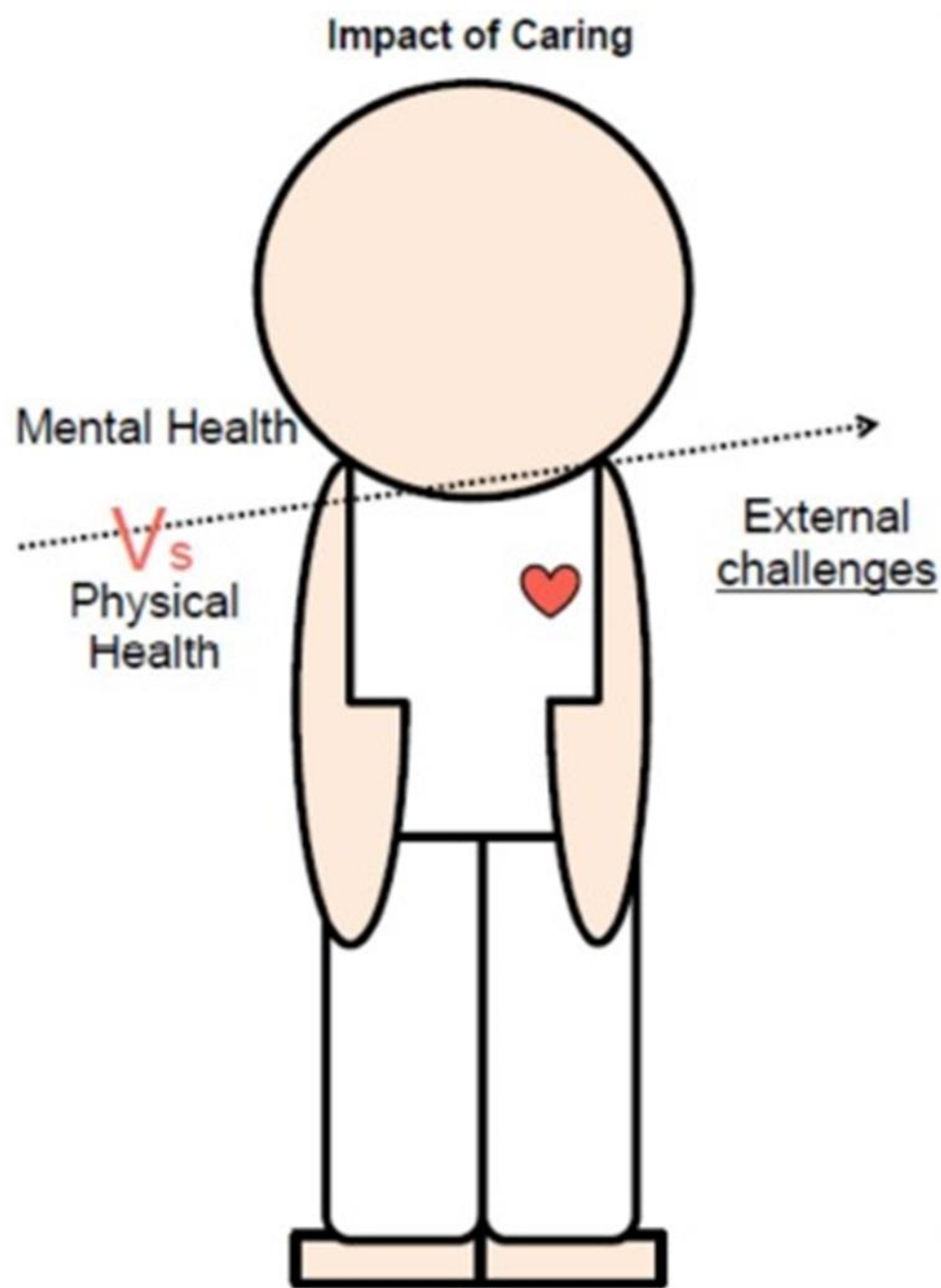
# Possible impacts of caring





- Low mood/ depression
- Stressed
- Over-tired
- Anxious
- Attachment issues
- Mature beyond years
- Resilient
- Organised and particular

- Clothing unclean/ unkempt
- Poor personal hygiene
- Back/ neck ache
- Under or over-weight
- Self-harm evidence (scars, disguising of body, pulling hair out, excessive nail biting)
- Pride in appearance



- Poor school/ college attendance
- Lack of aspiration/ planning for the future
- Poor relationships with peers
- Avoidance strategies of extra-curricular activities and trips
- Secretive of home life
- Adult understanding of topics e.g. finances, household management, personal care
- Gravitation towards adult role models for friendships
- Lack of interest in education/ employment
- Poor behaviour perhaps aggressive, avoidant
- Socially isolated

According to the 2011 census, the average age of a young carer is 13



# In Norfolk 5,570 carers under the age of 24 were identified in the 2011 census

Norfolk Insights, 2013



**600 young carers and young adult carers  
reported they provided over 50 hours of care  
a week**

Norfolk Insights 2017



On average young carers are caring for at least 4 years before anyone offers any help

Barnados



# Misunderstood



Misunderstood

A group of young carers from Great Yarmouth know how difficult it can be to juggle schoolwork with looking after an ill or disabled relative. Led by Ricky Buckland, 19, they've created this film with Fixers to help teachers better understand the challenges they face.

# Carer Friendly Tick Award



© Caring Together



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© Caring Together



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# What support is there in local community?

- ✿ Carers Matter Norfolk
- ✿ Groups
- ✿ Support for those affected by substance misuse/  
bereavement
- ✿ Support for the whole family
- ✿ Help in school
- ✿ Information, advice and support (CMN)
- ✿ Norfolk Young Carers Forum

# Young Carers Needs Assessment

- ✿ All young carers are entitled to a carers needs assessment under Section 96 of the Children and Families Act 2014. Carers Matter Norfolk will do initial triage assessment.
- ✿ It can be requested by the young person, parent/guardian or professional.
- ✿ It doesn't matter how old they are, who they care for, or how much care they provide.
- ✿ Carer's Matter Norfolk are the front door of all services for both Young and Adult Carers in Norfolk

# Benefits to NHS

- ✿ By early identification, and sign-posting to support, Health Care Professionals can help to prevent:
- ✿ Carers own physical and mental ill-health
- ✿ A caring crisis or breakdown in the caring situation
- ✿ Hospital admission/re-admission
- ✿ Admission to residential care and the need for emergency respite.

# Carer Facts

## Economics

How much do carers  
save the economy  
per year

What was the NHS  
budget 2018/19

**132  
Billion**

**129  
Billion**

# Any Questions?

## Norfolk

Call the advice line on 0800 083 1148

Monday to Friday: 9am – 8pm

Saturday: 10am – 2pm

[www.carersmatternorfolk.org.uk](http://www.carersmatternorfolk.org.uk)



Carers Matter Norfolk

## Cambridgeshire

Caring Together

L D H House

Parsons Green

St Ives

Cambridgeshire

PE27 4AAT

: 0345 241 0954

E: [hello@caringtogether.org](mailto:hello@caringtogether.org)

[www.caringtogether.org](http://www.caringtogether.org)

## Norfolk

37A Turbine Way

Swaffham

Norfolk

PE37 7XD

T: 0345 241 0954

E: [hello@caringtogether.org](mailto:hello@caringtogether.org)

[www.caringtogether.org](http://www.caringtogether.org)



# We can help



0345 241 0954



[www.caringtogether.org](http://www.caringtogether.org)



[hello@caringtogether.org](mailto:hello@caringtogether.org)



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