

CAREER AWARENESS TRAINING



Definition of a Carer

‘A carer is someone who looks after a family member, partner or friend in need of help because they are ill, frail or have a disability.’

Carers UK

The care they provide is UNPAID

Definition of a Parent Carer

‘A parent carer is someone aged over 18 who provides care to a child with a special educational need or disability for whom they have parental responsibility’

Family Action

Young Carers

Definition of a Young Carer

‘Children and young people under the age of 18 who provide, or intend to provide, unpaid care to another person which would normally be undertaken by an adult.’

Carers UK

Types of Caring

- ② Emotional Support - meeting the emotional needs of the person, this has been recognised by Carers Allowance as a caring role.
- ② Personal / Intimate care – medication, assisting with mobility, washing/bathing, dressing, toileting etc
- ② Household tasks - cooking, cleaning, shopping and maintaining the home.
- ② Organisational tasks – making & supporting the cared for at appointments, liaising with professionals, managing finances, logistics etc

What effect may caring have on a carer?

Impacts of Caring

- 🤝 Poor physical health - caring can take its toll on a person's physical health & wellbeing – this is often ignored by the carer. They are much less likely to make a GP appointment.
- 🤝 Poor emotional wellbeing / mental health - disproportionate risk of mental health / anxiety / depression issues
- 🤝 Social isolation – caring can affect a carer's ability to make / maintain friendships & socialise
- 🤝 Unable to hold down full time employment, may need to leave employment or they will have more sick leave from work.

Young Carers

Being a young carer can have a detrimental effect upon their health, wellbeing and life chances:

- 🧡 1 in 12 care for more than 15hrs per week.
- 🧡 1 in 20 miss school due to caring responsibilities.
- 🧡 Significantly lower education attainment.
- 🧡 More likely than national average not to be in education, employment or training between ages of 16-18.
- 🧡 1.5 times more likely to have a special educational need or longstanding illness/disability.





**The 2021 Census recorded 5 million carers in
England and Wales.**

**Carers in England and Wales save the UK
economy £162 billion per year.**

www.carersuk.org/media/p4kblx5n/cukstateofcaring2022report.pdf

www.carersuk.org/media/2d5le03c/valuing-carers-report.pdf



Carers in Northumberland

We now have new statistics for the number of carers living in Northumberland which you may already be aware of.

The 2021 Census recorded 31,116 people in Northumberland were providing unpaid care to a family member or friend



How many are registered with Carers Northumberland?



7961



What do Carers want?









To be included

In any discussions or decisions about the person they care for, especially where this has implications for the type and level of support they are providing.

Recognition

An acknowledgement of what they selflessly do to ensure that the day-to-day life of the person they care for is as well organised and supported as is possible.

Asked how they are doing

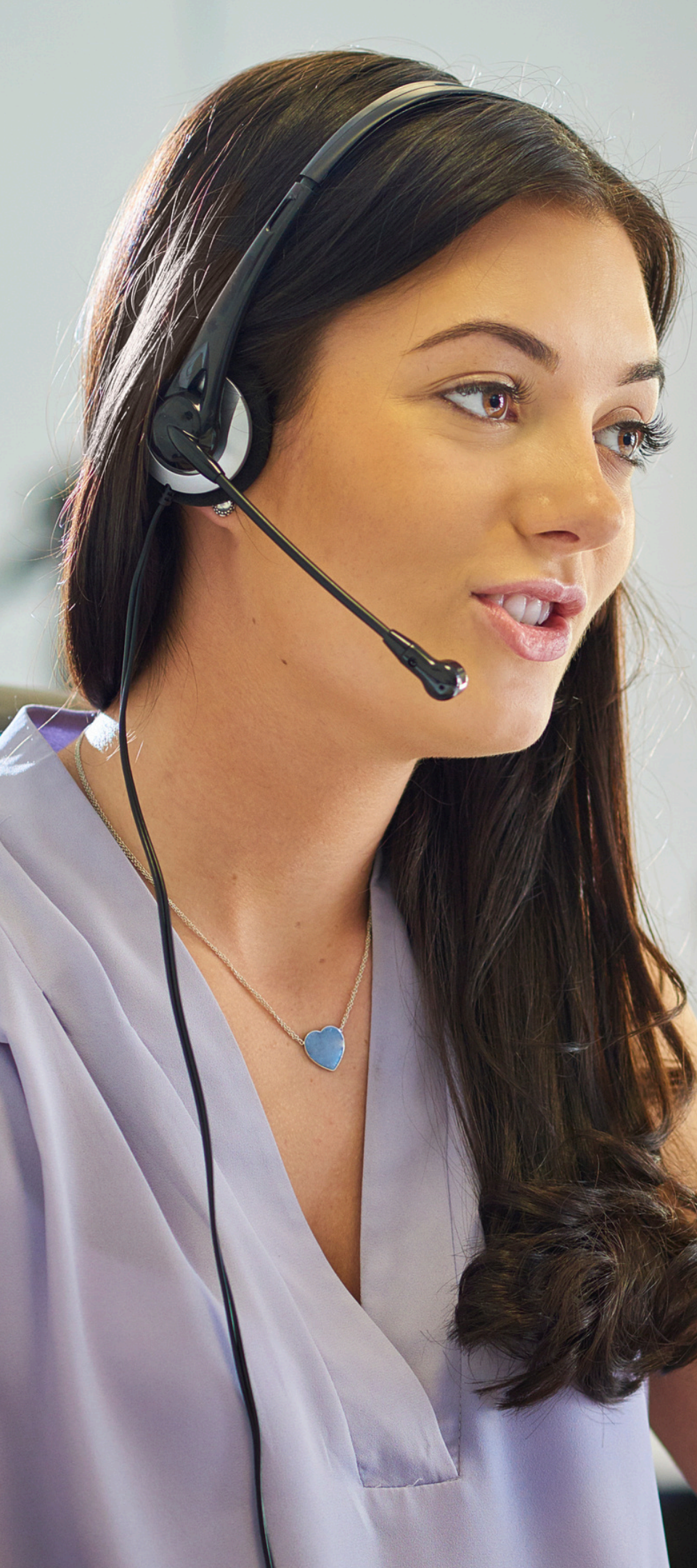
To be asked about their own health and well-being and to be genuinely listened to. Carers often feel ignored and taken for granted both by professionals and, sometimes, by the person they care for too.

To be informed

To be offered information about the condition of the person they care for as well as where to find further help and guidance if they need it.

Why carers are important

- Carers are your partners in the caring role.
- Carer involvement, support & understanding helps the cared-for to respond better to treatment.
- The welfare of the dependant will, to a large extent, depend on the welfare of the carer – a sick carer is of little use to anybody.
- Carers often have more knowledge & experience of the needs of the person they care for than anyone else.



How professional services can help:

- **Support carers to access a Carers Assessment**
- **Provide information on what they can expect from a Carers Assessment**
- **Let them know next steps**
- **Look for any opportunity to identify carers**
- **Give them information about carer support available and assist them with referral options to Carers Northumberland.**

What do Carers Northumberland offer, how can we help



Our team are trained and are able to provides free and impartial information on the following:

**Carer Rights
Welfare Rights
Care Act
Childrens Rights
Families and Children Act
Legal Information
Rights in Social Care**

**As a team we are able to
support carers in
Northumberland with the
following:**

Benefits and Grants

- Benefit Checks
- Benefit Applications
- Carer Support Fund
- Young carer support fund
- Carers Trust Grant
- Household Support fund
- *Parent Carer Support Fund
- *Pilot ending December 2024

Our team supported carers in accessing £413,071.78 in benefit gains and £49,615.09 in one off grants in 2023/24

Advance Planning

Impartial advice

Lasting powers of attorney

Advance statements

Advance decisions

Form filling in

Emergency care planning

Travel and Transport

- Blue badge scheme
- Help with travel costs to hospital and GP appointments
- Grants for travel costs
- Motability scheme
- Bus passes
- Accessible Vehicles
- Concessionary travel
- Companion travel passes
- Help with planning a journey

Housing

We are able to advise carers on lots of different aspects of housing

- Housing options
- Support with moving up the priority groups on homefinder
- Homelessness
- Aids and Adaptions
- Disabled facilities grant
- Priority registers for gas and electricity
- Help with energy arears
- Warm home discounts
- Help to upgrade heating systems

Social Care

**Our team our trained to support carers with their enquires
about social care.**

- Deprivation of liberty
- Respite
- Deprivation of assets
- Communication
- Challenging decisions
- Funding
- Care needs assessments
- Top up fees

- Family assessments
- Home care
- Carer Assessments
- Maintaining relationships
- Direct payments
- Continuing health care
- Financial assessments
- Care homes

Community

We are very active in our local communities whether this be hosting our own events or linking up with other community groups.

- Carer Groups
- Carer Meals
- Carer Walks
- Cinema Clubs
- Info stalls
- Community events
- Outreach
- Flu Clinics
- Patient Participation Group
- Networking with other charity groups
- Memory Groups

Training

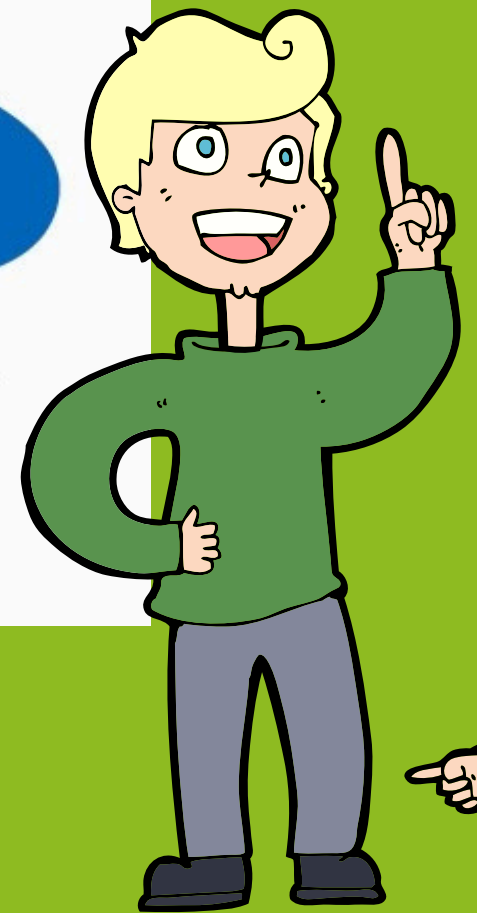
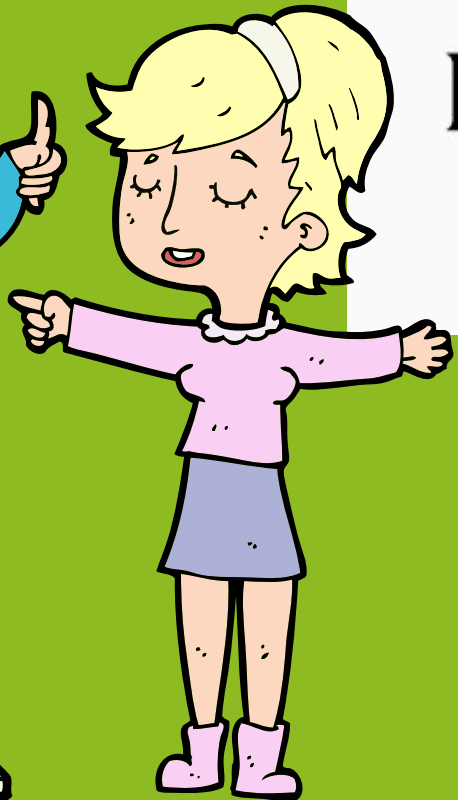
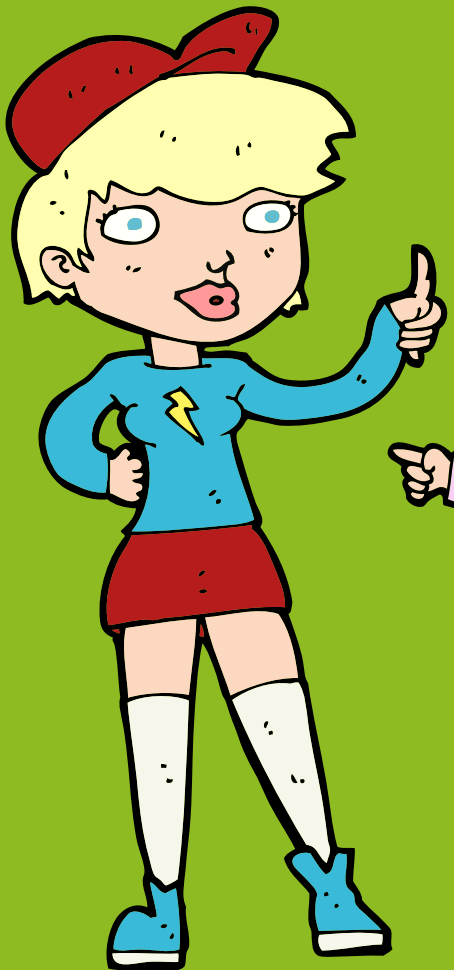
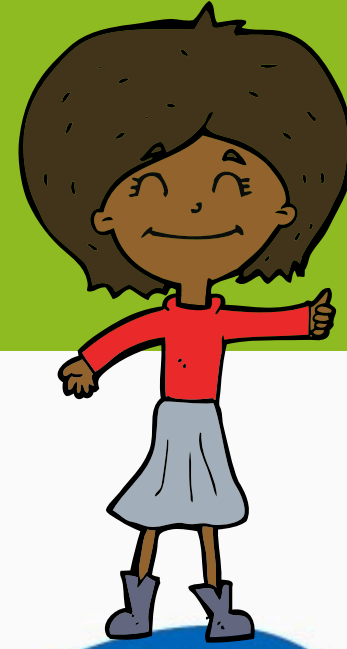
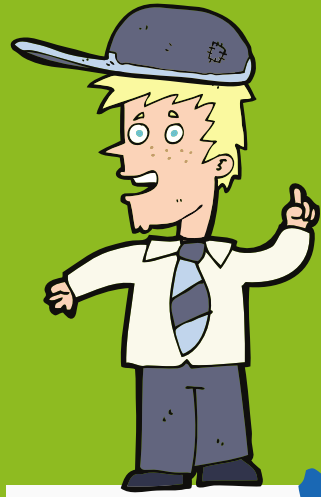
**Our team run a program of training and workshops.
These sessions are available to professionals, Carers and
the local community.**

- Carer Awareness Training
- Young Carer Awareness Training
- Recognised School Award
- Carer Workshops
- Wellbeing Sessions

YOUNG

careers

NORTHUMBERLAND



Support for Young Carers is offered through a range of methods including:

- **Initial Young Carers Assessment/Wellbeing check**
 - **Whole family support**
 - **One to one support sessions in school**
 - **Access a grant**
 - **Young Carers Forum**
 - **Young carer identification card**
 - **Support to access free activities**
- **Regular newsletters featuring updates, activities, support, grants and competitions**
 - **New education offer**

Referrals & how to contact us:

Professionals:

Refer directly by phone (with the carers consent) on **01670 320025**

Refer via our online form on our website:

Adults: www.carersnorthumberland.org.uk/professionals

Young Carers: www.carersnorthumberland.org.uk/young-carers

Give information about how the person can self refer, they can visit our website: www.carersnorthumberland.org.uk

Complete & return the professionals referral form here: carers.northumberland@nhs.net

We can also take referrals via FRONTLINE

Carers:

You can register on our website: <https://carersnorthumberland.org.uk/register> or by calling 01670 320025

Why not subscribe to our professional e-newsletter here to keep up to date on all our services: <https://carersnorthumberland.org.uk/professional-contact-form>

