

Explore barriers to well-being and inclusion for informal carers. Refer to theory, policy and practice.

EMILY WHISKERD

1701638

Context Page

- ▶ Definition of Informal Carer
- ▶ The background
- ▶ Who are informal carers
- ▶ Young Carers
- ▶ What support is available for informal carers
- ▶ Advantages and disadvantages of being an informal carer
- ▶ How legislations help informal carers
- ▶ Maslow's Hierarchy of Needs

Definition of an Informal Carer

- ▶ 'A carer is anyone, of any age, who provides care and support to a relative, friend or neighbour who needs care and support (Gov.Wales, 2017)

Background

- ▶ There are 6.5 million carers in the United Kingdom
- ▶ Every day 6000 people become carers
- ▶ There is a higher percentage of women carers compared to men - 58% women and 42% men
- ▶ By 2037 it is estimated that the number of carers increase to 9 million
- ▶ 1.4 million people provide over 50 hours of unpaid care each week

Who are informal carers?

- ▶ It is possible for anybody to become an informal carer
- ▶ Family
- ▶ Friends
- ▶ Young Carers
- ▶ Neighbours

Young Carers

- ▶ 'Young carers are children who help look after a member of the family who is sick, disabled or has mental health problems, or is misusing drugs or alcohol' (Barnardo's, 2017)
- ▶ Many young carers face difficulties regarding education and also miss out on opportunities
- ▶ The average age of a young carer is 12
- ▶ Barnardo's offers advice and emotional support and also give the opportunity for young carers to take a break (Barnardos, 2017)

Support available

- ▶ There are many methods of support available
- ▶ Carers Assessment
- ▶ Financial Assessment
- ▶ Carers Allowance
- ▶ Emergency Plan
- ▶ Respite Care

Advantages and Disadvantages

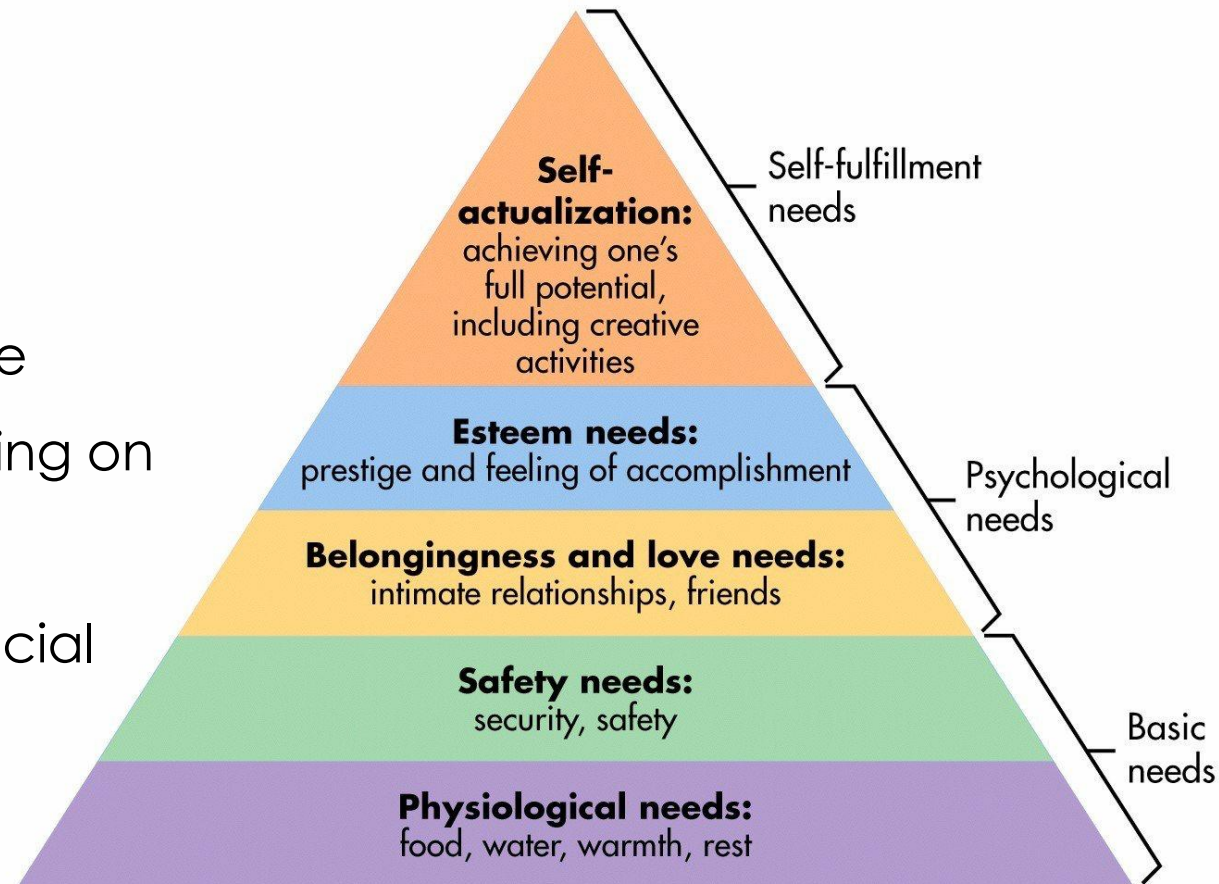
- ✓ Helping
- ✓ Supporting and ensuring the individual is safe
- ✓ Less worries
 - Give up work
 - Financial difficulties
 - Added pressure

Care Act 2014

- ▶ The Care Act 2014 came into place from April 2015
- ▶ Outlines how local authorities should carry out carers assessments and needs assessments
- ▶ Promote Wellbeing when making decisions
- ▶ The Children and Families Act 2014 gives young carers the right to an assessment.

Maslow's Hierarchy of Needs

- Every individual has different needs
- Lower levels must be fulfilled before moving on to the next level
- Basic needs are crucial



Picture 1: Simply Psychology (2017)

Conclusion

- ▶ Many carers face day to day barriers
- ▶ Adequate support available for carers
- ▶ The Care Act 2014 has taken pressure off carers

Reference List

- ▶ Welsh Government . (2017). *Carers*. Available: <http://gov.wales/topics/health/socialcare/carers/?lang=en>. Last accessed 14th January 2018.
- ▶ Unknown. (2015). *Facts about carers 2015*. Available: <https://www.carersuk.org/for-professionals/policy/policy-library/facts-about-carers-2015>. Last accessed 14th January 2018.
- ▶ Unknown . (Unknown). *Getting a carer's assessment* . Available: <https://www.independentage.org/information/support-care/support-for-carers/getting-a-carers-assessment>. Last accessed 14th January 2018.
- ▶ Unknown . (Unknown). *What is carer's allowance* . Available: <https://www.independentage.org/information/money/benefits/what-carers-allowance>. Last accessed 14th January 2018.
- ▶ Unknown . (Unknown). *Getting help if your a carer*. Available: <https://www.independentage.org/information/support-care/support-for-carers/getting-help-if-youre-a-carer>. Last accessed 14th January 2018.
- ▶ Unknown . (Unknown). *Respite Care*. Available: <https://www.independentage.org/information/support-care/support-for-carers/respice-care>. Last accessed 14th January 2018.

Reference List

- ▶ Carers UK. (Unknown). *Care Act FAQ*. Available: https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/care-act-faq?gclid=Cj0KCQiAv_HSBRCkARIsAGaSsrB-O_DS_CAqMeFwJu-OaS-MIn2ViEQDXUVp9Wda4gCTzfsv5JCudY4aArLHEALw_wcB. Last accessed 15th January 2018.
- ▶ Barnardos. (2017). *Young Carers* . Available: http://www.barnardos.org.uk/what_we_do/our_work/young_carers.htm. Last accessed 17th January 2018.
- ▶ Picture Reference List:
- ▶ Simply Psychology. (2017) *Maslow's Hierarchy of Needs*
<https://www.simplypsychology.org/maslow.html> (Accessed on 17 January 2018)