

BARRIERS TO WELL-BEING FOR INFORMAL CARERS

TESSA GODDARD

INFORMAL CARER - DEFINITION

Someone who provides unpaid care to someone with a chronic illness, disability or other long lasting health condition or care need.

THEORY OF HUMAN CARING

- Established in 1979
- Developed by Dr Jean Watson
- Caring should become before curing

SEVEN ASSUMPTIONS

The Seven Assumptions of the Theory of Human Caring

1. *Caring can be effectively demonstrated and practiced only interpersonally.*
2. *Caring consists of curative factors that result in the satisfaction of certain human needs.*
3. *Effective caring promotes health and individual or family growth.*
4. *Caring responses accept person not only as he or she is now but as what he or she may become.*
5. *A caring environment is one that offers the development of potential while allowing the person to choose the best action for himself or herself at a given point in time.*
6. *Caring is more "healthogenic" than is curing. A science of caring is complementary to the science of curing.*
7. *The practice of caring is central to nursing.*

CARERS (RECOGNITION AND SERVICES) ACT 1995

Two main features

- Carer allowed to ask for an assessment
- Local authorities duty to provide assessment

THE SOCIAL SERVICES AND WELL-BEING (WALES) ACT 2014

- New rights and new duties for carers
- Focus on informal carers
- Care givers respect and dignity
- Provide well-being to carers in certain ways

THE CARE ACT 2015

- Replaces numerous previous laws
- Emphasis is on well-being
- Better support system
- Better access to advice

THE CARE ACT 2015

Care Minister Norman Lamb

“Until now it’s been almost impossible for people who need care, carers, and even those who manage the care system, to understand how the previous law affecting them worked. Over nearly 70 years it has been added to again and again and is out of date and confusing. The Care Act has created a single, modern law that makes it clear what kind of care people should expect.”

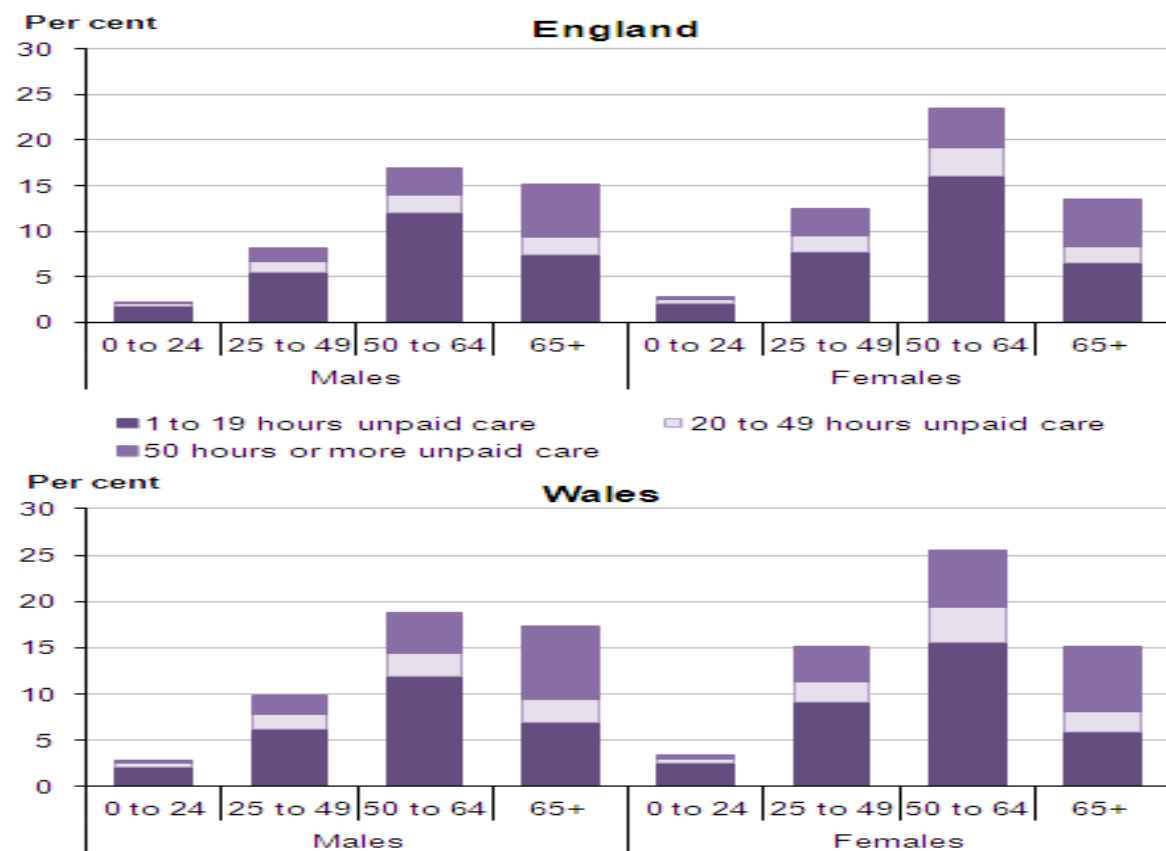
(Skillsforcareorguk,no date)

INFORMAL CARERS

- Seven million carers in the UK
- Most lacking in support

(Carers.org,no date)

UNPAID CARE PROVISION FOR MEN AND WOMEN IN ENGLAND AND WALES



Picture 2. (Nationalarchivesgovuk, 16 May 2013) (Onsgovuk, 26th October 2017)

FACTS AND FIGURES OF BEING A CARER

- 9 Million carers by 2037
- 6,000 new carers every day
- 58% carers are women
- 42% carers are men
- 1 Million care for more than one person
- 625,000 carers that have a physical or mental illness

A QUOTE BY AN INFORMAL CARER

“Caring for someone you love is a real privilege fraught with sorrow and laughter - at times - frustration, anger, and some self-pity, which is fought off relentlessly. For my wife and I as parents, it is a life sentence. We will be doing this until the day we die. The marriage is stretched to its very limits. There is no light at the end of the tunnel. Thank God though for my son and his wonderful sense of humour and strength”.

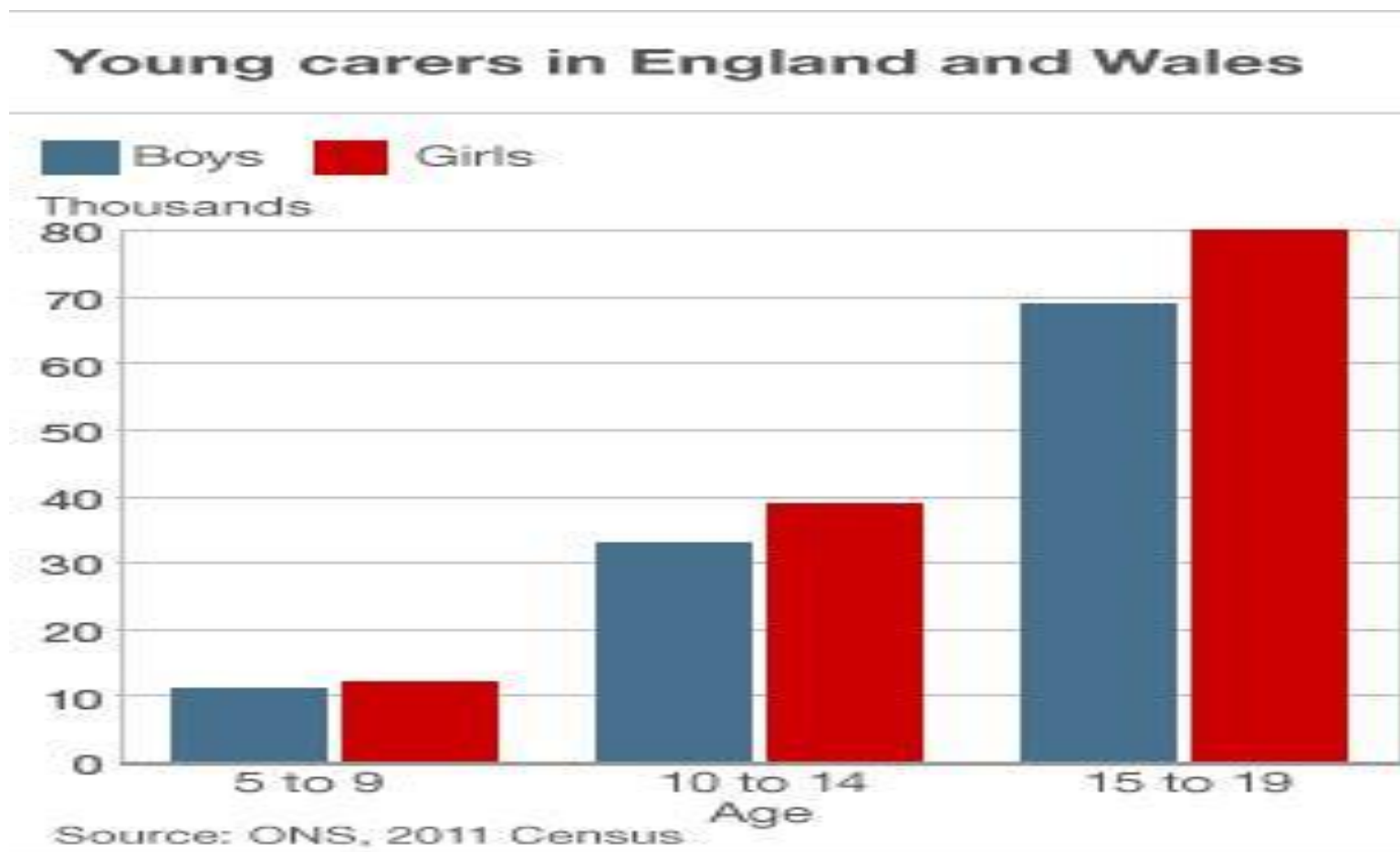
HOW MUCH DO CARERS SAVE THE ECONOMY EVERY YEAR?

- £132 billion every year
- £19,336 per carer
- Three million juggle work
- Allowance is £62.70 per week

YOUNG CARERS

- Quarter of a million
- 149,000 aged 15-19
- 75,000 aged 10-14
- 23,000 are aged under 9
- One in 12 spends more than 15 hours caring

YOUNG CARERS STATISTICS



Picture 3. (Bbcicouk, 2018)

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