



Explore Barriers to Wellbeing and Inclusion for Informal Carers.

Refer to Theory, Policy and Practice.

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Introduction to Informal Carers

Carer

‘A person who provides or intends to provide care for an adult or disabled child’
(Social Services and Well-being (Wales) Act 2014).

Informal Carers – Who are they?

‘Care not provided through formal organisations’
(Spicker, 2014, p.467).



Picture 1: Greenway Community Practice (No Date).

Informal Carers

❖ Family

❖ Friends

❖ Neighbours

❖ Young Carers

Informal Carers – Why?

- **‘Families have historically cared for more young, and old people than the state’** (Stewart, 1999, p.21, cited in Page and Silburn, 1999).
- **‘Reliance on informal care giving by family and friends is not a creation of community care policy, but a background to much service neglect in the past’** (McDonald, 2006, p.2).

Feminism

‘The theoretical perspective focusing on gender inequality and the role of women in society’

(Naidoo and Wills, 2015, p.434).

‘There is nothing in the principle of state welfare that says that breadwinners have to be men and caregivers have to be women’

(Fitzpatrick, 2005, p.293, cited in Bochel *et al.*, 2005).

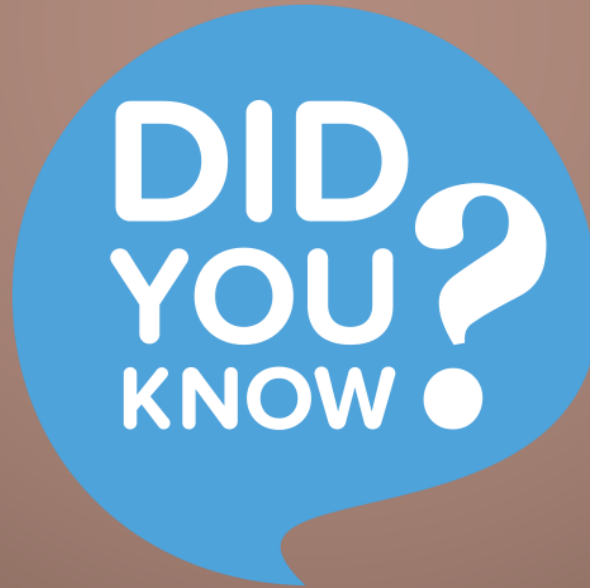


Picture 4: elt-resourceful (2017).

Facts and Figures

In the United Kingdom

- ‘Around 6.5 million people are carers’
- ‘58% of carers are women and 42 % are men’
- ‘Save the economy £132 billion per year’
(Carers UK, 2014).



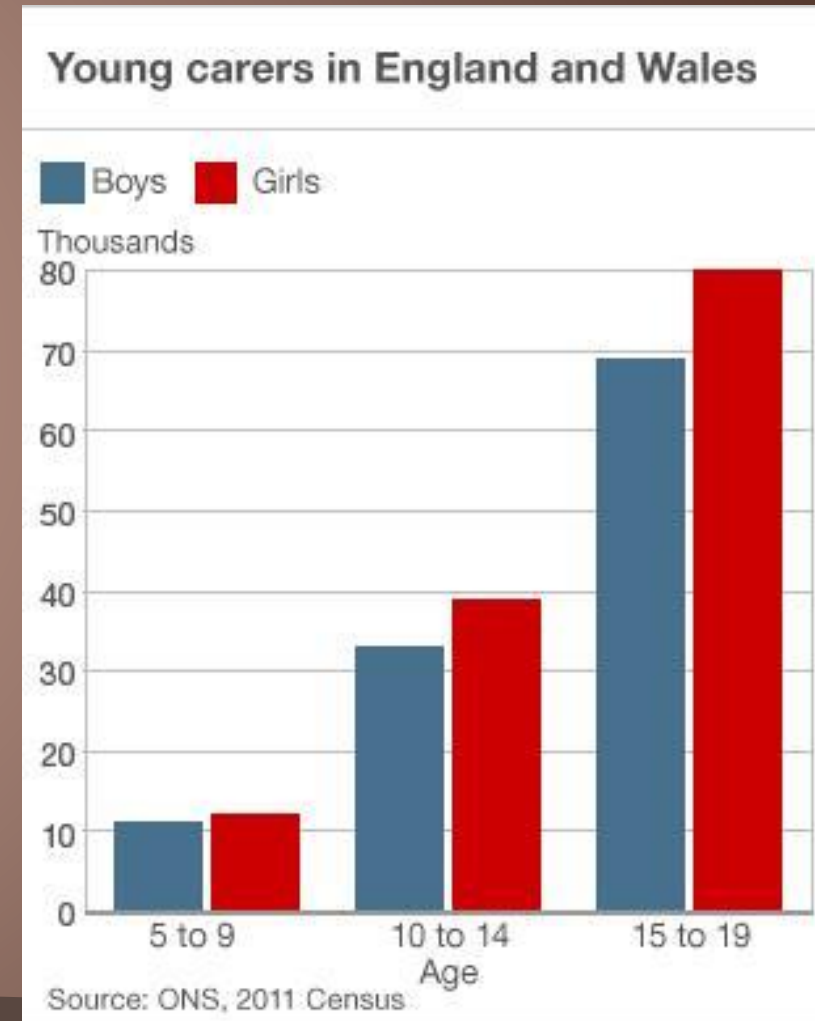
In Wales

- ‘There are 370,230 carers’
- ‘Every year in Wales 123,000 people become carers’
- ‘Carers Save the Wales economy £8.1 billion per year’
(Cares Wales, 2014).

Facts and Figures

Young Carers

- ‘A young carer is someone aged 18 or under’ (NHS, 2015).
- ‘Most young carers look after one of their parents or care for a brother or sister’ (NHS, 2015).
- ‘Figures from the ONS suggest 244,000 people under 18 are carers - about 23,000 are under nine’ (BBC, 2013).



Barriers to Well-being and Inclusion



What is Well-being?

‘The state of wellbeing is seen as having the ability to engage in meaningful activities, feeling good and in control, and being resilient to the changes that occur in life’

(Rowe and Mitchell, 2013).

Picture 5: Gwent Association of Voluntary Organisations (2017).

What is Inclusion?

‘The act of including : the state of being included’

(Merriam-Webster, 2018).



Picture 6: United States International Council on Disabilities (2016).

Barriers to Well-being and Inclusion

❖ Money & Benefits

- No Job
- No Wages
- Possibility of living off Benefits

❖ Health and Well-being

- Tiredness
- Stress
- Family

❖ Getting Out and About

- Isolation

❖ Working and Learning

- No Education
- No Job

Theory - Psychological

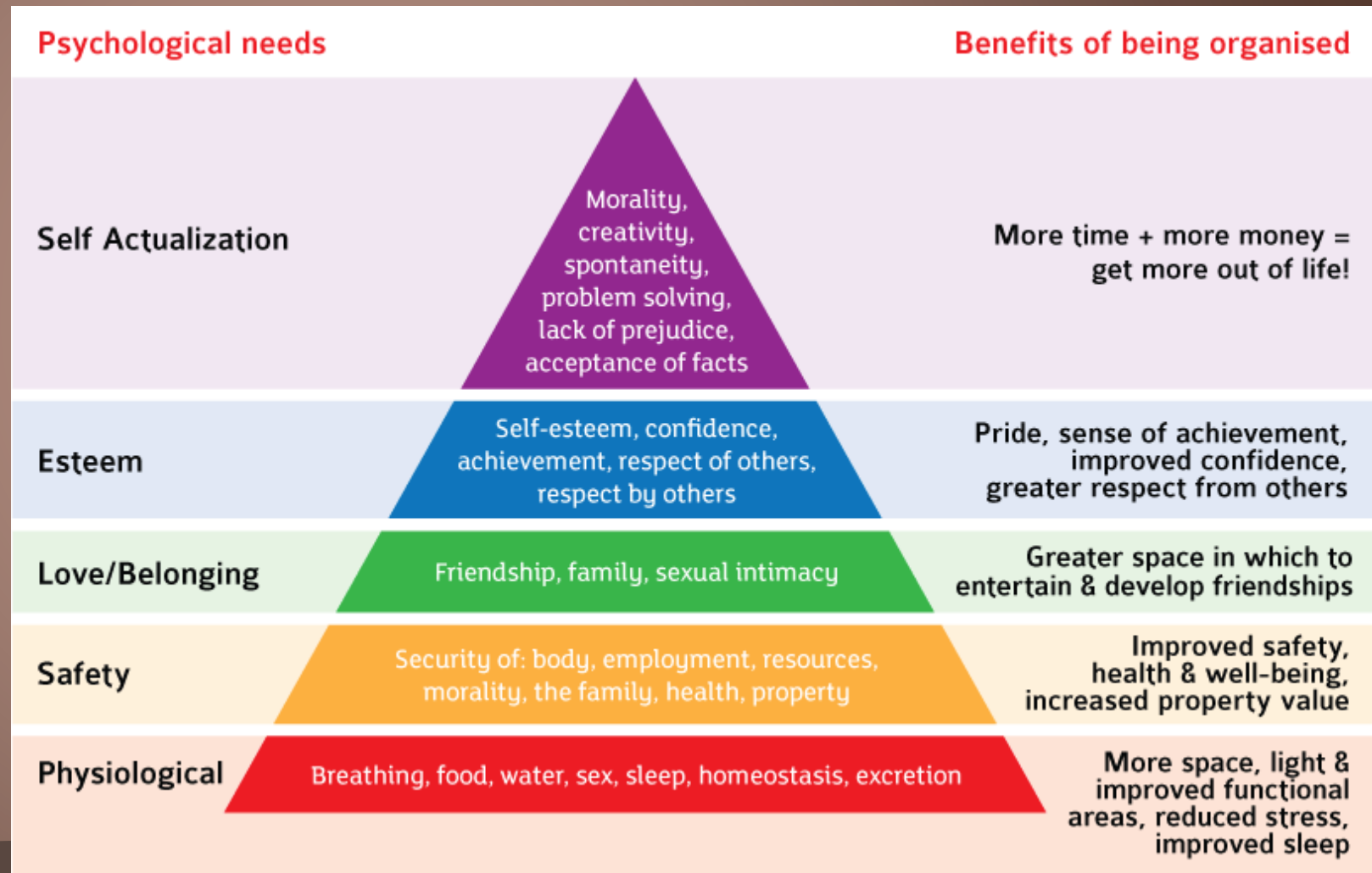
Abraham Maslow



Picture 7: The Famous People (2017).

‘Theory of Human Motivation’

(Maslow, 1987, pp 15).



Picture 8: Rainbow Red (2011-18).

Legislation

Box 34.1 Policy Landmarks for Carers*

1995 Carers (Recognition and Services) Act.
1999 National Strategy for Carers.
2000 Carers and Disabled Children Act.
2004 Carers (Equal Opportunities) Act.
2007 Standing Commission on Carers.
2008 Revised National Strategy for Carers.
2010 Review of National Strategy for Carers.

* Because health and social services became a devolved matter in 1999, some of these policy measures relate to England (or England and Wales) only.

What did these Acts do for carers?

- Entitlement to assessments by request.
- Giving caregivers a break from their caring role.
- Access to Training and Employment.
- Financial Assistance.

(Arksey and Glendinning, 2012, pp.236-237, cited in Alcock *et al.*, 2012).

Social Services and Well-being (Wales) Act 2014.

- Promote the Well-being of carers
 - By providing an Assessment
 - What care a Carer is able to provide
 - What the Carers needs are, Employment, Education of Recreation
- Working Together
- Safeguard Everyone

(Social Services and Well-being (Wales) Act 2014).



Picture 10: The Ipswich Hospital NHS Trust (2018).

Support



Picture 11: Gateshead Council (2018).

Where to get Help, Advice, Information and Support?

- Local Authorities
- Carers UK
- Carers Trust
- Charitable Organisations

Conclusion

- Who are Informal Carers
 - Family
 - Friends
 - Neighbours
- Young Carers – Under 18 years of age.
- Caring is continuing to be a woman's role.
- Explored the barriers to Well-being and Inclusion that Informal Carers encounter.
- Discussed Motivation Theory
- Previous Legislation and the Social Services and Well-Being (Wales) Act 2014
 - To protect carers rights
 - Promote their Well-being
 - Promote Inclusion.

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PICTURE REFERENCES

Picture 1: Greenway Community Practice (No Date) *No Title*. Available at: <http://greenwaycommunitypractice.nhs.uk/index.php/carers/> (Accessed on 15 January 2018).

Picture 2: Samaritan's Purse (2018) *No Title*. Available at <https://www.samaritans-purse.org.uk/did-you-know/> (Accessed on 16 January 2018).

Picture 3: BBC (2013) *No Title*. Available at: <http://www.bbc.co.uk/news/education-22529237> (Accessed on 17 January 2018).

Picture 4: elt-resourceful (2017) *No Title*. Available at: <https://elt-resourceful.com/2017/02/25/some-lesson-plans-on-gender-equality/> (Accessed on 16 January 2018).

Picture 5: Gwent Association of Voluntary Organisations (2017) *No Title*. Available at: <https://www.gavowales.org.uk/wellbeing> (Accessed on 17 January 2018).

Picture 6: United States International Council on Disabilities (2016) *No Title*. Available at: http://www.usicd.org/index.cfm/news_disability-inclusion-at-habitat-III (Accessed on 17 January 2018).

Picture 7: The Famous People (2017) *No Title*. Available at: <https://www.thefamouspeople.com/profiles/images/abraham-maslow-3.jpg> (Accessed on 15 January 2018).

Picture 8: Rainbow Red (2011-18) *No Title*. Available at: <http://rainbowred.co.uk/services/decluttering.php> (Accessed on 15 January 2018).

Picture 9: Alcock, P., May, M. and Wright, S. (2012) *The Student's Companion To Social Policy*. 4th edn. Chichester: J. Wiley & Sons.

Picture 10: The Ipswich Hospital NHS Trust (2018) *No Title*. Available at: <http://www.ipswichhospital.nhs.uk/forpatientsandvisitors/are-you-a-family-carer.htm> (Accessed on 15 January 2018).

Picture 11: Gateshead Council (2018) *No Title*. Available at: <http://www.gateshead.gov.uk/Education%20and%20Learning/Special-educational-needs/Support/Where-can-I-get-help-and-support.aspx> (Accessed on 17 January 2018).