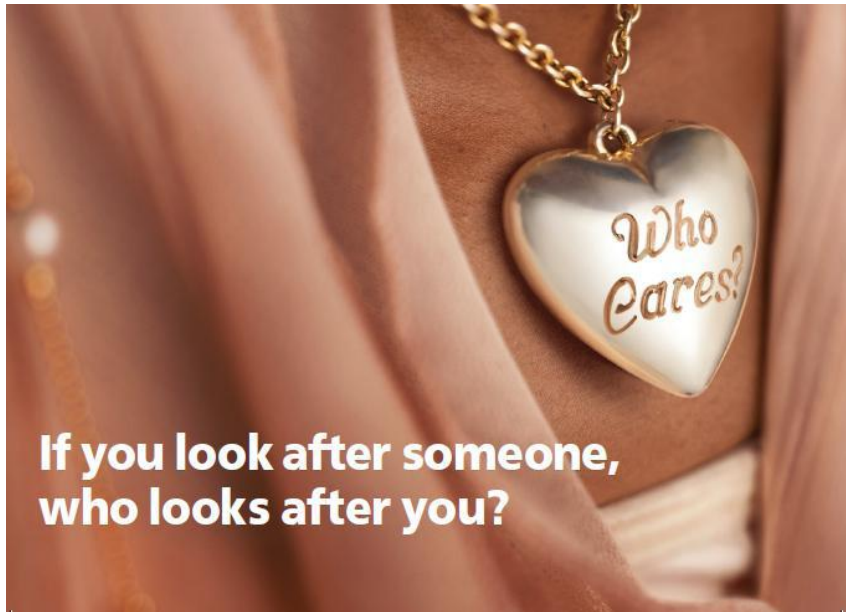


Carers Champions Reunion



15th February 2011

Dr David Rooke
Chairman, WyvernHealth.Com
GP, Taunton Road Medical Centre

Happy Birthday! we wish you many more

Why are Carers Important?



- ▶ Carers make up 10% of population
- ▶ 55,000 in Somerset!
- ▶ Need to help them stay healthy and well
- ▶ Mutual-carers work together to provide support for each other for many years
- ▶ key to carers well-being: ***Recognised, Valued, Supported***
 - being informed
 - having a break
 - accessing emotional support
 - maintaining their own health
 - having a voice.

Why are Carers Champions Important?



- ▶ Encourage carers to identify themselves in Health settings
- ▶ Carers expect to find information and signposting at their doctor's surgery
 - collect and display information leaflets about support for carers
- ▶ Carers will only be able to access the right support if they are adequately informed about the options that are open to them
 - Encourage referrals to appropriate bodies
- ▶ Raise awareness of carers issues within practice team

Spreading the carers message to your practice team



- ▶ People need help to identify themselves as a carer
- ▶ Recognition is the first step to receiving support
- ▶ Offer information – “If Only I’d Known That”
- ▶ to increase GP/HPCs awareness and understanding of carers’ needs for support
- ▶ Make Carers a regular slot on your team meeting agenda
- ▶ Carers issues **are as clinically important** to the practice as cancer, diabetes and heart disease
- ▶ Buddy with GP or nurse to present carers issues to practice clinical meeting

What are the benefits to the practice



- ▶ Carers are experts in the management of the “cared for”
- ▶ Recognition of carer as part of the team and involved in care planning discussions
- ▶ Carers Register will enable carers to be
 - treated as **special**
 - **Offered CSW services**
 - Targeted for flu vaccines etc