

Making Carers Count



Who cares?



- 3 in 5 people will be an unpaid carer at some point in their life
- 1 in 3 carers will have to give up work to meet the demands of caring
- Although this unpaid care saves the NHS billions of pounds a year, it comes at a cost to the unpaid family carer - physically, emotionally and financially
- Two thirds of carers tell us they do not get a good nights sleep
- Young carers have an average 9 points lower at GCSE
- Over 115,000 carers in Hertfordshire – (national research suggests COVID-19 doubled the no. of carers)
- Over 36,358 carers registered
- 72% report feeling more stressed due to caring, and 63% felt more anxious due to their caring role
- 24% had suffered from depression since starting the caring role

Support



- Preventing carer breakdown – especially nursing and care teams
- Carer planning - Helping motivate and encourage carers to take an overview of their situation and make a plan
- Passport
- Bereavement service
- Make a Difference for carers
- Urgent/ regular breaks
- Information
- PPE



Connect



- Keep in Touch calls
- Mentoring
- IT kit
- Local hubs – face to face outdoors have restarted
- Carer Development and Learning
- Condition specific Forums
- Interest groups

Influence



- Twice as many health conditions as main stream population
- 39% of carers tell us they have experienced carer breakdown with a further 16% saying they feel they will soon
- Understanding carer situations and making sure agencies understand
- Vaccination and testing information
- Health care liaison
- Involvement Forums
- Hertfordshire Carers Organisations Network
- Time for themselves

Lauren's story

Myself and my husband have been Carers for our 11-year-old son for the last 7 years. Jack is Autistic and has ADHD, and lockdown has had a massive effect on his mental health, as well as the rest of the family.

Jack's routine has changed beyond recognition, both myself and my husband have had to work extra hours as key workers ourselves, and we haven't been able to see family and friends who are our normal support network, so things have been tough.

We hadn't heard of Carers in Herts until quite recently, and I can honestly say we wouldn't be surviving lockdown without you. The support we have received has been completely overwhelming, we can't thank you enough. We have spoken to so many volunteers who have all reassured us that we are doing a good job, and the services we have been provided with is unbelievable.

We both now have fortnightly calls with mentors that have been assigned to us and they have just been amazing. I've had help to complete an application for an EHCP for Jack and also put me in touch with the Kids Hub who have lent us various things for Jack. We are receiving assistance to help Jack sleep, and Alfie our youngest has had a zoom call from the young Carers team and has been awarded a make a difference grant to get a bike to help him get some exercise and time away with one of us.

We have also received a grant, and everyone we speak to is just so friendly and supportive, and it gives us peace of mind that we know now we are registered with them there will always be someone at the end of the phone.

Thank you to everyone at Carers in Hertfordshire you don't realise what a difference you make.





www.carersinherts.org.uk

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