

# The One Gloucestershire Way



## Priority Summary:

# Support for Carers

## Our ambition

We want to better support the 66,000 people who care for a family member, neighbour or friend in Gloucestershire. We want to work together to ensure carers feel valued, respected and empowered.

Many carers struggle to cope with managing their caring responsibilities alongside work and/or other responsibilities. Evidence tells us that people who are carers can have poorer health than those who are not.

# What are we doing?

- We have invested in a new five year contract to ensure carers of all ages are supported across the county. This follows extensive engagement to hear from carers themselves about what support they would find helpful and where there was an unmet need.
- We are working together with all of our partners to ensure carers are identified as early as possible, quickly receive the support they need and are able to feel more connected in their communities.
- We are increasing our work with employers to support carers – not only those who are already in work but also those who would like to return to work and younger carers looking to enter the workforce for the first time.

## Case Study

When we were engaging with carers as we developed the new service, they told us that they wanted to feel valued, respected, and to be identified as a carer as early as possible. We are focusing on raising awareness of carers and the importance of involving them as 'experts' in the person they look after. Carers also told us that peer support from people with similar experiences was important to them.

The new service started on 1 April 2019 and early indications are that people are really happy with it.

### **David attended a wellbeing group session and told us:**

*"The group leader supported us to offload and gave really good suggestions for how we could think more positively. Everyone in the group had the opportunity to discuss their anxieties and share ideas. I really appreciated knowing that there were others out there in a similar situation to me."*



## What next?

- We are working with GP Practices to support the identification of carers as early as possible.
- We want more carers to register for the free Carers Emergency Scheme, so that plans are in place should they unexpectedly not be able to provide their normal level of care. This will provide peace of mind for the carer that their loved one will be looked after in an emergency.