

PPG

(Patient Participation Group)

Are You an Unpaid Carer?



If so... Read on!!

Would you like a cup of tea? Can I cook you a meal? That's 'caring' isn't it? But what happens when that cup of tea becomes so much more?

73% of people in the UK provide unpaid care but do not identify as a carer!

So, who is a Carer? The Carers Trust, a charity that supports carers across Coventry and Warwickshire, states that a carer is anyone who cares unpaid, for a friend or family member who cannot cope without support due to their illness, disability, a mental health problem or an addiction.

I care for our grown-up son who has complex needs and requires 24-hour care. Yes, it's extremely rewarding but also emotionally draining and physically exhausting at times. If you are caring for someone and feel you need support, there's lots of organisations that can help. Firstly, speak to your GP practice as they will have the latest up to date information on local support services. Also contact Caring Together Warwickshire, www.caringtogetherwarwickshire.org.uk.

There is lots of practical help and advice at www.warwickshire.gov.uk

Many carers find that their caring role prevents them from working full time. If this is the case for you, and you care for 35 + hours per week you may be entitled to the Carers Allowance. This benefit is worth £81.90 per week. To see if you qualify go to www.gov.uk/carers-allowance

Pause for thought ..... It is estimated there is 10.6 million unpaid carers in the UK saving the government £162bn a year!

So, if you are struggling, don't hesitate to get help, either practical, emotional or financial. Start by calling your GP surgery now and let them help you get the support you need.