

# Carers' Needs

## A 10 POINT PLAN FOR CARERS

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Including Order Form for  
A NEW DEAL  
FOR CARERS

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## A 10 POINT PLAN FOR CARERS

Carers are people who are looking after elderly, ill or disabled relatives or friends who cannot manage at home without help. They may be the parents of a child with a mental handicap, a husband whose wife has a physical disability or a daughter looking after her frail elderly mother.

Carers come from all racial, ethnic and religious backgrounds. Their circumstances vary enormously, with the severity of the condition of the person cared for, their economic circumstances and the overall help and support available. The majority of carers are women and many carry out the tasks of caring completely on their own.

Carers are deeply concerned about the needs of the people they care for; services need to be planned for and with them.

- CARERS NEED:**
- 1 Recognition of their contribution** and of their own needs as individuals in their own right
  - 2 Services tailored to their individual circumstances**, needs and views, through discussions at the time help is being planned
  - 3 Services which reflect an awareness of differing racial, cultural and religious backgrounds** and values, equally accessible to carers of every race and ethnic origin
  - 4 Opportunities for a break**, both for short spells (an afternoon) and for longer periods (a week or more), to relax and have time to themselves
  - 5 Practical help** to lighten the tasks of caring, including domestic help, home adaptations, incontinence services and help with transport
  - 6 Someone to talk to** about their own emotional needs, at the outset of caring, while they are caring and when the caring task is over
  - 7 Information** about available benefits and services as well as how to cope with the particular condition of the person cared for
  - 8 An income which covers the costs of caring** and which does not preclude carers taking employment or sharing care with other people
  - 9 Opportunities to explore alternatives to family care**, both for the immediate and long-term future
  - 10 Services designed through consultation** with carers, at all levels of policy planning.

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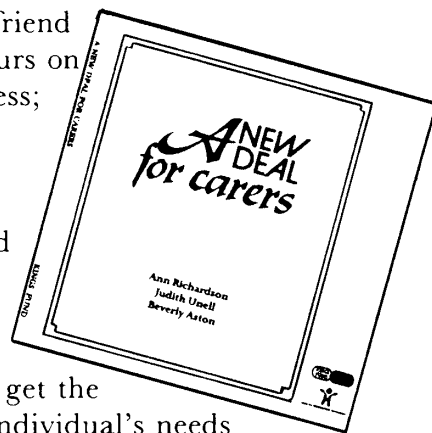


Six million carers in Britain look after a relative or friend who is elderly, ill or disabled. Many spend long hours on the practical work of caring. Some experience great stress; some are elderly themselves. Often they receive little or no help.

These carers are the backbone of community care in this country; without their contribution, the state would have to bear greatly increased costs in its health and social services.

Several new projects have been started, but in many areas there is still a long way to go before carers get the recognition they deserve or the help they need. Every individual's needs are different, but well planned and good quality services can offer support and 'share the care' of people who cannot manage alone at home. **Carers' Needs – a 10 Point Plan for Carers** provides a clear statement of what needs to be done so that carers – and the people they care for – can lead full and independent lives. It is endorsed by six major voluntary agencies working for carers, and maps out the key issues for all organisations who provide services. Copies of this leaflet can be ordered using the form below.

A companion book, **A New Deal for Carers**, describes practical ways to meet carers' needs, based on examples of good practice. For each of the ten points, there is a full explanation of the problems carers face, an account of practical steps which can be taken to support carers, and an outline of the policies the different agencies need to adopt. **A New Deal for Carers** is relevant to staff at all levels in health, social services and voluntary organisations. Each section encourages the review of existing practices and the formation of action plans. The book can be used by workers and carers involved in new schemes for carers, by managers of services, and by councillors, management committees and health authority members. Special rates are available for bulk orders.



## ORDER FORM

**Carers' Needs** Please send me  
@ £5.00 per 100 (multiples of 100)

**A New Deal for Carers** Please send me

**TOTAL** (cheque with order – p  
All prices include postage and p

Name \_\_\_\_\_

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