

# Carers

The Lighthouse Medical Practice is committed to identifying and supporting patients who have a caring role.



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## Young Carers

## About Carers

### Who are Carers?

**A carer is someone of any age who provides unpaid care and support to a family member, friend or neighbour who is ill, frail, disabled or has mental health problems or an addiction. It could be a few hours a week or round the clock, in your own home or at distance. Parents caring for a disabled child are also carers.**

Anyone can be a carer, the assumption is that carers only care for people who are elderly or disabled. There are many reasons why someone may have a carer. Below are some examples of conditions that may require a person to have a carer.

Cardiovascular disease	Learning Disabilities
Atrial Fibrillation	Cancer
Peripheral Arterial Disease	Palliative Care
Heart Failure	Alcohol or Substance Misuse
Stroke/TIA	COPD
Rheumatoid Arthritis	Congenital physical conditions e.g. cerebral palsy, spina bifida
Diabetes	Cystic fibrosis
Chronic Kidney Disease	HIV/AIDS
Osteoporosis	Motor Neurone Disease
Asthma	/ALS/muscular atrophy
Schizophrenia, psychosis and bipolar disorder	Multiple Sclerosis
Anxiety	Parkinson's disease
Depression	Physical disability due to accident/injury
Personality disorder	Sensory impairments
Dementia	Post-traumatic stress disorder
Epilepsy	

If you believe that you may be a carer, please let us know. More information on how to do this can be found [here](#).

### Who are young carers?

**A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.**

There are about 700,000 young carers in the UK. For more information on being a young carer, please click [here](#) to go to our Young Carers page.

## Why carers are important?

There are some 6.4 million unpaid carers in the UK who are looking after an ill, older or disabled family member, friend or partner. The number is only set to increase as society becomes increasingly dependent on the contribution of unpaid carers, who save the economy £132 billion per year (Carers UK). **That is the same amount as it costs to run the NHS each year!**

**In East Sussex 1 in 10 people care for someone.**

## Why we identify carers?

Carers play a large role within the Community, but caring can have a big impact on a person's physical and mental health, as well as the social and financial aspects of their life.

Our aim at the Lighthouse Medical Practice is to help and support our carers to the best of our ability to maintain their health and wellbeing, so that they are able to continue with their caring role as long as they wish to.

## Carers and the Lighthouse Medical Practice

### Meet your carers lead



Hi I'm Pauline your Carer's lead.

The Practice asked me a few years ago to become the Carers Lead and at the time I was unaware of what that meant. Overtime I have researched carers and increased my knowledge while working in my clinical role as Associate Practitioner. I was fortunate that while studying for my Foundation Degree I was able to incorporate unpaid carers into 2 of my modules. From this, the information I gained, I have been able to apply to my role in the Practice.

Since then I have undertaken carer awareness training provided by Care For The Carers along with Charlotte Cook our Administration Supervisor and we have been in frequent contact with Care For The Carers, discussing how the Lighthouse Medical Practice can become a carer friendly practice. We are lucky to have a great patient forum that provide a lot of support to me and are always willing to do what they can in making the Lighthouse Medical Practice a carer friendly practice.

It is important to me that carers know who I am, and that I am there to provide support and information when needed. Don't be surprised if I introduce myself and ask how you are managing in your caring role if you have registered as a carer at the practice.

## How to let us know you are a carer?

Please can you fill out the below carers registration form, and either drop it into the practice or email it to [lighthousepractice@nhs.net](mailto:lighthousepractice@nhs.net)

**LIGHTHOUSE MEDICAL PRACTICE CARERS REGISTARTION FORM**

## What we can do to help you as a carer?

Here at the Lighthouse Medical Practice we want to ensure that we are doing all we can to support our carers. We do this by;

- Having a nominated carers lead
- Ensuring that all GP's and staff understand our commitment and their responsibility to our carers
- Working in partnership with care for the carers and refer patients to them for further help and support, including carer assessments.
- Providing carers notice board
- Maintaining an active Carers Register
- Recording Carers details via our carers registration forms
- Offering flexibility in appointments for carers
- Providing carers with their annual flu vaccination
- Supporting national campaigns including carers weeks and carers rights day
- Encouraging carer representation on our Patient Participation Group
- Using our newsletter to share information and updates with carers
- Reviewing and monitoring our work with carers to ensure consistency and good practice.
- Gaining carer Friendly Accreditation from Care for the Carers

## Carers and the Lighthouse Medical Practice



The Lighthouse Medical Practice patient forum actively supports our work with carers, and has a named Carers Representative, Carol Voake.

## Information for carers

### Getting support as a carer

As well as the support offered by the surgery there are a number of organisations and charities that offer support and advice for carers. These included;

#### Care for the Carers

This is an independent charity that supports carers in East Sussex that was established in 1989. They can offer free practical and emotional advice – face to face, by phone or online. They can help you navigate the services available locally. They also run support groups and training sessions.

<https://www.cftc.org.uk/>

## Careers UK

A national charity that has been around since the 1960's that supports carers and campaigns for change and seeks recognition and support for carers.

There website is full of information and guides to help support you in your caring role.

<https://www.carersuk.org/>

## The Association of Carers

The Association of Carers provides free, volunteer-led support services to unpaid Carers in East Sussex.

They offer a Befriending with respite service, to allow carers an opportunity to have some time to themselves, usually three hours each week, on the same day and the same time.

<http://associationofcarers.org.uk/what-we-do/respice-and-befriending>

## Looking after your health whilst caring

Being a carer can be stressful and it is important that you the carer look after you own health and wellbeing as well as that of the person you care for.

**If you have any concerns about your health, you should make an appointment to see your GP at the surgery, or make an appointment to see Pauline.**

Carers UK has helpful information on looking after your health, from taking a break, to getting enough sleep, caring for your back, and looking after your mental health.

<https://www.carersuk.org/help-and-advice/health>

**A good way of looking after yourself is to ensure you have the flu vaccination every year.**

## Your rights as a carer

The Care Act 2014 provides carers with certain rights.

It can be useful to be aware of these rights and how they can support you in your caring role.

Below is a summary of your rights, further information can be found here: <https://www.cftc.org.uk/what-are-my-rights>

**You have a right to:**

- **A carers assessment**

The Care Act 2014 and The Children and Families Act 2014 states that all unpaid carer are entitled to an assessment of their caring role by the local authority.

Care for the Carers a charitable organisation that can carry out this assessment on behalf of the local authority, assisting and sign posting unpaid carers.

The Lighthouse Medical Practice can refer all unpaid carers to Care for the Carers who will in turn contact you and arrange this. They can answer any questions you may have.

- **Flexible working hours**

Carers have the right to request flexible working if you are an employee with 26 weeks continuous employment at the time you make an application. The law gives you the right to make one application a year for flexible working so it is important that you put forward the best case you can.

- **Time off in emergencies and Dependant leave for carers**

Also known as time off for dependants, the Employment Rights Act 1996 gives all employees the right to take a 'reasonable' amount of time off work to deal with an emergency involving a dependant. No matter how long you have worked for your employer, you have this right. As a carer you may be more likely to require time off in an emergency and will be entitled to reasonable time off.

The right to leave is unpaid and any pay made to you is at your employer's discretion.

- **Parental Leave**

If you have at least one year's continuous service with your employer and are responsible for a child aged under 18 you are entitled to 18 weeks (unpaid) leave per child to look after your child

To qualify for parental leave, you must be a parent (named on the birth certificate), adoptive parent, or have acquired legal parental responsibility for the child.

This leave can only be taken up until the child's 18<sup>th</sup> birthday

## Planning for emergencies

### Do you ever worry what would happen if you were suddenly taken ill?

Care for the Carers is able to offer unpaid carers a FREE CARERS CARD. The carers card can be carried in your purse and wallet and enables the carer to:

- Get savings, discounts and special offers at retail and leisure venues across East Sussex
  - **Including getting parking at the Hospital for just £1.60**
- Notify the emergency services that you are a carer
- Notify the emergency services that you have a backup care plan through the Carers Respite Emergency Support Scheme (CRESS)



### WHAT IS CRESS?

Registering for CRESS provides peace of mind that should you fall ill or have an accident, alternative short-term care will be provided for the person you care for. As part of CRESS you will have a carers assessment help draw up contingency plans for if you become unwell and need support. This will include identifying people who can be contacted in an emergency and who can step into your caring role while you are not able to. If there is no one, adult social care will provide up to 72hrs of care while longer term support is arranged.

For more information go online to [www.CFTC.org.uk](http://www.CFTC.org.uk)

**If you already have a CRESS or other plan in place please tell us and the details can be added to your records**

## Financial Support for Carers

There is a number of different ways you can get support with finances if you're a carer.

If you are having financial issues you can speak to;

- Carer for the Carers - <https://www.cftc.org.uk/>

- HARC Welfare Benefits Helpline- 0333 344 0681 or <http://www.harcuk.org/>

There are also some benefits that can be claimed from the government to help support you in your caring role. These include;

- Carers Allowance
- Attendance Allowance
- Carers Credit
- Universal Credit
- Tax Credits
- Housing and Heating costs

The person you care for can may also be eligible for;

- Personal independence payment
- Disability Living Allowance.

For information on what these benefits are and how you can apply, please visit:

<https://www.carersuk.org/help-and-advice/financial-support>

## Caring for someone coming out of hospital

Deciding to care or continue caring for someone who is coming out of hospital and who can no longer care for themselves in the same way as before can be very difficult.

Carers UK has produced a fact sheet that outlines your rights as a carer during the hospital discharge procedure, the steps that should be followed before the person you care for is discharged from hospital, and what to do if things go wrong.

<http://www.carersuk.org/files/helpandadvice/2582/factsheet-e1014--coming-out-of-hospital-england-updated-july-2016.pdf>

## Carers and the Armed Forces

Please see the below fact sheet produced by the Sussex Armed Forces Network, that has the details of a number of organisations that can help when specifically caring for someone who is a serving, ex-service, reservists, or a member of their family.

<http://www.sussexarmedforcesnetwork.nhs.uk/wp-content/uploads/2017/10/SAFN-Pathway-for-Carers-and-Families-3009-17.pdf>

## When caring ends or changes

It can be difficult when your caring role ends, whether the person no longer needs your support, they are no longer looked after by someone else, or they have passed on.

There is lots of support out there to help you when your caring role ends, both practical and emotional.

Please see the sites below for more information.

<https://carers.org/article/when-caring-ends>

<https://www.carersuk.org/help-and-advice/practical-support/when-caring-ends/life-after-caring>

## Young Carers

Young Carers are children under 18 years old who regularly look after someone, who would not be able to cope without their help.

In Eastbourne the youngest known carer is 7 years old, but it is not uncommon for children to be carers at even younger ages.

There are over 3,000 Young Carers in East Sussex and according to BBC research there could be another 11,000 hidden Young Carers! It is important that Young Carers know that they are not alone in their caring role.

There are a number of organisations that offer support to young carers

### Care for the Carers

<https://www.cftc.org.uk/>

### East Sussex Young Carers

<https://www.imago.community/Children-and-Young-People/East-Sussex-Young-Carers>

### Action for Children

<https://www.actionforchildren.org.uk/what-we-do/children-young-people/supporting-young-carers/>

### Carers UK

<https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/young-carers-and-carers-of-children-under-18>