

Coupar Conversations, Wednesday 10 June 2009, 7.30pm
Strathmore Bowling Club, Forfar Road

Talk by Mary Chapman on support for carers

Many people are 'carers' without actually realising it. People may find themselves spending more and more of their time looking after a partner, friend or relative. Eventually the additional responsibilities can take so much of our time and energy that we need support.

Support Groups

There are many useful organisations, such as the Dementia Action Group.

Financial help

Additionally there may be financial help, such as the Care and Repair scheme.

Carers of people in hospital

The NHS is keen to promote awareness of the rights of carers. For example carers have a right to be consulted on the type of support that will be provided to a partner when s/he is released from hospital. It is very important to do this while your partner is still in hospital, as the hospital's duty of care ends when a patient is released. You can ask for an Independent Advocate to help you with this.

Moving and handling

The Council provides training on how to move and handle someone you are caring for. Respite care can be provided during your training.

Emotional support

It is very important for carers to have emotional support – the Council's social work department provides this, including Life Coaching when the person being cared for has died.

Respite

A community support worker can take over for a few hours or a weekend, allowing carers to maintain a normal social life and keep in touch with friends and family.

Events

Twice a year the social work department has a 'Carer's Conference' – a relaxed and informal get-together, and great fun for all involved.

Healthy Community Collaboratives

The local representative is Jackie Doe, 01738 473146