



THE ADAM PRACTICE

Carers Newsletter

November 2023



Welcome to the Adam Practice Carers Newsletter. A Carer can be anybody, of any age, who provides unpaid care to a family member or friend, who could not manage without this support, due to illness, disability, frailty or mental ill health or substance misuse.

Are you helping someone with everyday household tasks like shopping, cleaning, cooking, washing or dressing?

Do you provide transport to medical appointments, emotional or mental health support?

By doing these things you are considered to be a carer and there is support available in Dorset specifically for you.

If you are an unpaid carer and you haven't already told us, please complete a Carers Form at reception. We will pass your details to the following agencies, but please do contact them directly if you have any questions.

If the cared for person lives in Bournemouth, Christchurch and Poole Council area, you can contact CRISP (Carers Resource Information and Support Programme)

01202 128787 carersupport@bcpcouncil.gov.uk www.crispweb.org

If the cared for person lives in Dorset Council area, you can contact Carer Support Dorset

0800 368 8349 admin@carersupportdorset.co.uk www.carersupportdorset.co.uk

If you are a carer who is under 18 years old, please contact Children's First Response Hub

01202 123334 childrensfirstresponse@bcpcouncil.gov.uk

If you live in Dorset and a carer under 18, please visit Carer Support Dorset to refer for a young carer assessment, get a carers card and advice on services

<https://www.carersupportdorset.co.uk/> or call 0800 368 8349.

We hope you find the information included in this newsletter useful. We have attached more information about most services and events highlighted.



If you are an **unpaid carer**,
you're entitled to certain rights.

You have the right to access services, help
with your health and wellbeing, and vital
information and support in looking after
your partner, family member or friend.

**New rights are coming in - and there are more we
are campaigning for to help the lives of unpaid carers.**

Find out more: **carersuk.org/CRD**



Carers UK is a charity registered in England and Wales (246329) and in Scotland (SC039307)
and a company limited by guarantee registered in England and Wales (864097).
Registered office: 20 Great Dover Street, London SE1 4LX.
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**carers
RIGHTS DAY**



 **carersUK**

carersuk.org/CRD

Your rights, right now

If you are juggling work with your caring responsibilities, **you have the right to request flexible working**. Carers UK has a range of information on what your rights are and how to make the request with your employer. [UK | Carers UK](#) for more information.

If you provide unpaid care, **you can ask your GP practice to identify you as a carer on your patient record** and might be called forward for priority vaccines or other public health campaigns. Carers UK has information on how to talk to your GP – and even provides a useful letter template to download and use.

It's essential to find ways to look after your health and wellbeing and one way is to **exercise your right to request a free flu jab**. If you are the main carer for an older or disabled person, who may be put at risk if you became ill, or if you are in receipt of Carer's Allowance, you should be offered a free flu jab. Speak to your GP or local pharmacist or [UK | Carers UK](#) Carers are also a priority group for accessing Covid booster jabs this winter.

If you look after an older or disabled person, the law - under the Equality Act 2010 – **protects you against direct discrimination or harassment because of your caring responsibilities**. (In Northern Ireland carers are protected under the Human Rights Act and Section 75 of the Northern Ireland Act.) Understanding your rights can be useful if you feel you have been treated unfairly because of your caring role – and you may also be protected under other laws including disability or sex discrimination legislation.

Many carers find it easier to continue in their caring role if they can get some assistance. If it appears that they have needs for support, they can **have a carer's assessment**. In Scotland, this is usually referred to as an adult carer support plan and in Wales it is often called a carer's needs assessment. If you're over 18 and provide regular unpaid care for someone, you're entitled to a carer's assessment - it doesn't matter how much or what sort of care you provide.

If you are a carer and **the person you care for is being discharged from hospital, the hospital must identify and consult with you**, where possible. Carers UK has [produced handy fact sheets for carers](#) in England, Northern Ireland, Scotland and Wales (including a Welsh language version) which explains your rights and what you can expect, helping relieve some of the stress that can occur when someone close to you has been in hospital.

Support for carers in our Dorset hospitals and the new hospital Carers Passport

Hospitals across Dorset recognise the vital role that carers play in the health and wellbeing of those they care for and that carers are often the experts in their cared-for person's care and want to support and work with carers to ensure a smooth patient and carer experience in hospital.

Dorset County Hospital, Dorset Healthcare NHS Foundation Trust and University Hospitals Dorset NHS Foundation Trust have come together, with the support of local carers and other carer professionals, to create an 'Our Dorset' Hospital Carer Passport. The aim is to help carers be recognised and supported with their stay in hospital.

The purpose of the Carer Passport is to clearly identify carers when their cared-for person is admitted into hospital and for staff to welcome, involve and support carers while also helping them to understand the needs of the cared-for person throughout their hospital stay.

Carers have a right, but not a duty, to continue to care while their cared-for person is in hospital.

The Carer Passport scheme includes*:

- Flexibility with visiting times
- Inclusion in care
- Inclusion to assist at mealtimes
- Involvement in discussing and planning for discharge

Access to information about patient care (with relevant consent)

**Each hospital's passport offer may differ.*

The benefit of a Hospital Carer Passport encourages hospital staff to have 'carer conversations' to ensure carers are involved and supported in their cared-for person's care from admission through to discharge. For this reason, Carer Passports are non-transferrable from hospital to hospital.

The poster below highlights the contacts for carers, please display wherever appropriate and add the information to your websites / social media:

CARERS IN HOSPITAL

Are you are caring or would you like to continue to care for your cared-for person if they were admitted to hospital?

Dorset hospitals want to Welcome, Involve and Support you

Find out more about the hospital Carer Passport by contacting us:




Dorset County Hospital
NHS Foundation Trust



Julia Woodhouse
Patient Experience Co-ordinator
pals@dchft.nhs.uk
Tel: 0800 783 8058


Dorset HealthCare
University
NHS Foundation Trust



Pat Wilkins
Carers Development Lead,
Participation Team
pat.wilkins@nhs.net


University Hospitals Dorset
NHS Foundation Trust



Karen Uphill
Carer Support Lead
carersupport@uhd.nhs.uk
Tel: 0300 019 8714

How a new autism programme is providing education for families **and** carers
NHS England and partners across England have launched a new autism peer education programme. It aims to build knowledge and understanding of autism and empower families and carers to advocate for autistic people they support to get the right understanding and adjustments in place across the services they use. The regional Autism Central hubs deliver one-to-one and group sessions complemented by high-quality online learning and information on local services. Each session is delivered by family members and carers of autistic people who have been trained to share their knowledge and experience with others, as peer educators. To find out more, visit the Autism Central website.

MyTime Young Carers

MYTIME Young Carers is a fantastic Dorset-based charity that's here for young carers under 18 and young adult carers aged 18-25! They are all about improving life for young carers, juggling school, home, and caring for loved ones.

Programmes they offer:

- Making Memories Programme: Young carers aged 4-18 can join in for in-person activities to make new friends and have some enjoyment.
- Zoom Youth Group: for carers aged 4-16, online virtual hangouts and activities.
- Employability Programme: for young carers aged 14-25 looking to kickstart their journey into further education, training, or work.
- Tempo: An online youth group for young adult carers aged 14-25, our online youth group is where young carers can offer peer support, chill, chat, and have fun with a like-minded community.

Please sign up with them MYTIME Programme Registration (office.com)

NHS Talking Therapies for anxiety and depression information for older adults

Steps2Wellbeing is the NHS Talking Therapies service for anxiety and depression, for adults registered with a GP in Dorset.

A video has been produced for older adults about how we can help with symptoms of anxiety and depression: Combined Video (vimeo.com)

Patients can refer themselves to Steps2Wellbeing online or over phone – Steps 2 Wellbeing

This is likely to be of huge benefit to carers, so please do share with them.