

# Carers action plan





A carer is someone who gives their time for free to support someone else because

- they have a long-term health condition
- a disability
- or because they are getting older



The carer could be someone like a family member, a friend or a neighbour



A carer may do lots of things to help such as

- cooking



- cleaning



- helping with personal care



- helping to manage money



- speaking with services about the people they care for



- and helping people get out and about



Carers have rights under the **Care Act** and other laws



Do you know any carers?



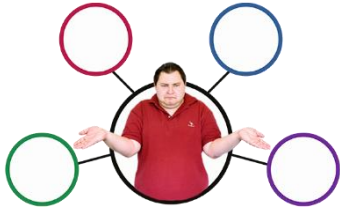
All carers are different and have their own identities, needs, hopes and dreams



The **Census** tells us there are **14,605** carers in Camden – the number of carers known to us, and other services is less than this number



The **Census** is a very big survey filled out by adults every **10** years - it counts all people and households in the UK



There are carers who are not getting the support they have a right to get



Carers save services lots of money – it is like having a second NHS



Being a carer can be hard



A lot of carers also have their own health problems and may need help themselves



When carers ask for help, the experience should be a good one



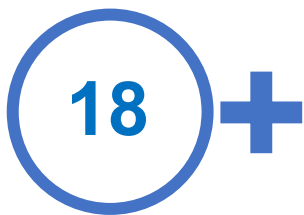
## Carers action plan



We want carers to feel valued and supported



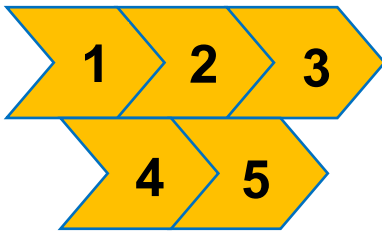
We are making an action plan with carers



The plan is for carers who are over **18** years old who help people aged **16** and over



The plan has things carers say we need to change - it has ideas for making a difference



The plan has **5** areas which show how services support and work with carers - these are called **principles**



1

We want more carers to realise they are carers



2

Any changes affect the carer and the person being cared for



3

Carers have their own identity - this should be thought about when working with a carer



4

Caring takes time and it takes energy



5

Services should work together





In the plan there are areas carers told us to look at – these are called **priorities**



The **priorities** are how we

- speak to and find carers



- give out information and advice



- support carers with their mental health



- make sure more carers know their legal rights and how they can get support



- make sure carers get more breaks



- make caring more accessible - for example better access to equipment and transport



- help carers to understand money and the legal support available



- help carers to find work and access to learning and training



- offer more support for carers who are aged between **16** and **30** - these are called **Young Adult Carers**



- and what will happen in an emergency or when someone is in hospital



Carers are telling us the things we can all do to make these areas better





We will agree the dates to do these things by with carers



These will change over time as work is done and more carers become involved with the plan



We want to speak with more carers about the action plan to hear their ideas



In the winter we will start to have meetings called the **carers partnership board** - this meeting is to keep the plan updated



The board will include carers and senior staff from services that work with carers



The board will also decide how to measure progress of the things they do



We are making a website for the action plan – click on the link below

[Carers action plan](#)

<https://carersactionplan.camden.gov.uk>



There are also paper copies of the action plan



You can find out about support for carers on the Camden Care Choices website – click on the link below

[Camden Care Choices](#)

<https://camdencarechoices.camden.gov.uk/support-and-advice-for-carers/>



[Information on the website is not in easy read](#)



If you have any questions about the Carers action plan you can email us at

[CamdenCareChoices@camden.gov.uk](mailto:CamdenCareChoices@camden.gov.uk)