

Family Carers Briefing

Isolation



Our Family Advisers have been working to find out the issues facing family carers of adults with a learning disability, autism or both.

From speaking and meeting with carers and feedback in the recent survey they have written short guides based on the key issues which came up which.

We hope you find this useful.



Half the people who took part in the survey said isolation was an issue for them. This was due to a number of things including:

- Caring responsibilities taking up a lot of time, putting pressure on relationships and making it difficult to keep up friendships.
- Families being left out or unable to access family events, activities and places in the wider community because of the needs of their relative.
- Their voices being ignored by professionals and feeling that it is their fault for the difficulties they have with their relative.
- Having to rely on public transport.



- Being stuck at home on their computer and telephones looking for information or waiting for responses.



The Care Act 2014 says

'Loneliness is an eligible need under the Act'
'Action on loneliness is required under the wellbeing principle, and the prevention duty.'
Carers assessments should be picking this up.
For more information go to:

<https://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/carers-assessment.aspx>



Positive practice:





In some areas Carers Centres are working with GP practices to develop a direct referral route for carers to access support from the Carers Centres. In Gateshead the aim is to have this in place with all GP practices and in Sunderland the Carers Improvement Scheme (CIS) has been developing this practice over the last few years.

'Looking After Me' – Wakefield Carers Centre are currently running a programme that gives carers an opportunity to think about their own needs and aspirations, and together with a small group of other support and encourage one another to achieve this.



Befriending is a way to reduce isolation and offer family carers companionship. There will be opportunities in your area like this one that is taking place in Gateshead:

www.ourgateshead.org/befriending-and-supported-signposting-service

  	<p>Resources: Carers Centres offer friendly and confidential services including help with benefits, health problems, housing, training, employment, taking a break from caring or concerns about the person they care for. Their support groups offer the chance to meet new people or old friends in similar circumstances. To find your local carers centre go to: https://carers.org/search/network-partners</p> <p>Parent Carer Forums offer support to parents, carers and families of children with disabilities up to 25yrs. To find your local forum go to: www.nnpcof.org.uk/who-we-are/find-your-local-forum</p> <p>The Family Hub at Mencap is a way to connect online with other parents and family carers of people with a learning disability. This has been used to share experiences and get support around many issues, including isolation. For more information go to: https://www.mencap.org.uk/familyhub/</p> <p>As a carer you may be able to use the free home delivery service from the library. The example here is about the service in North Yorkshire: www.northyorks.gov.uk/home-library-service</p>
	<p>Campaigns: Campaign to end Loneliness, is not directly aimed at family carers but at loneliness in older age. It has resources, information and ideas that could be helpful to everyone. www.campaigntoendloneliness.org</p>

	<p>Carers UK, heads up the Jo Cox Commission on loneliness from a carers view. There is information about their forum, personal stories, community action, research etc.</p>
--	--

<https://www.carersuk.org/news-and-campaigns/ending-isolation-among-carers>