

Peer support for carers

What is it?

A key challenge faced by carers is the impact of caring for their own emotional well-being and difficulty coping without any real break or emotional support.

Why?

- › Reduce sense of isolation
- › Share experiences and coping strategies

CASE STUDIES



Lincolnshire Carers and Young Carers Partnership

Frank's Model: Carer Friendly GP surgeries

Key aims: Enable GP practices to identify carers and give them the information and support they need to be in more control.

Delivery model: Pioneered by Frank, a Lincolnshire carer, and co-designed with a carers group, GP surgeries are required to achieve a number of criteria to be ranked exceptional: Class A = carer referred for carers assessment and carers champion appointed. Class B = carer information available in waiting room, number of carers registered is known.

Key outcomes: Carers are recognised as being part of the network of care of the cared-for. Recognition of their expertise enables carer to have more control of their situation and independence rather than promote dependence on health care professionals.



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‘emotional support for them and myself as carer’

‘someone to turn to with knowledge, empathy, understanding ie peer support maybe, accessible as and when their condition and symptoms fluctuate and circumstances change’

(PiC Survey: Midlands and East, 2014)

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