

Carer Champion Day

Tracy Cooper
Partnership Training Officer
VOCAL- Voice of Carers Across Lothian

Session aim

This session aims to highlight:

- the number of carers in Scotland and the UK
- EPIC framework
- the impact of caring including why carers need support
- the support that VOCAL offers to carers

Caring in Scotland and the UK: The bigger picture

Myquiz.org

Code: 581 150



Carers in the UK: The bigger picture



72,217



6.5 million



£10.3 billion



13 years



2 years



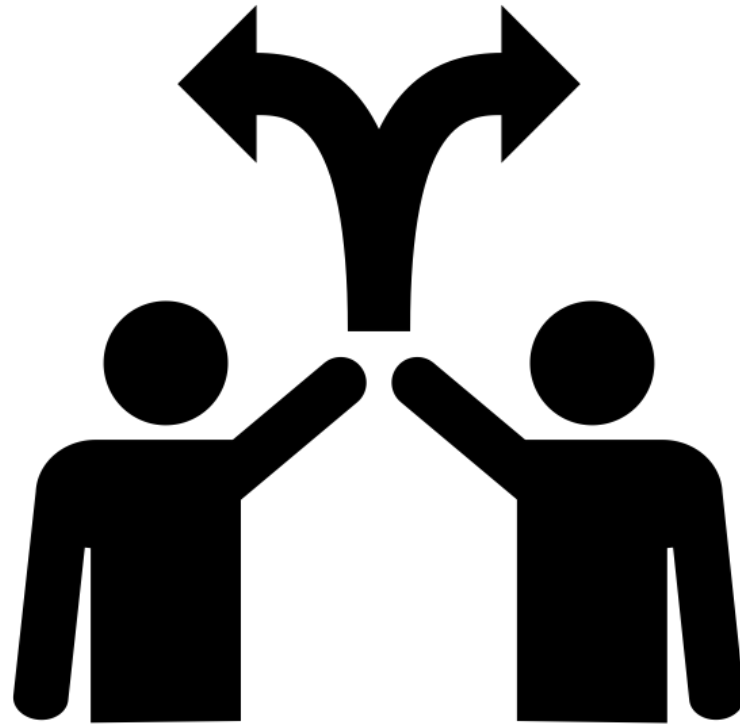
87%

Recognise: Carers as equal partners



Created by Adrien Coquet
from Noun Project

Recognise: Carers as equal partners



Created by Bold Yellow
from Noun Project

EPiC vs Think CARER



Think CARER





EPIC Principles

- Principle 2. Carers are supported and empowered to manage their caring role
- Principle 4. Carers are free from disadvantage or discrimination related to their caring role
- Principle 5. Carers are fully engaged in planning and shaping services

Caring and coronavirus

70%



of unpaid carers are providing more care due to the coronavirus outbreak

35%



Over a third of unpaid carers are providing more care as a result of local services reducing or closing

10hrs



Unpaid carers are on average providing 10 additional hours of care a week

55%



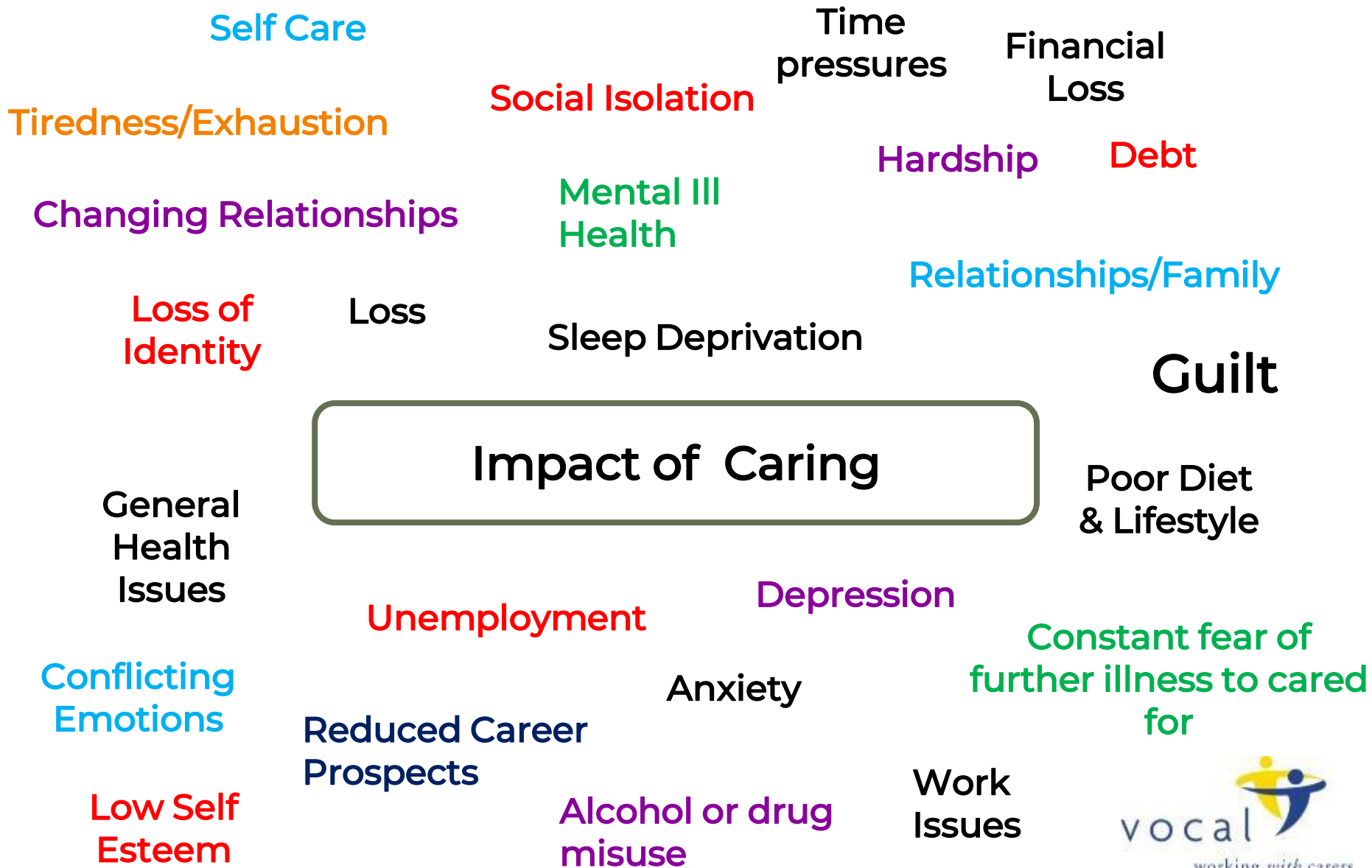
of unpaid carers feel overwhelmed and are worried that they are going to burnout in the coming weeks

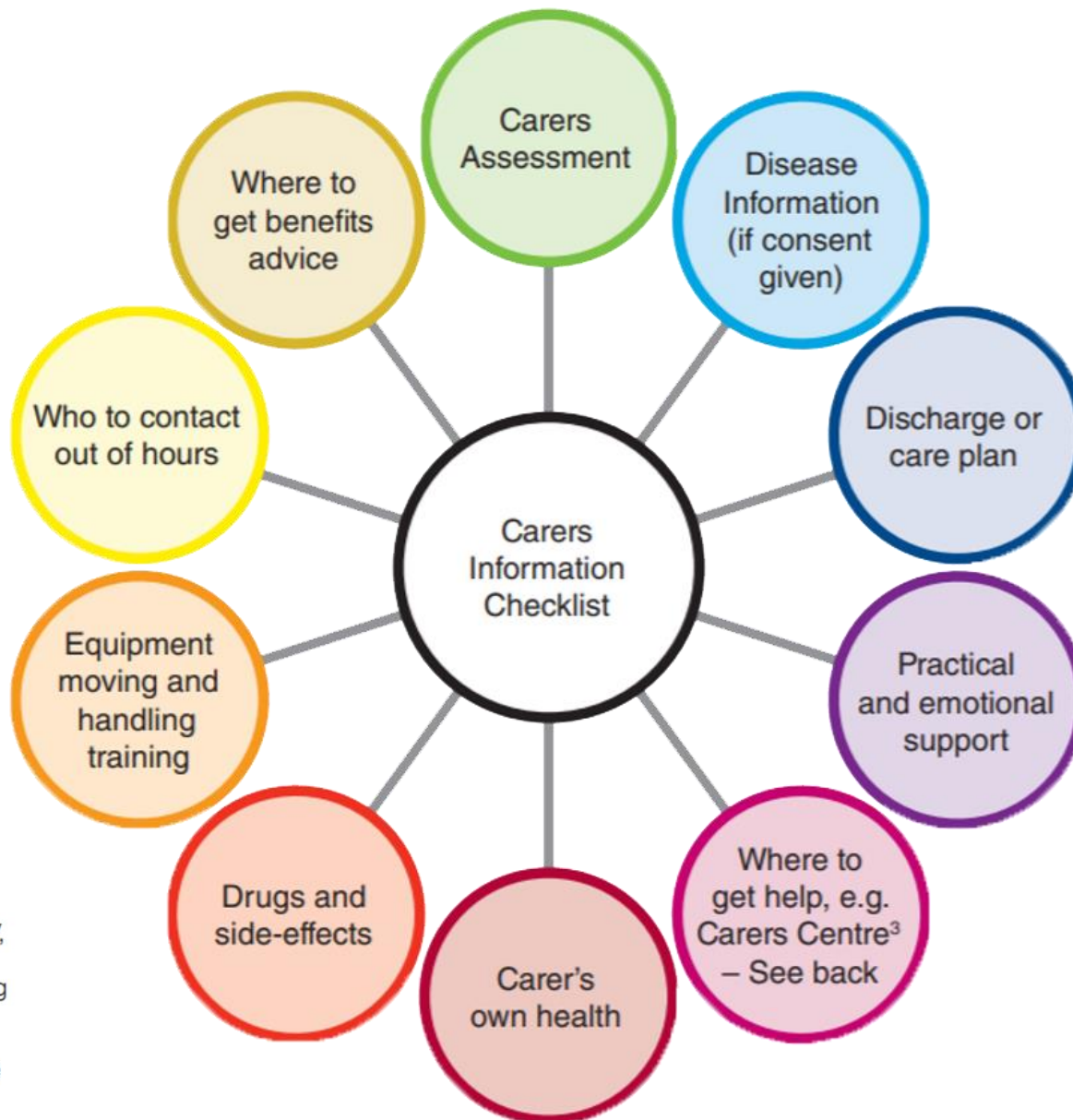
“Covid has made my well-being less important. I’ve been supporting my son, and with his loss of day services, I’ve had to prioritise his wellbeing.”

VOCAL focus group participant

Impact of Caring







Adapted from: Convey V, Ede J, Sealey T. (2008) How are the carers being cared for? A review of the literature. *European Journal of Palliative Care* 15(4):182-185

Carer Support @ VOCAL

- ✓ General carer support including SDS
- ✓ Family support: addictions
- ✓ Financial and legal surgeries
- ✓ Peer mentoring and befriending
- ✓ Counselling
- ✓ Respite and short breaks
- ✓ Learning events
- ✓ News, events and social media

Edinburgh



Midlothian



Carers of West Lothian



Carers of East Lothian



Think **CARER** Training

Think: **C**onsider
 Awareness
 Recognise
 Empower
 Refer



- Sessions available for teams or health and social care students
- Contact Tracy to discuss a bespoke session

Tracy Cooper
tcooper@vocal.org.uk



centre@vocal.org.uk
0131 622 6666



vocal.org.uk



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