

Carer Champion Day

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VOCAL- Voice of Carers Across Lothian

Session aim

This session aims to highlight:

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

Carers in the UK: The bigger picture



72,217



6.5 million



£10.3 billion



13 years



2 years



87%

Since Coronavirus...

- 392,000 new carers in Scotland
- Now estimated 1.1 million carers across Scotland
- Approximately 61 % women and 39% men
- 58% (over 227,000) of the new carers are juggling work and caring



<https://www.carersuk.org/scotland/news/covid-19-pandemic-392-000-become-unpaid-carers-in-scotland-in-a-matter-of-weeks>

EPiC vs Think CARER



Think CARER



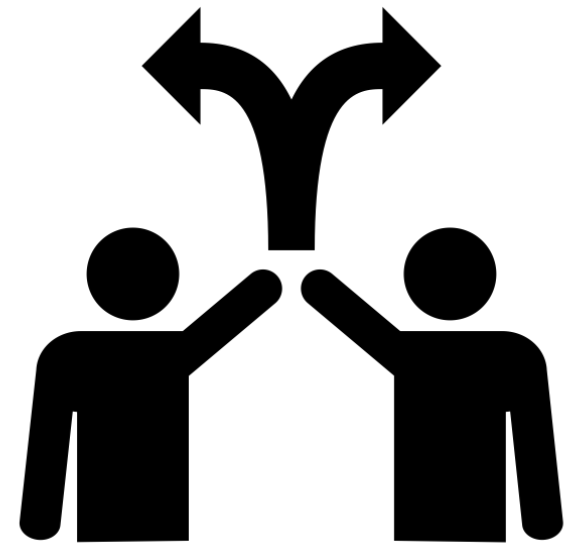
Recognise: Carers as equal partners

- Every conversation with a carer can make a difference
- Recognise carers and acknowledge their role and input
- Involve carers in planning and decisions related to the person they care for



Carers as equal and expert partners in care

- Better outcomes for carers and the people they care for
- Can help reduce stress and some of the impact of caring
- Supports carers to continue caring for as long as they wish



Impact of Caring



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

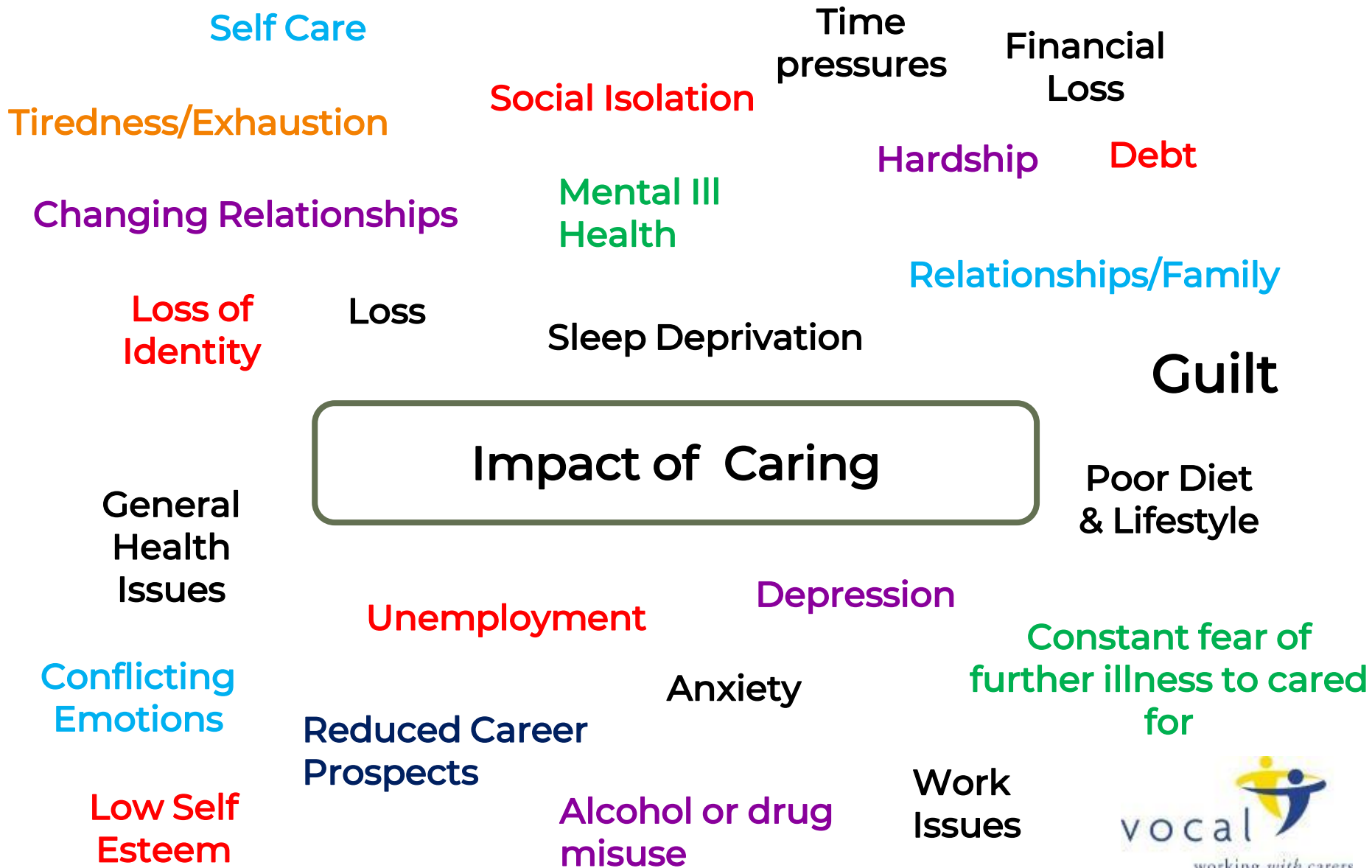
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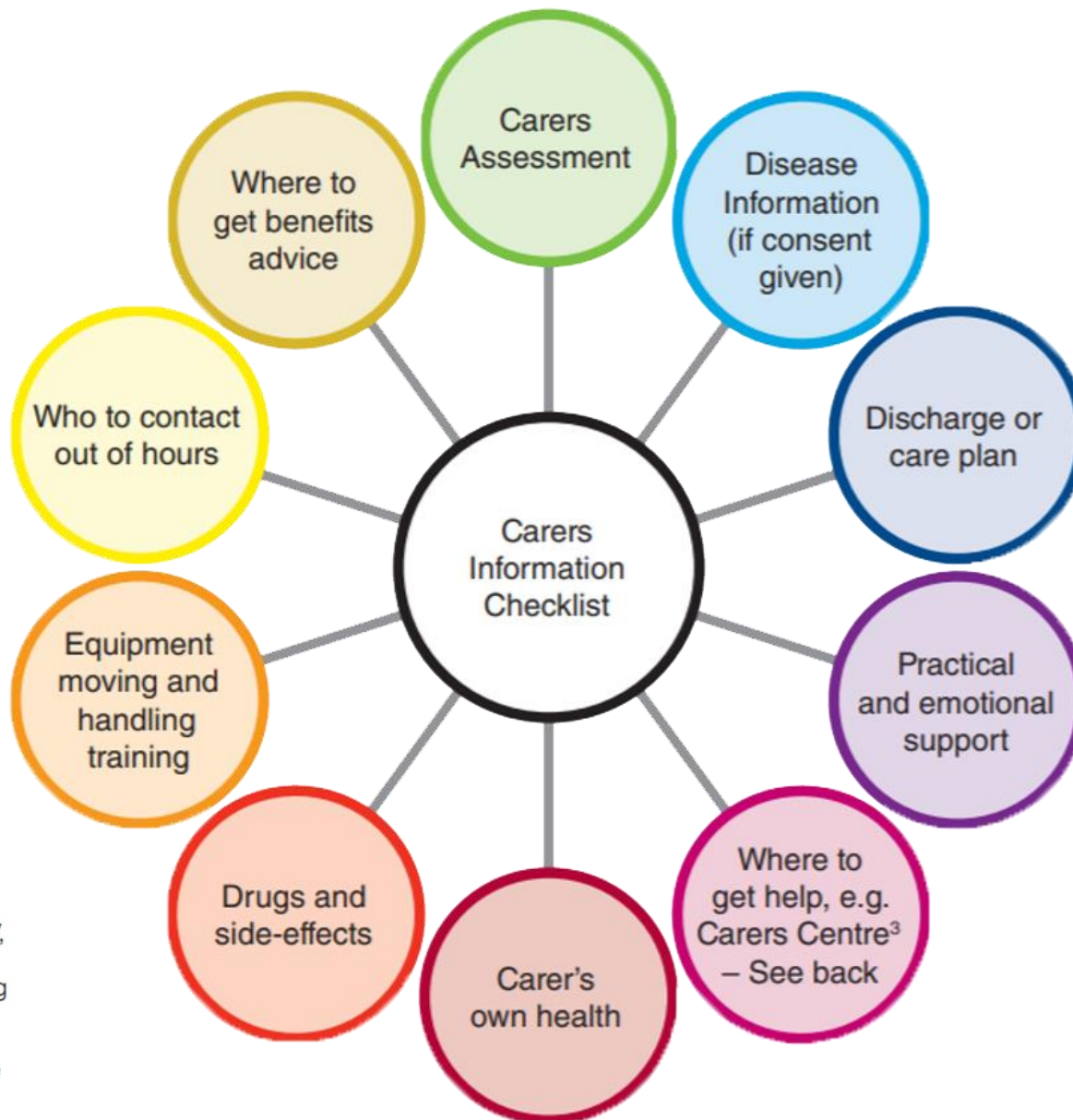


of unpaid carers feel overwhelmed and are worried that they are going to burnout in the coming weeks

“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





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 Counselling
- ✓ Respite and short breaks

www.weebreaks.com

- ✓ Learning events:
<https://www.carerstraining.co.uk/events/>
- ✓ News, events and social media

Edinburgh



Midlothian



Carers of West Lothian



Carers of East Lothian



Think **CARER** Training

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



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

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