

Carer Champion Session

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
- the impact of caring including why carers need support
- the support that VOCAL offers to carers



Carers in Scotland: The bigger picture



1.1 Million



72,217



87%



**2
years**



£13.4 billion

£36 billion



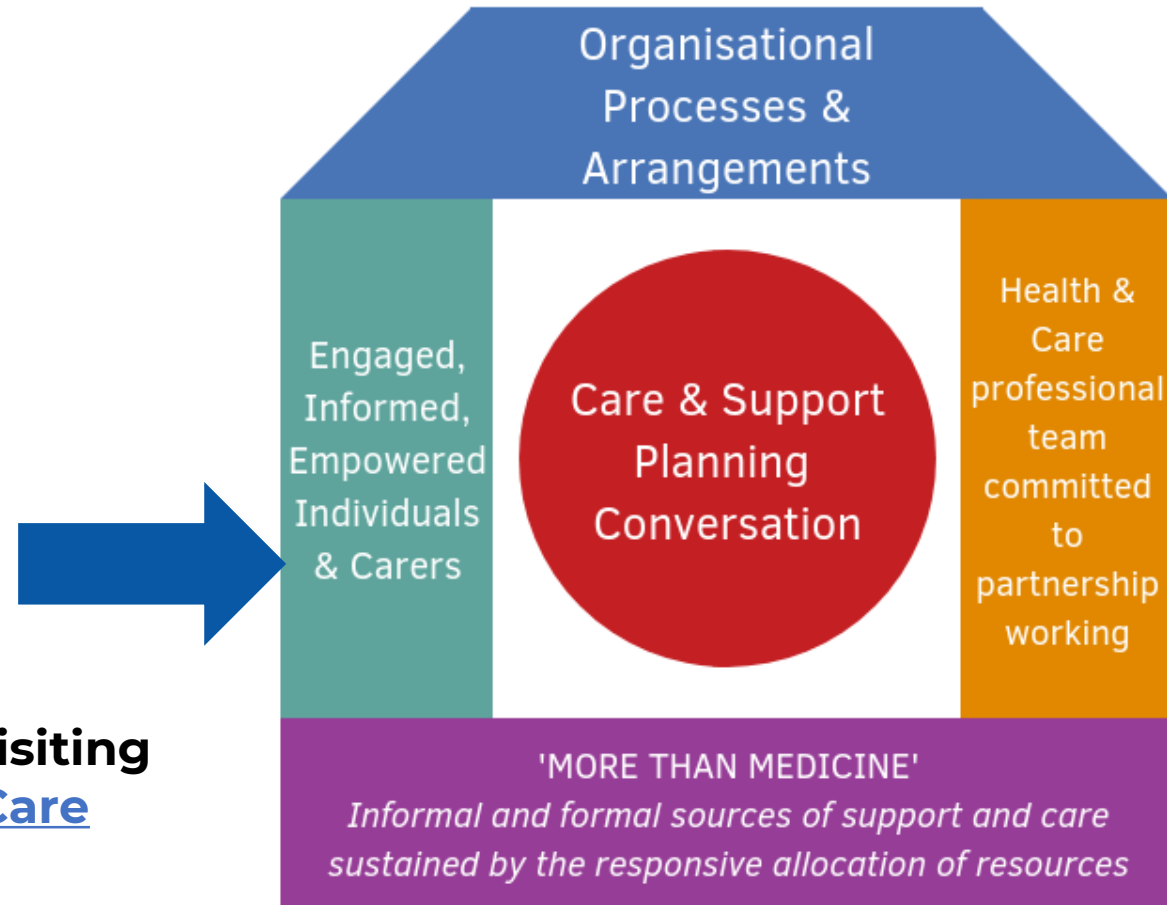
EPiC vs Think CARER



Think CARER



The House of Care Model



Find out more by visiting
[Health and Social Care Alliance Scotland](#)



Recognise: Carers as equal partners

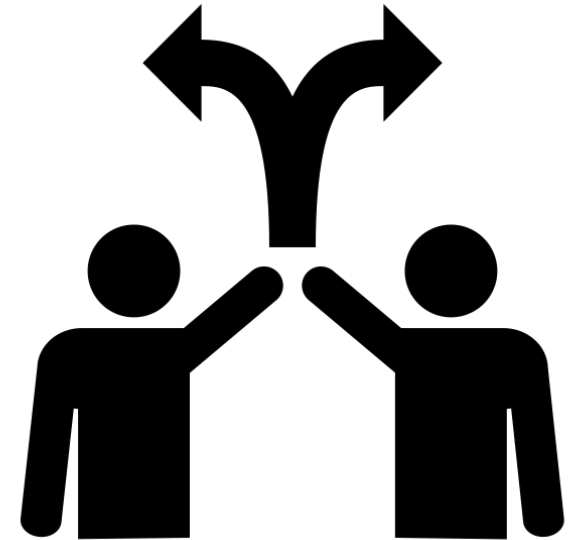


- Every conversation with a carer can make a difference
- Recognise carers and acknowledge their role and input
- Involve carers in planning and decisions related to the person they care for



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



Social Isolation

Tiredness/Exhaustion

Time pressures

Financial Loss

Self Care

Mental Ill Health

Hardship

Debt

Changing Relationships

Relationships/Family

Sleep Deprivation

Loss of Identity

Guilt

Impact of Caring

General Health Issues

Poor Diet & Lifestyle

Unemployment

Depression

Conflicting Emotions

Constant fear of further illness to cared for

Anxiety

Reduced Career Prospects

Work Issues

Low Self Esteem

Loss

Alcohol or drug misuse





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
- ✓ Family support: addictions
- ✓ Financial and legal surgeries
- ✓ Peer mentoring
- ✓ Counselling
- ✓ Learning and leisure events- Visit the [Carer Training Website](#)
- ✓ Wee Breaks – Visit the [Wee Breaks Website](#)



Edinburgh



Midlothian



Carers of West Lothian



Carers of East Lothian



Think **CARER** Training

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

Sessions available:

- 15 minute Taster session
- 1 hour full session
- 1.5 hours in depth session

Contact Tracy Cooper: tcooper@vocal.org.uk for more information



Tracy Cooper

tcooper@vocal.org.uk

centre@vocal.org.uk

0131 622 6666

vocal.org.uk



VOCAL - Voice of Carers Across Lothian
Scottish Charity: SC020755 | Company Registration: SC183050

