



Primary Care e-bulletin

November 2011

New Carers Resource for GPs launched

The patient arm of RCGP Scotland has produced a Carers Resource for GPs in partnership with the Princess Royal Trust for Carers and the Scottish Government. The resource was launched by the Minister for Public Health, Michael Matheson MSP, in Westgate Health Centre, Dundee on 12 October.

An estimated 1 in 8 people in Scotland are unpaid carers: this translates to around 14% of all patients registered in GP practices. The resource has the potential to make a tangible difference to the lives of many carers living in Scotland and to the GPs who serve them. It is designed to be held on your IT system with a dedicated supporting webpage with links to specialist services and documents that offer guidance on tackling the deeper issues such as confidentiality and capacity. See www.rcgp.org.uk/scotland-carersresource

The resource will:

- Help GPs identify carers and young carers within their community
- Positively encourage involvement between GPs, the carers within their community and the support services that are there to serve them
- Help GPs to recognise carers as 'Equal Partners in Care'
- Enable GPs to confidently signpost carers to specialist services
- Provide support through practical suggestions (flagging systems etc)
- Raise awareness of carers issues
- Provide definitions

If any practice would like to take the opportunity to review their protocols and Carers' Registers in line with the guidance provided by the resource, please contact June Whale at Dundee Carers Centre if you would like further information or advice on identifying and supporting carers.

contact:

June Whale, Support Worker, Dundee Carers Centre
Telephone House, Ward Road, Dundee DD1 1ND
01382 200 422
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Carers 'Time 4 U' Service

Dundee Carers Centre is piloting a new 'Time 4 U' service, which offers carers the chance to have a break from caring by providing short periods of care focused on the specific needs of the person they care for.

There is no assessment to qualify for the 'Time 4 U' service. However, the person being cared for must NOT be receiving any Social Work services, such as Home Care Services, the Community Meals Service, Community Alarm, Respite Services. Carers must also be caring for someone over the age of 65 years.

Dundee Carers Centre will provide 12 vouchers with each voucher equivalent to two hours of service. The vouchers will be valid for a period of 90 days and should be used by the date shown on the voucher.

Once received, the carer can then contact the care provider to arrange the first session. For each voucher, the carer pays the care provider £5.00. They can redeem vouchers individually or in blocks, for example they can have a longer break of up to 12 hours including the option of an overnight service.

Carers can contact the Dundee Carers Centre on **01382 200422** to obtain their 'Time 4 U' vouchers.

Carers Rights Day 2011

This year's Carers Rights Day will take place on Friday 2 December 2011. The theme for this year's Carers Rights Day is simple: **Money Matters** – because without support, carers can end up in debt, struggling to pay essential bills and sometimes sick with the stress of it. Carers Rights Day is about getting carers the information and advice they need to claim benefits, get a carers assessment and access support.

Families across the country are struggling with high household bills and worries about jobs. But families affected by illness and disability can struggle more than most – as they struggle with the additional costs of caring and often lost earnings as a result of illness and disability. This means that there has never been a more important time for carers to know their rights and access all the financial and practical support they are entitled to.

Contact June Whale on 200422 if you would like some information about Dundee Carers Centre to distribute or display in the surgery on Carers Rights Day. The Centre also provides Welfare Rights advice for carers and disabled people and welcome referrals to the service.

We hope you find this bulletin useful. If there is anything you would like to see included, please let us know.

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