

Chronic Long Term Health Problems



Blackburn with Darwen
carers service

The Carers Service assessment identified:

- Mr S approached the service as he was caring for his wife with chronic long term health problems and had a young family, and was struggling to cope
- He felt that he no longer had any time for himself or for his children, and this was impacting on the quality of life of all of his family
- Mr S felt emotionally he was not coping and recognised he had responded aggressively to a few situations in his life that he would normally have not have reacted strongly to and was anxious that this could impact negatively on his marriage and family unless he sought help for himself.

Co-ordinated support offered:

- With his consent and that of his wife who he cared for, I referred Mr and Mrs S to adult social care for an assessment of Mrs S's care needs, a Carers Assessment, and for Occupational Therapy support
- I also arranged for Mr S to attend a one day moving and handling course offered by the local council to enable him to adequately protect himself in his caring role
- I referred Mr S to Mental Health Team (single point of access) for support with his mental health problems, and advised him to see his G.P regarding the way he was feeling. I was also able to offer Mr S the time he needed to talk about the situation he found himself in and how this had impacted upon his life and life of his family which in itself was something he had not felt able to do before.

Outcomes for carer:

- Through Occupational therapy, equipment was supplied to Mrs S to enable her to manage better independently. A disabled facilities grant was also applied for which enabled Mrs S to be able to have support by lift to sleep upstairs which enabled the lounge to be available as a family space again for the children rather than a bedroom
- Direct payments were set up as a means of offering support to Mrs S through a personal assistant (PA). A family member who was seeking work was able to take up this role to support Mrs S therefore offering Mrs S the support she needed, from a person she trusted. This in turn offered Mr S the opportunity to have some time for himself, and to start to look for part time work which he felt would have a positive impact on him emotionally and the family financially
- Mr S accepted short term support from mental health services and later accepted counselling through the Carers Service to help him to cope better with his caring role and learn about how to manage his feelings. Mr S found the counselling to be of great value to him

- I encouraged Mr S to apply for a respite grant through the Carers Service which enabled him to attend a family event that he would have otherwise been unable to benefit from. He felt this allowed him to feel like 'himself' again, and regain some self-esteem and enjoyment. Having some time away from his caring role due to his wife's care package enabled Mr S to spend quality time with his children and he decided to support the club they were both involved with as a volunteer. This offered him benefits on a number of levels as a father, and as an individual who has skills to offer in the community.

What could the long term savings be because of this support:

- Savings in mental health services through emotional support and counselling offered
- Savings in housing services in accessing appropriate OT support, aids and adaptations
- Savings in social care budget in relieving pressure from carer which in turn led to maintaining their marriage and family and continuing in his caring role.

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