



Blackburn with Darwen

carers service

Physical Disabilities

The Carers Service assessment identified:

- Carer cares for her father who has vascular dementia and physical disabilities; supporting him with shopping, medical appointments and emotional support. Although her father lives in sheltered accommodation he contacts her several times a day for support and she has had to regularly take him to the hospital due to him falling several times recently
- She has no other family to support her
- Carer herself suffers from chronic back pain due to a serious accident a couple of years ago, which left her with a chronic spinal injury
- Carer is struggling with day to day tasks for herself and feeling physically and emotionally drained due to her caring role on top of this
- Carer said she feels that she had no life of her own outside of her caring role, and that as her whole life seems to be about caring for her dad, she is never able to put herself first
- Carer had to give up work in the engineering sector and felt that as a result she lost touch with many colleagues and friends and had become very isolated
- She wants to make new friends and be able to socialise more
- Carer feels that due to her chronic back condition, physical limitations and stressful caring role she will never be able to achieve her main goal, of which, is to have a life of her own and care for dad.

Co-ordinated support offered:

- After discussing with the carer she was advised that she can request a statutory assessment of her father's needs as well as a statutory carers assessment for herself, as this will assist in providing a holistic approach to supporting as a family and either prevent or delay the development of further needs.
- With regards to help with managing her own day to day tasks I gave her information on the DASH scheme and Care Network, of which includes information around Assisted Technology.
- Carer was provided with a Red Cross Application form
- Carer was supported to apply for a Carers Respite Grant and she wanted to use her budget to try and ease her physical symptoms by using her budget for regular massage sessions.
- With regards to making new friends and having a life outside of caring, several options were discussed: volunteering opportunities, support groups at the Carers Centre, Dementia café for carers run by The Alzheimer's Society and The carers Trust website which has an online message board that carers can sign up to and share their thoughts and feelings. Information was also provided on activities and services within the local community

Outcomes for carer:

- Carer has not requested a statutory assessment at this time although she now has the knowledge of how to do so if needed
- Carers respite grant was successful of which has enabled the carer to have time out for herself and has had physical, mental and emotional benefits
- Carer is now volunteering in her local community and has new friends
- Carer feels that she now has knowledge, support when needed, feels much less isolated and able to continue caring with confidence.

Carer said, "The massage sessions have completely helped my physical and emotional wellbeing. It has helped maintain my chronic back condition and now I have far fewer flare ups. And if my back does play up I know that the money paid by the Carers Service has enables me to book in for a massage. By maintaining my chronic back condition I have been able to carry on caring for my dad, complete my day to day tasks and I am volunteering in my local neighbourhood board and currently setting up activities for local residents. It has been very knowledgeable for me to discover this service and gain information/advice for me as a carer. I no longer feel as isolated about being a carer, knowing there are people who can help"

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

- The advice, information and support provided by the Carers Service enabled carer to continue in her caring role and not reach crisis point. If she did not have this support she would have soon reached a point where she would have 'burnt out' and no longer physically or emotionally able to continue to care, and of which, would then have had a huge impact on social care and the NHS.

www.bwdcarers.org.uk