



Blackburn with Darwen

carers service

Stroke

The Carers Service assessment identified:

- Carer referred herself into our service as she felt she was struggling with her caring role. Mum had recently had a stroke and her mobility was poor. The Carer supported her in all aspects of her life including preparing meals and shopping
- The Carer was also struggling with her own health; she was born with a heart defect and has struggled with poor Mental Health since she was a child. Even though she had received MH support in the past she felt that she had not got the treatment she really needed. She was aware that her own health was deteriorating to a point where she needed help
- Carer had been at college, however due the demands of her caring role it was proving too difficult so she had stopped attending.

The Carer desperately wants to go back to college but said she really feels that she needs more support from Mental Health Services if she was going to be a Carer and be able to achieve in her own life. One other concern was that the Carer said she felt she did not have the confidence to express how she felt with health services.

Co-ordinated support offered:

- To enable and ensure this situation moved forward quickly the Carer was encouraged to speak with the Advocacy service who could support her in the initial meeting. She contacted them herself, and as they were able to confirm that would support her a referral was therefore made to the M/H team
- The Carer was also encouraged to discuss her situation with the college and explain how it was impacting upon her life, with the intent that with this information they would be more understanding and able to support her further at this time
- To stop her feeling isolated we discussed the trips and activities available through the Carers Service and local area to ensure she was able to have regular breaks from her caring role. We also discussed the possibility of using a "Carers Respite Grant" to have a break enabling her to focus on her own health and well-being (social prescribing).

Outcomes for carer:

- An advocate did attend the initial meeting with the Mental Health Services, and with their support the Carer said this enabled her to really talk honestly about her worries and concerns, of which she felt they had really listened to her. A care plan was initiated to ensure the Carer gets the right Mental Health support that she needs
- She spoke to the tutor at college and they were very supportive. She has now therefore returned to college and re-joined the semester
- She used the CRG she was given to have a break with her friend, and has attended one of our trips, of which she said

was meeting with other carers in a similar position to her was really helpful, enjoyable and moreover made her feel much less socially isolated

- The Carer feels much more positive about the future and feels she has the confidence to be able to now represent herself where needed and to ensure she is going forward with her life. She said that she now knows how and where to get support if needed but feels really energised with the knowledge that she can have a life as well as caring for her mum.

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

- If she has not received the correct MH support the Carer may not have felt well enough to go back to college. This would have a major impact on her entire life. If she had left college she may never have returned to further education and this could have affected her future employment possibilities
- The Carer had visited many other services in the area but now feels she has the correct support and is able to live more independently. As she is no longer involved with numerous services this has a financial benefit to the borough
- If the Carer had not addressed her own health problems she would not have been able to continue caring for Mum and a care package would have been needed.

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