



GP & Hospital Development Team

Elion Grajcevci
Josie Griffin

Carers Conversation



- Gives carers a chance to talk. Talking can help



- We can also give money for things like a holiday and share information about other services

Health and Lifestyle help



- We do physical checks like weight and blood pressure



- We help you set a goal for your health, for example exercising more or feeling less anxious



Hospital Discharge Fund

- We give money to carers if they need to buy something that will help the person they support stay at home and not in hospital



- The money can be £100-£300 as every carer is different

In the past we have given money for things like:



Food

Beds

Break for the carer

Carer's rights

- We talk to hospitals, GPs and charities about carer's rights to support. We call this **Carer Awareness Training**
- Carers have a right to be involved in conversations about the person they help and to be supported in their caring role
- If carers spend 35 hours or more looking after someone, they should get some money
- Some carers don't get support. This could be because they:
 - Put the person they look after first
 - They have been treated badly by services in the past
 - Services don't understand cultural differences



Why it's important to help carers:



- Carers save the country a lot of money by caring for others
- Some people don't know about the help carers can get



- There are many carers:
 - More people become carers daily
 - Carers are more likely to have poor health
 - They sometimes don't feel helped by their doctors





How you can help

- Tell them about us
- Ask people you meet if they look after someone
- Show posters with information for carers
- Work with others



Question

- **What do you think?**

How to contact us



- Email us: referrals@camdencarers.org.uk or camdencarers@nhs.net



- You can tell your social worker



- You can contact us by our website: <http://camdencs.org.uk>