

'ARE YOU LOOKING AFTER SOMEONE?'

If so, you might be a carer.

Carers provide emotional, physical or practical support – often all three – for someone who would not be able to manage without them because of physical or mental ill-health, disability or problems related to old age.

On a day to day basis an unpaid carer might do things like:

- ➔ **manage medicines**
- ➔ **provide personal and intimate care, such as washing and toileting**
- ➔ **manage challenging behaviours and complex needs**
- ➔ **cook meals**
- ➔ **provide emotional support**

for the person they care for.

If you are also over the age of 50, looking after your own health and wellbeing is a priority.

Many older carers give support all day, every day. Sometimes they can become physically unwell themselves, feel stressed and overwhelmed or neglect seeking treatment for their own health needs. It is important to remember that your own health matters too, and that you can always contact your GP with any concerns relating to your own personal health and wellbeing.





Knowing you are a carer will help your GP and primary care team to support you.

You are the expert in your own health and in the health and care of the person you care for.

Understanding what you do for the person you care for can help healthcare professionals to make accurate diagnoses and to make the right decisions about treatment plans both for you and the person you care for.

Surgeries can often be flexible or have dedicated protocols to make keeping on top of your health and wellbeing as a carer easier. These may include offering consecutive appointments for carers and the person you care for, making you aware of your rights as a carer or signposting you to local support.

Carers have rights

Under the Social Services and Wellbeing (Wales) Act, carers like you have rights to

- ➔ Receive information, advice and assistance from their local authority about support services like practical help at home, support groups or counselling to help deal with stress.
- ➔ Have help looking after their wellbeing, including the right to arrange respite care to have a break.
- ➔ Have their views taken into consideration when they are deciding how best to meet the needs of the person they care for.
- ➔ Have an assessment by the local authority if their needs cannot be met by information and advice.

There are local organisations and services to support you

Carers Trust Wales, www.carers.org or wales@carers.org

Age Cymru, www.ageuk.org.uk/cymru, advice@agecymru.org.uk or 0300 303 44 98