

RECOGNISING AND SUPPORTING OLDER CARERS DURING CARERS WEEK 7 - 13 June 2021

An unpaid carer is someone who looks after, or gives any help or support to family members, friends, neighbours or others because of long-term physical or mental ill-health or disability, or problems related to growing older.

We know that a disproportionate number of older carers go without the support they need because they do not identify themselves as a carer.

Wales has the highest proportion of older carers in the UK and the highest proportion of carers providing over 50 hours of care a week.

Research shows that caring can have a more detrimental effect on your health, wellbeing and finances if you are an older person.

- Around 65% of older carers (those aged 60 to 94) have a long-term health problem or disability themselves.
- 68% of carers say that being a carer has had an adverse effect on their mental health.
- A third of carers report that they have cancelled treatment or an operation for themselves because of their caring responsibilities.

All carers have certain basic rights that can help them to manage their caring role and to look after their health.

Duties on local authorities are clearly set out in the Social Services and Well-being (Wales Act) 2014. To help people understand their rights under this legislation, Welsh Government published a leaflet in November 2019: [Understanding your rights as a carer.](#)

Although legislation and guidance to enable the UK and Welsh Governments to manage the Coronavirus pandemic have allowed local authorities to reduce the support available for unpaid carers, no local authorities in Wales have yet done so.



This Carers Week we're asking for your help make sure older carers get the support they need. You can do this by:

- Using the attached electronic poster to encourage older carers to self-identify within your practice.
- Making sure you routinely ask older patients if they have caring responsibilities, particularly if they are reluctant to accept referrals or treatments.
- Ensure you let all unpaid carers know that they can access support from their local authority, including respite care and support to attend medical appointments.
- Get in touch with your Local Health Board and local carers services to see if there is a scheme in your area to support GP Surgeries

Age Cymru and Carers Trust Wales are working in partnership to develop personcentred service models to identify, and better meet the needs of older carers and carers of people living with dementia, funded by the Welsh Government Sustainable Social Services Third Sector Grant.

LET'S MAKE CARING MORE VISIBLE AND VALUED