



The Princess Royal Trust
for Carers

The Carer's Journey

Florence Burke
The Princess Royal Trust
for Carers



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Who are carers?

- 1 in 8 of you are likely to be carers.
- 6 million carers in the UK.
- 1.2 million care for over 50 hours a week.
- By 2018 the number of people caring will have increased to 13 million.
- 100,000 young carers in Scotland.



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Impact of caring?

- More than 80% say caring has damaged their health.
- More than half have had to give up work.
- On average carers retire 8 years early.
- 3 out of 4 are worse off as a result of caring.
- 28% of young carers have problems at secondary school.
- Save the public purse £7.68 billion a year.



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What does The Trust do?

- Mission is to **make a positive difference to the lives of carers.**
- In Scotland The PRTC currently helps almost **50,000 carers, including 3,500 young carers.**
- Partnership - provide information, support and advice to carers through a **Network of 29 Carers' Centres and 49 Young Carers' Services.**
- Contact with more carers through our **interactive websites** for carers and young carers.
- **Influence** policy and practice.



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A carer's journey ...

- Information
- Needs identified
- Support available
- Keeping contact



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Moffat Project – crisis prevention

- Fund joint work between PRTC Carers' Centres' staff and health professionals.
- Improve protocols and practice in early identification and support to carers.
- £1 million secured over 2 years for work with 9 local Carers' Centres.
- 4 NHS Board areas – Lothian, Borders, Ayrshire & Arran and Greater Glasgow & Clyde.
- Evaluation and learning.



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In practice ...

- Identifies new carers.
- Supports carers through the hospital discharge process.
- Promotes awareness of carers amongst staff.
- Provides support through the Carers' Centres.
- Promotion and access to a Carers' Assessment.



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Benefits to health & social care

- Supports good practice in the planning of discharge by encouraging the recognition of carers and their role in caring.
- Increases knowledge of and access to specialist support services where they can refer carers.
- Reduces the likelihood of readmission, longer stays and new admissions.
- Crisis prevention and the benefit to carers' & families.



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Benefits to carers and patients

- Raises awareness of their role as a carer and provides information on the support available to them and how to access it.
- Carers are able to make choices about their involvement in future care arrangements.
- Carers can consider their own needs – health, information, emotional, practical.
- Provides an ongoing link throughout the caring journey to help them cope with changes.



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Christeen's Story

To view the video, please click the link below:

<http://www.digitalstorylibrary.scot.nhs.uk/blackandwhite.html>

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fburke@carers.org

0141 221 5066