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Rhiannon, Laura and Bev are currently engaging with all surgeries in Bridgend County Borough to help identify the hidden carers.



Rhiannon Bowden
07444217674
Email:
Rhiannon.bowden
@bridgendcarers.co.uk

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They offer Carers' information sessions giving one to one advice at GP surgeries to ensure that Carers are identified on patient recording systems.



Laura Austin
07444668234
Email:
Laura.austin
@bridgendcarers.co.uk

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They offer training to GPs to help them become more carer aware, encouraging them to ask patients if they care for someone when they first register or during the course of an initial consultation.



Bev Jones
07493344772
Email:
Beverley.jones
@bridgendcarers.co.uk



**Carers
Link Worker
Service**



This leaflet is also available in Welsh on request

Bridgend Carers Centre
87 Park Street, Bridgend CF31 4AZ

01656 658479

enquiries@bridgendcarers.co.uk

**Identifying
Hidden Carers
in GP Surgeries**

Rhiannon, Laura and Bev are established within the integrated health and social work teams developing excellent working relationships with health and social care partners.

Carers Link Workers aim to ...

- **Identify** and support more carers at an early stage
- **Improve** carer recognition
- **Build** on links already established with GP surgeries
- **Provide** a seamless integration of health, social services and community service pathways
- **Improve** support for carers including signposting to preventative services, emergency planning and avoidance of family crisis
- **Help** prevent escalation of needs
- **Improve** carers own recognition of their role and access necessary support

Current information about Carers ...

- 96%** of Carers Provide care which enables vulnerable, sick and disabled people to continue living at home
- 72%** of Carers Say they suffer mental health problems
- 61%** of Carers Say their physical health has suffered
- 40%** of Carers Of unpaid Carers have not had a single day away from caring in over 5 years
- 38%** of Carers Are able to remain in paid work
- 55%** of Carers Of carers took more than a year to recognise their own caring role
- 47%** of Carers Provide care for 90+ hours per week
- 37%** of Carers Of carers described their financial situation as 'Struggling to make ends meet'
- 20%** of Carers Say they receive or buy no support

Welsh Government has identified ...

Three national priorities to improve support for carers by:

Identifying and recognising carers

Providing information, advice and assistance

Supporting a life alongside caring