

Who Cares

It's that time of year again, when people ask if you have made any resolutions for the new year. Up until today I hadn't made any, but then I read an article by someone who due to disability uses and relies on a Blue Badge. A Blue Badge can be a real help to people with mobility problems, it enables them to park in more accessible spaces. The person who wrote the article does not look disabled; she has good days and bad days and is able to drive herself with a wheelchair in the car as back up. As a consequence of this she suffers verbal abuse from complete strangers who believe she is misusing the Blue Badge system. Perhaps these people are being a little too quick to judge? According to the Cambridge Academic Dictionary, the meaning of the word judgemental is 'tending to form opinions too quickly'. I think most of us are guilty of this to some degree.

A lot of disabilities are hidden, or not immediately obvious, but they are no less challenging for this. There are many different reasons why a person would need a Blue Badge.

What does an unpaid carer look like? It could be any one of us really; just as no two carers are alike, no two cared for people will have identical needs and responses to the same illness or disability. We all experience and respond to challenges in our own unique way.

At Carers Outreach Service we understand the challenges that carers and the people they look after face. We strive to respond to carers' queries with empathy and understanding. We also keep abreast of the latest developments in policy and services so that we can provide up to date information to carers. For example, the qualifying criteria for a Blue Badge has been extended in 2019 to include those with hidden disabilities. However, the qualifying conditions must be met.

If you are an unpaid carer and would like information and support, contact us on 01492 533714 or help@carersoutreach.org.uk.

I'm going to try to be less judgemental in 2019.