

Who Cares

When you are an unpaid carer it can sometimes feel like you are on duty 24 hours a day, 7 days a week. Caring can be extremely physically and mentally taxing; all carers need a break sometimes, whether it's for an hour, a day, or longer.

At Carers Outreach Service we firmly believe that all carers should be supported to look after their own wellbeing in order to minimise any adverse effects. Therefore, in recent years, we have been working to secure easily accessible respite for carers.

Respite can be services such as replacement care for the cared for person, either in a dedicated facility or in their own home, or perhaps a sitting service. It is often offered as part of a package of care but may also be provided on an informal basis. It can bring peace of mind, allowing carers to relax and worry less. It gives carers a chance to rest and quite often gives them the opportunity to catch up with everyday tasks, social activities and even employment. However, we believe that we need to be more creative when we consider how to arrange breaks from a caring role. Time out from caring should be flexible and tailored and unique to the individual. Over the last 2 years unpaid carers in Gwynedd have had the following varied respite activities funded, including: Extensions to existing arranged respite; afternoon tea; overnight trips; visits to hairdresser; additional support when needed. In fact we tell the carers, if they consider it a break, we will consider funding it.

We are pleased to announce that we now have some good news for carers living in Conwy County who look after someone who has dementia. For a limited time only we have a pot of money to fund respite for these carers.

If you are caring for someone who has dementia and you live in Conwy contact us for more information on 01248 370797 or 01492 533714 or email help@carersoutreach.org.uk. If you are not sure what type of break would benefit you, we will be happy to discuss it further.