

IMPROVING SUPPORT TO INFORMAL CARERS IN THE EXTENDED PRIMARY CARE TEAM

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Background:

ELFT recognises through its Trust wide Carers Strategy (31/1/13) that :

“carers play a very valuable role in supporting someone throughout an illness and on their journey to recovery. They provide a range of emotional and practical forms of support which can help others to live more fulfilling and independent lives. Caring for someone can also present many challenges including their physical, mental health and overall wellbeing, finances and the ability to work.

Carers who are well supported by professionals in terms of high quality advice, information and guidance can be instrumental in enhancing health interventions and treatment provided to the patient.”

Carers Week Partnership Report (2012) surveyed over 2100 family carers of patients with Cancer, MS and Parkinson's and found that:

- 75% were not prepared for caring role
- 81% were not prepared for emotional impact
- 61% suffered depression
- 81% not aware of support available.

Main Recommendations from report were to:

- Increase Access to good quality practical and emotional support
- Ensure professionals share information and decision making processes with carers and patient.

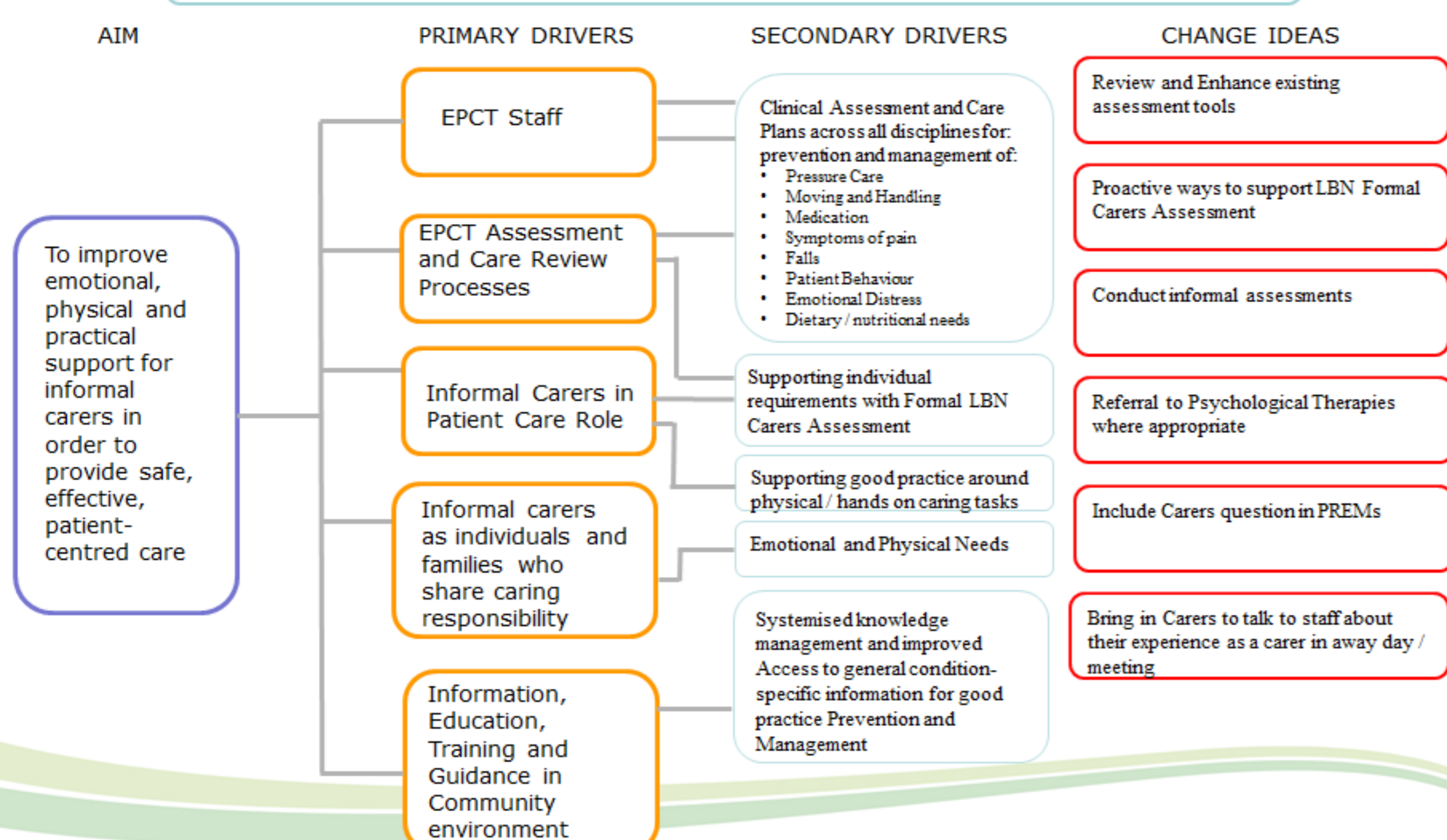
Project Aim

To improve emotional, physical and practical support for informal carers in order to provide safe, effective, patient-centred care

Next Steps:

- Trial Carers Assessment Tool with Cazaubon Ward to gather feedback and develop final version of tool
- Work with EPCT staff to develop pilot work and design PDSA cycles

Carers assessment in EPCT – Driver Diagram



Extended Primary Care Team
INFORMAL CARERS NEEDS CHECKLIST

The aim of this checklist is to help us identify in partnership with you, any areas of support you require in your role and needs as a Carer.

YOUR NEEDS AS A CARER	Yes/No	What would help you?	Action and by who?
Emotional Support – would you benefit from			
Help to deal with or talk about the emotional aspects of caring?			
The opportunity to discuss the future of the illness with regard to your relative/loved one?			
Managing Care – would you benefit from			
Information with regard to your relative/loved ones illness and its effects?			
Information or guidance on how to manage and give medication?			
Support in managing symptoms of pain?			
Support in dealing with your relative/loved ones behaviour, and/or emotional distress?			
Support with your relative/loved ones dietary and nutritional needs?			
Advice with any communication issues with your relative/loved one?			
Guidance on how to move, handle and position your relative/loved one?			
Information on managing pressure care?			
Help and guidance on how to manage falls?			
Your Health – would you benefit from			
Support with any worries and concerns about your own physical health?			
Carers Support – would you benefit from			
Information about sources of support for carers including the Local Authority Carers Assessment, and/or the voluntary sector?			
Any other support			
Are there any other areas of support you would benefit from not listed?			



Lesson Learned:

Collaboration with the Pressure Ulcer Project has helped to highlight to managers and staff the crucial role informal carers play in prevention of pressure sores, and carrying out other health related care tasks.