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



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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.



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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.



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**Carers
Link Worker
Service**



Bwrdd Iechyd Prifysgol
Abertawe Bro Morgannwg
University Health Board

This leaflet is also available in Welsh on request

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**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** 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** Took more than a year to recognise their own caring role
- 47% of Carers** Provide care for 90+ hours per week
- 37% 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