

The PASS Team and Inverclyde Carers Centre

Introduction to Carers.

Who is a carer?

- A carer is someone, irrespective of age, whose life is in some way restricted by their need to look after a relative, friend or neighbour who requires care or support because of age, illness, physical or learning disabilities, addiction or mental health issues.
- The care they provide is unpaid.

Carers in Inverclyde

- 2001 Census
- 8,167 people reported they were providing unpaid care. They were carers.
- It is estimated that this will rise to an estimated 10,000 people by the 2011 census.
- Carers may not identify themselves as being a carer as they care for a close family member. The term hidden carers is generally used to refer to these carers.

The difficulties and issues Carers experience.

- Financial difficulties
- Isolation
- Lack of support
- Lack of respite or short breaks
- Access to services and information
- Health and wellbeing difficulties through there caring role
- Stress and anxiety

The GP register and why it is important to carers.

- To help carers with their own health and wellbeing
- To provide flexibility for carers
- To provide carers with health and medical support.
- If a carer can look after their own health then they should be able to fulfil their caring role which should mean less hospital admissions, problems with the cared for.

Services available to Carers

- The PASS Team
- Inverclyde Carers Centre
- Inverclyde Council – Social Work
- Community Care Assessment
- Carer Assessment
- Money Matters
- Information Workers and Welfare Rights

Inverclyde Carers Centre

- The services we provide:
- Information, advice and signposting to other services.
- Counselling
- Outreach
- Advocacy
- Stress Management
- Relaxation Chair
- Tai Chi
- Training for Carers
- Support groups
- Internet access
- Tea and Coffee