

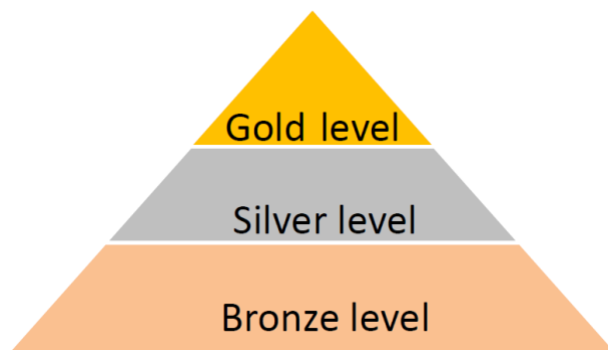


How can you get involved in helping to identify and support unpaid carers?

Investors in Carers is a quality assurance scheme that aims to raise awareness of unpaid carers of all ages across West Wales.

It supports adherence to key pieces of legislation, such as the Social Services and Wellbeing Act (Wales) 2014, and addresses guidance given to regional partnership boards. It is also an integral part of the West Wales Carers Strategy 2020-25.

Designed to be used across a wide range of settings (from GP surgeries and social care teams to libraries and third sector organisations), the scheme has themed standards, an assessment process and settings are awarded a certificate.



The scheme requires the completion of an evidence folder demonstrating that the setting has an

- **Awareness** of unpaid carers (bronze level)
- **Active** commitment towards unpaid carers (silver level)
- **Advanced** understanding of unpaid carers and the issues they face (gold level)

The scheme is broken down into six key themes (Carer Lead, Staff training, Identification of unpaid carers, Information for unpaid carers, Support for unpaid carers (including staff who are unpaid carers) and Evaluation).

All settings receive ongoing support to help them in achieving the level they wish to work towards. This includes:

- Comprehensive unpaid carer awareness raising sessions
- Regular training opportunities (which form part of your Continuous Professional Development)
- Regular meetings with *Investors in Carers* Officers (to set mini-targets to keep you on track)
- Access to a wide range of information relating to unpaid carers

A range of guides and templates are also available (so you don't need to start from scratch), and Carer Leads and settings are actively encouraged to work together (to share ideas/opportunities etc).

Participation is free, you can take things at your own pace (no deadlines are set) and once achieved your certificate is valid for three years.

Settings who have achieved their accreditation said:

"By attaining the bronze award, our team have been supported to increase awareness of carer related issues and we are now proudly able to identify, support and signpost carers of all ages. We are excited to continue this development as we recognise the importance of carers in supporting the people we care for."

"Achieving the liC award means that we are able to positively and actively review our carer support service regularly and ensure that we are providing the best possible service for our carers in the Carmarthenshire area."

Not everyone with caring responsibilities recognises themselves as being an unpaid carer. However, with 44% of unpaid carers currently reporting that they are at breaking point, the sooner they can be identified and supported, the better. **You can make a difference!**

*"I no longer feel on this journey alone"
– a carer*

"Having someone to talk to has really helped" – a carer

"The support provided has improved my mental and emotional wellbeing at a very uncertain and busy time" – a carer

If this is something you would like to be involved in then please talk to you manager and colleagues. For further information, or to take part in the scheme, please contact Pennie.Muir@wales.nhs.uk