

Charities' work for Older Carers continues



Are you looking after someone? If you are, you're not alone. Around 3 in 5 of us will be carers at some point in our lives. There are, however, many in our communities providing care but do not see themselves as an unpaid carer and are not aware of their rights. They may not know what support is available or may struggle to access help.

For over three years Age Cymru and Carers Trust Wales have worked in partnership, funded by a Welsh Government Sustainable Social Services Third Sector Grant, to support the early identification of older carers, helping them receive the information and

advice they need. The partnership also ensures their voices are heard, so that older carers can influence policy and the design and delivery of services they need.

Carers Trust Wales have undertaken a number of initiatives to support the objectives of this project. A Community of Practice group has been established with professionals across the Dementia sector, to understand the Dementia Standards Pathway as it relates to carers of people living with Dementia. Work is also being undertaken to better understand social prescribing in Wales, as it relates to older carers. The organisation continues to participate in academic discussion and policymaking, acting as part of the working group for developing a Wales framework for social prescribing.

Age Cymru has been meeting with older carers from across the whole of Wales, at regional engagement events, community hubs, marketplaces, the National Eisteddfod and beyond, as well as conducting national surveys and dozens of individual 1-2-1 interviews with older carers. Further, a number of useful handbooks and reports have been developed, which can be downloaded from the website or sent by post.

The project has been granted funding for an additional two years, and the team are extremely keen to meet with older carers, the carers of people living with dementia and the professionals who can identify and support them.

For more information on the project, including a range of useful reports and resources for carers, please see agecymru.org.uk/carers and www.carers.org/wales, or contact us on 029 2043 1555, and ask to speak to the Carers Project Team.

Ends

Notes to editors

1. Age Cymru is the national charity for older people in Wales
2. We are the force combining Age Concern Cymru and Help the Aged in Wales
3. We work with local Age Cymru Partners across Wales to improve life for older people
4. Age Cymru is a registered charity 1128436
5. Company limited by guarantee and registered by in England and Wales 6837284
6. Age Cymru is funded by donations from the public, corporate partners, our trading enterprises, and the Welsh Government.