



Who are Carers?

- 151,000 adults in Kent are Carers which means they look after a family member, partner, friend or neighbour who due to physical or mental illness, disability, age related difficulties or an addiction cannot cope without their support.
- Carers are all ages, come from all backgrounds and unlike care workers are not paid.
- Many Carers combine caring with paid work.
- Carers provide a valuable and often invisible role in society.
- Being a Carer can be a positive experience, but it can also be challenging and exhausting, which can impact on a Carer's physical and mental health.

What Carers do



Over 6.5 million
people in the
UK are Carers.
(State of Caring 2017, Carers UK)



1 in 9 adults in Kent
are Carers.
(Census 2011)



3 in 5 people in Kent
will become a Carer at some
point in their lives.
(State of Caring 2017, Carers UK)



Carers say friends and family don't understand or value what they do as a Carer.
(State of Caring 2017, Carers UK)



Carers haven't had a day off from caring for more than five years.
(State of Caring 2017, Carers UK)



Carers have suffered depression due to their caring role.
(State of Caring 2017, Carers UK)

The support provided by Carers in Kent saves the public purse over **£3 billion** every year
(Value of Caring 2015, Carers UK)



I went on training and got support from people I met. After doing this all alone, it made a major difference.



If you are a Carer

Whether you describe yourself as a Carer or not, looking after someone can be tough at times, but there is information and support available.

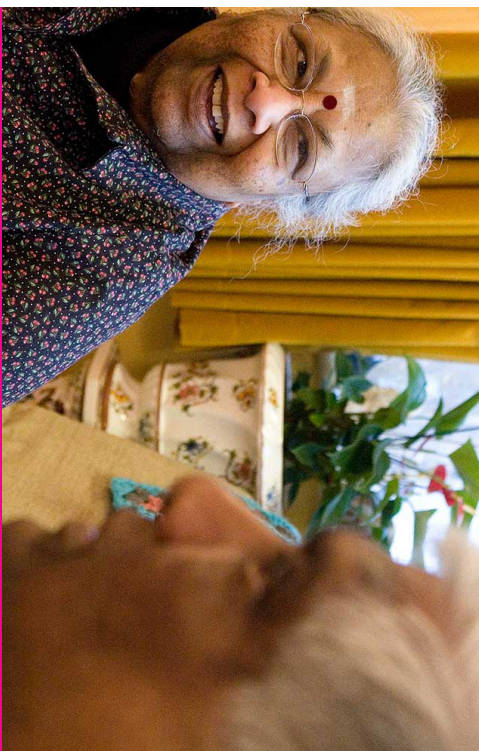
- Contact one of the Carer organisations in Kent to access a Carer's Assessment, get information about your rights and entitlements, talk to experts who understand about being a Carer, join a support group to meet other Carers, participate in training or organise a break from caring.

- Look after your own health and well-being. Tell your GP you are a Carer and how caring is impacting on your physical and mental health.

- If you also work, you may be able to reduce the stress of juggling being a Carer with work demands by speaking to your employer. There may be some simple changes that could be made to make things easier.

- Talk to family and friends about your caring role, your concerns and worries if you can.

Becoming a Carer to a previously independent young adult is very emotional and distressing.



What you can do to support Carers

It is likely that you have friends, family members or work colleagues who are Carers. They may not describe themselves as Carers, it's just what they do for someone as a relative, partner or friend.

- Be aware of how being a Carer might affect the rest of their lives.
- Be a listening ear and offer practical help and support when you can.
- Recognise how valuable and important being a Carer is.
- Encourage Carers to look after their own health and well-being.
- Suggest Carers tell their GP and workplace about their caring role.
- Signpost Carers to free information, advice, practical and emotional support that is available to Carers in Kent.



Support for Carers in Kent

There is a range of services in Kent that provide support for Carers. To find out what's available in your area:

www.kentcarersmatters.co.uk



Kent Carers Matter



#kentcarersmatter

Kent Carers Matter is a campaign to:

- raise the profile of Carers in Kent
- increase access to Carer services
- support health and social care professionals to identify and refer Carers to services earlier
- provide more opportunities for Carers to engage with and have their say about local and national issues that affect them.

Kent Carers Matter has been developed by



Carers FIRST
Choice for Carers

Supporting Carers in Kent, Dover, Maidstone & Thanet

CROSS ROADS



involve

CARERS
CANTERBURY, DOVER & THANET

Support to CARE
Kent

Thanks to Carers Trust for images p1, p2, p5

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Kent Carers Matter
WORKING TOGETHER AS A VOICE FOR CARERS



www.kentcarersmatter.co.uk

*Being a Carer takes up all my time.
I've only had three full weeks'
break in 4 years*