



# Carers Action Plan

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# What is a carer



- A carer gives their time for free to support someone else because they have a long-term health condition, a disability or because they are getting older
- The carer could be someone like a family member, a friend or a neighbour



- A carer may do lots of things to help such as
  - cooking
  - cleaning
  - help with personal care
  - and helping to manage money

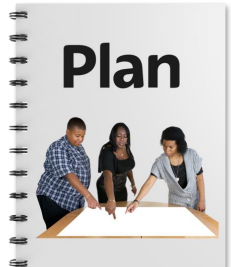


- Do you know any carers?



# Carers Action Plan

- We want carers to feel valued and supported



- We are making an action plan with carers



- The plan is for carers who are over **18** years old



- The plan has things carers say we need to change - it has ideas for making a difference

# Areas the carers told us to look at



- How we speak to and find carers



- How we give out information and advice



- Make sure more carers know their legal rights and how they can get support



- What happens in an emergency, or when someone is in hospital





- How to make sure carers get more breaks



- More support for carers who are young adults



- Support with their mental health



- Help to understand money and legal support



- Help to find work and access to learning and training

# What will happen next



- We want to speak with more carers about the action plan to hear their ideas



- We are speaking to other Camden organisations about this, including the Mental Health Trust and GPs



- We are working on the final action plan



- The final action plan will be launched in **July 2024** at a Council meeting



- We are making a website for the action plan and we will also have paper copies



- We will be doing lots of Camden messages to speak more about this



- In the winter we will start to have meetings called the **carers partnership board** - this meeting will be to keep the plan updated



- We want to hear from carers about the action plan and the partnership board

# Questions



- Is there anything you want to say about carers?



- Do you have any ideas for the action plan that we should include?