

“ Working Together to Improve Your Health”

A new Project for Carers

A new project funded by the Department of Health and managed by Tower Hamlets Council, Tower Hamlets Carers’ Centre and NHS Tower Hamlets has been set up to improve the health and well being of carers. The project aims to improve the overall health of carers by providing regular health and wellbeing checks and support to access services.

The health checks will be carried out by a team of dedicated nurses, based at the Carers Centre ,who will carry out a confidential check of your health and general wellbeing by looking at such questions as do you get a break from caring or do you sleep at night, are you able to spend time doing things you enjoy.



“Your Health...Our Priority”

Overall we need to ensure that carers feel supported within their roles and feel more enabled to make knowledgeable decision about their own wellbeing and that of the person to whom they are giving care.

“Helping carers is one of the best ways of helping people they are caring for”.
(DOH, January 1999).

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Health and Wellbeing Checks for Carers

Information for Professionals



Who is a carer?

A carer is someone who looks after and supports a friend, relative or neighbor who could not manage without their help. This could be due to age, physical or mental illness or disability.

It does not mean a professional care-worker or personal assistant who gets paid for their work.

Three in five people in the UK will become carers at some point in their lives. (Direct Gov, 2009).

The benefits are:

- Prevent deterioration in carers physical and mental health overall and support their well-being.
- Provide carers with direct support, signposting and help to prevent them from reaching crisis point.

Aims of the health assessment

- Carer lead service, whereby the carer remains at the core of the assessment, outlining a holistic approach to identification of carer's needs and plan of agreed action.
- Re direct focus on all aspects of living that would not only scope physical illness, but rather also show the impact of financial, spiritual, sexual, emotional, psychological status on personal wellbeing.
- Improve knowledge of how to access multi disciplinary services through signposting to appropriate support services.
- Opportunities to promote better multi agency networking that can support the carer's needs. (This will include voluntary sector, religious groups, acute services and primary care teams etc).
- Referral system that would increase prompt access to health care professionals and their services.
- Inform carers on how to improve their knowledge and learn new skills to take on their role with more confidence.
- Take baseline checks of blood pressure, height, weight, urine, BMI and body fat composition; life style checks including smoking, drinking and exercise; anxiety and depression checks, anger management difficulties, poor sleep patterns, stress, financial, environmental and social problems, existence of coping strategies and time management.
- The team of nurses will support carers who face challenges and difficulties within their daily roles. The project will go to them at places that fit in with their schedule or provide paid respite so they are able use the service.