

Juggling paid work and unpaid care.

Carers UK recently carried out research looking at the challenges of managing paid employment and a caring role. For those in full or part-time employment it can be a balancing act. The recent research showed that 70,000 people in Northern Ireland quit work to care unpaid for a loved one who is older, disabled or seriously ill.

Almost 125,000 people in NI are juggling work and care and Carers NI are calling on government, employers and other key planners, decision makers and service-providers to work together to create an environment whereby those who wish to continue to work and care are able to do so.

http://www.carersuk.org/images/News_and_campaigns/Juggling_work_and_unpaid_care_report_final_0119_WEB.pdf

Previous research shows those aged 45-64 are most likely to have a caring responsibility, providing a strong driver for employers to support and retain some of their most skilled and experienced employees.

Both Carers NI and the Western Trust Carers Support Team can provide carer awareness training for local employers in the Western Trust area. If you work for or you're a manager in a company who are interested in supporting staff who have a caring role, please contact the team to arrange a meeting. We are happy to attend workplaces over lunchtime so that staff who have caring roles can come along to have a chat and get information.

Contact Cathy.Magowan@westerntrust.hscni.net

Or Tel: (028) 6634 4163.

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**CARERS WEEK
2019**

**SUPPORTING
CARERS TO
STAY HEALTHY
AND
CONNECTED
INVITATION
ENCLOSED**



Do you care for an adult with autism or know someone who does? Please read on.....

Autism Initiatives provides a free and confidential support service to adults with autism throughout the Western Trust area to enable them to live more independently. We provide practical support, advice and assistance on a range of matters that is specific to each individual. We can help people to become more independent by learning daily living skills like cooking for example, or taking the fear out of shopping by knowing where and when to go. Or the person may need help with managing their finances or accessing benefits like ESA or PIP.

Some people may not go out a lot and are therefore socially isolated. We can help find places for you to go where you will feel safe and comfortable. One of our Service Users came to us for support as he was lonely and suffering from severe anxiety, and usually only ate snack foods like crisps and biscuits. His Support Worker has helped him to cope better with his anxiety and has accompanied him to do his shopping at a time that was not very busy. He has also learned a few basic recipes and has started to cook for himself. All of this was done with us working together, one step at a time.

Soon his benefits are being reviewed and we will assist him to re-apply for these. When applying for PIP sometimes people are asked to attend for an assessment, which can be very intimidating for people with autism. If this situation arises we will prepare him for this and accompany him to the assessment.

If you know any adults with autism who wish to live more independently then contact us on either of these numbers – Thomas on (028)

7136 9287 or Martina on 07823415576, or by email thomas.carlin@ai-ni.co.uk.

Benefit Rates (April 2019)

CARER'S ALLOWANCE £ 66.15

Carer premium - £ 36.85

Earnings limit - £ 123

ATTENDANCE ALLOWANCE

Higher rate - £ 87.65

Lower rate - £ 58.70

DISABILITY LIVING ALLOWANCE

Care Component

Highest - £ 87.65

Middle - £ 58.79

Lowest - £ 23.20

Mobility Component

Higher - £ 61.20

Lower - £ 23.20

Personal Independence Payment (PIP)

Daily living component: enhanced—£87.65

Daily living component: standard: £58.70

Mobility component: enhanced £61.20

Mobility component: standard £23.20

Benefits Information

Social Security Agency
Improving Uptake of Benefits Community Outreach Officers

Name	Office Base	Telephone	e-mail
Derek Moran	Enniskillen	Ring 'Make the Call' 0800 232 1271 to make an appointment with a Community Outreach Officer	derek.moran@nissa.gsi.gov.uk
Sharon Scott	Strabane		sharon.scott1@nissa.gsi.gov.uk
Steven Horner	Foyle Lisnagelvin Limavady		steven.horner@nissa.gsi.gov.uk
Thomas Corey	Omagh		thomas.corey@nissa.gsi.gov.uk

Not sure what benefits you are entitled to or need a benefits check?

For independent advice and support contact: -

Omagh Independent Advice Service

Tel: (028) 8224 3252

Dove House Resource Centre, L/Derry

Tel: (028) 7126 9327

The Resource Centre, L/Derry

Tel: (028) 7135 2832

Rosemount Community Resource Centre, L/Derry

Tel: (028) 7128 2829

Limavady Community Development Initiative (LCDI)

Tel: (028) 7776 5438

Citizens Advice Bureau:

(Fermanagh) Tel: (028) 6632 4334 **(L/Derry)** Tel: (028) 7136 2444

Spencer Rd, L/Derry Tel: (028) 7134 2536 **(Strabane)** Tel: (028) 7138 2665

Carers NI also provide advice and support via a helpline Tel: (028) 9043 9843

Disability and Carers Service, Castle Court, Belfast (Administrate Disability Living Allowance, Attendance Allowance and Carer's Allowance, **Tel: 0800 587 0912 Text: 028 9031 1092 (for hearing impaired)**)



Western Trust Concessionary Parking Guidelines

Service User	Qualifying Criteria	How to Claim
Radiotherapy Chemotherapy	Patients attending, next of kin/partner/relative if transporting a patient	Ward Sister/Senior Nurse/Manager in charge to complete Concessionary Parking Application Form to be taken to Main Hospital Reception for processing
Renal Dialysis	Patients attending, next of kin/partner/relative if transporting a patient	Ward Sister/Senior Nurse/Manager in charge to complete Concessionary Parking Application Form to be taken to Main Hospital Reception for processing.
Critical Care / High Dependency	Next of kin/partner/relative if transporting a patient	Ward Sister/Senior Nurse/Manager in charge to complete Concessionary Parking Application Form to be taken to Main Hospital Reception for processing
Outpatients attending very frequently	Patients who are attending at least twice per week for a minimum of 2 months . Patients should retain car park receipts and evidence of appointment, e.g. letter or appointment card to reclaim parking charges	Reclaim with receipts and evidence of appointments at the Cash Office. Maximum amount up to £1.40 per visit.
Outpatients attending more than one chargeable hospital site	Patients who are attending a minimum of 3 different hospital sites with chargeable parking for at least 6 months . Patients should retain car parking receipts, e.g. letter or appointment card to reclaim parking charges. Only parking charges incurred at Altnagelvin are refundable on site.	Reclaim with receipts and evidence of appointments at the Cash Office. Maximum amount up to £1.40 per visit.

Service User	Qualifying Criteria	How to Claim
Inpatient Visitor / Relative – Visiting Frequent/Lengthy	Only the following visitors to the wards identified below will be entitled to free parking: Paediatrics – Accompanying adult NNICU – Parent Coronary Care Unit – Next of Kin Other General Wards with children of 14-17 years where Accompanying Adult required.	Ward Sister/Senior Nurse/Manager in charge to complete Concessionary Parking Application Form to be taken to Main Hospital Reception for processing
Patients attending frequently for treatment: Physiotherapy Dermatology Treatments	Patient who attends <u>at least twice per week for a minimum of 6 weeks</u> as part of a treatment plan. Main categories are: Physiotherapy – patients to retain car park receipts and appointment letter or card and reclaim parking charges retrospectively. Skin Treatments – patients with <u>an agreed Treatment plan over a minimum of 6 weeks</u> will be issued with a free ticket	Reclaim with receipts and evidence of appointments at the Cash Office. Maximum amount up to £1.40 per visit. Ward Sister/Senior Nurse/Manager in charge to complete Concessionary Parking Application Form to be taken to Main Hospital Reception for processing
Voluntary Drivers	Car parking charges incurred by Voluntary Driver whilst transporting a patient to the hospital for treatment / appointment.	Voluntary Driver to claim as part of their monthly claim process with necessary receipts, etc.
Blood Donors	Blood Transfusion Staff will provide evidence of attendance.	Main Hospital Reception will validate ticket free



carers NI



Advice Line
028 9043 9843

The Carers Northern Ireland Advice line is open Monday — Thursday from 10am — 4pm.

Carers Northern Ireland have a number of 'Northern Ireland specific' factsheets, you can find these on Carers NI website. If you don't have access to a computer and would like copies of any of the factsheets listed below please contact the Carers Support Office on (028) 6634 4217

Assessments: your guide to getting help - <https://www.carersuk.org/files/section/5042/assessments-northern-ireland-ni10201118-2018-web-version.pdf>

Coming out of hospital - <https://www.carersuk.org/files/section/5042/carers-ni-coming-out-of-hospital-ni10141188-web-version.pdf>

When caring ends or changes - <https://www.carersuk.org/files/section/5042/factsheet-ni1032-when-caring-ends-or-changes-web.pdf>

Your Rights in Work - <https://www.carersuk.org/files/section/5042/ni-your-rights-in-work-2018-web.pdf>

Caring for your Future: Emergency planning

At the recent Carers NI Summit, Kelly Monro from Enable Scotland highlighted the importance for carers having an emergency plan in place.

Emergency situations occur; unfortunately they are part of life. As a carer, an emergency can be anything from getting stuck in traffic to being admitted to hospital.

An emergency plan is a **written plan** that can be readily accessed by the people you have appointed. It can be put into place by making one telephone call. You do not need a fancy toolkit to make your plan, just have a think about who would cover your caring role if you could not. Write down what information they would need to know about the person you care for. Make sure that you share the plan with the people you are identifying as a point of contact.

There is an excellent template for a plan that can be accessed on www.enable.org.uk/emergencyplanning or if you would like us to send you a copy, please get in touch with us at (028) 7135 5023.

CARERS WEEK 2019

“SUPPORTING CARERS TO STAY HEALTHY AND CONNECTED”.

IMPORTANT INFORMATION.

Each year the Western Trust Carers Support Team run a number of Carers events for adult carers and fund young carers events through the Barnardo's Young Carers Service. You will find an invitation inside this edition of the Carers Newsletter. Events are by invitation only and are open to those (unpaid) carers registered on the Western Trust Carers mailing list.

Carers often ask us if they can bring the cared for person, friends, family or children with them. The focus of these events are to give the carer some well earned time out of their caring role. The funding is limited and therefore we cannot open up carer events to those who are not carers.

If you need alternate care so you can attend an event please contact the social worker involved with the cared for person in the first instance. Please do not wait until you have care sorted before returning your booking form. *Return your booking as soon as possible, you can always cancel at a later date.*

Please be aware that the events are very popular and returning the completed booking form is essential. Ensure you record any restrictions on your time. We will attempt to accommodate all requests made. Following the closing date you will receive a letter confirming your place and the details of your therapy.

The Trust meet the cost of these events. Please be mindful, if those allocated places do not turn up on the day, we still incur the cost. *If you have been allocated a place and are unable to attend please notify us immediately so the place can be offered to another carer.*

The events this year are as follows:-

Tuesday 11th June 2019 — Killyhevlin Hotel, Enniskillen — registration 10 -10.45 am

Wednesday 12th June 2019 — Melon Country Hotel, Omagh — registration 5pm on — meal 7.30 pm

Thursday 13th June 2019 — White Horse Hotel, Londonderry — registration 10-10.45 am.

TRANSPORT

If you have difficulty accessing transport to an event please let us know on your booking form.

PLEASE CHECK THAT YOU HAVE

1. Completed your full name, address, postcode and phone numbers.
2. Noted any dietary requirements or time restrictions due to caring.
3. That you have ticked which event you wish to attend.
4. That you have put a stamp on the envelop.

Revised Carers Handbook Launched

We have just taken delivery of our updated carers handbook and we are absolutely delighted with it. We would like to thank the carers and their loved ones who agreed to have their photographs taken for it – they all look amazing! If you are new to caring and haven't previously received a copy of the handbook, give us a call at (028) 7135 5023 or (028) 6634 4217 to get a copy, or speak to the Social Worker involved with the person you care for.



Carer Support Team



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Carers Newsletter

To receive the Carers Newsletter directly to your home please contact the Carers Support Team (details above). If you are registered on our mailing list and your details are **not correct**, please let us know so they can be updated/amended.

If you no longer wish to receive the newsletter, please ring (numbers above) or email Carers.Support1@westerntrust.hscni.net