**Impact on the lives of carers – East Riding Dementia Support for Carers**

**Situation**

Carer was struggling to remain in employment, having time to do what they wanted to achieve. The carer had become a carer overnight for her mum due to the death of her father (who was the main carer).

**Outcome after accessing the service**

Mum (person cared for) was adamant that she did not want to go into residential care and made sure that she was present when the carers assessment was completed for her daughter. Mum was also very reluctant to access any day services and respite care which would give her daughter the break she needed. Initial conversations started with mum re accessing day services and then building on this, advice around accessing domiciliary care which was all agreed. The result was a one-to-one carer to support mum and take her out to give her social interaction. Thus, giving the carer some quality time with mum and a break from trying to be everything to her. The carer is able to continue working, having more time with her daughter and grandchildren and mum has been enjoying her social interaction and getting out an about.

**Situation**

Person being cared for falling repeatedly down the concrete stairs on their first floor flat:

**Outcome after accessing services**

Support was given with housing service to request a bungalow on the ground floor due to the person cared for falling repeatedly down the concrete stairs. The person being cared for is now living in a ground floor bungalow, is accessing day services and is accessing respite, which is working for both of them. Assistive technology has been identified and is now in place, sitting service is supporting and personal budget for a cleaner was identified and actioned. They are now able to manage the things they were struggling with before. Also a referral to OT to support with concerns around the flat, along with money and benefits advice and one to one support was given through the process, chasing the referrals and emailing housing due to the urgency of a move.

**Situation**

Outcomes for carers who are unable to leave the person they care for – enabling them to go to carers groups

· We are now working with groups across the East Riding that are already established to look at ways to support the carers who attend with the person cared for. We are currently supporting with a carers peer support group for the Right Minds group in Bridlington and the East Riders group in Beverley. This has been a positive outcome for all . The cared for person has their group that they can open up and discuss their feelings in a safe space with their peers and the carers have the same experience.

· For those that do wish to have time away, we can offer the Carer Relief Sitting Service that will support with social sits (4 hours every 3 weeks), or priority sits (medical appointments for a long is needed). This is a free service, and the eligibility criteria is identified at the point at the carers assessment. This gives the carers time to go out shopping, or coffee with friends, or anything that they might want to do with their time.

· We also support with the Good Life courses which are delivered by Innovations in Dementia. Providing a space for the carers to meet up whilst the course is running for those that have the memory impairment, providing them with information and advice on what support is available, as well as gaining the support they receive from each other. Once the course has been completed the attendees usually request continuation of the meetings and therefore additional groups are continually being created on the back of the Good Life course.