

Blaenau Gwent: Supporting Unpaid Carers

Recognising & Supporting Carers in Our Community



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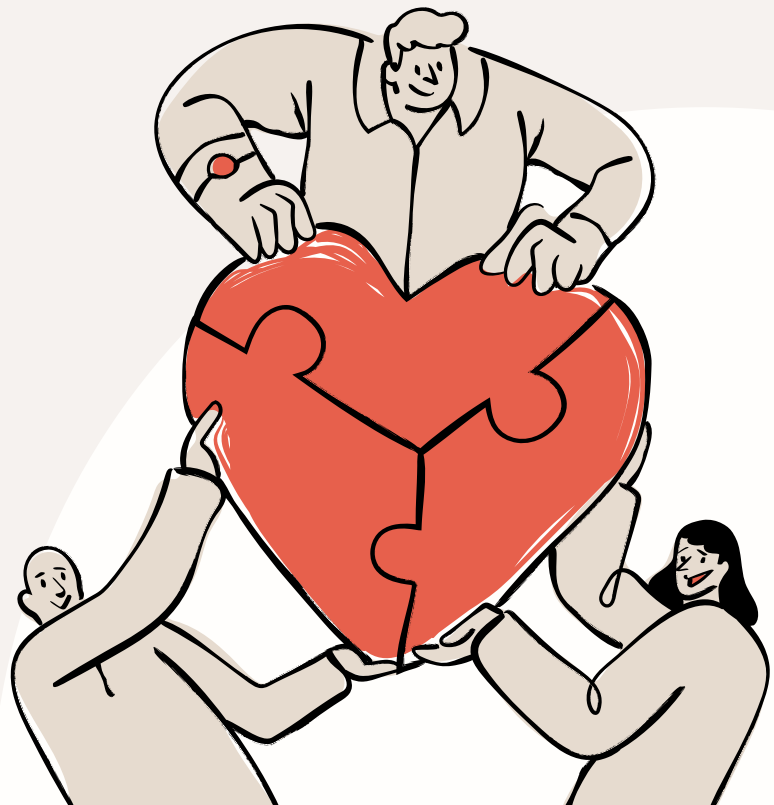
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Introduction



Carers play a vital role in supporting loved ones who are ill, disabled, vulnerable, or frail. At Blaenau Gwent, we are committed to ensuring that unpaid carers receive the information, services, and support they need to balance their responsibilities while maintaining their own well-being.



Who is a Carer?



A **carer** is anyone who provides unpaid support to a partner, child, relative, friend, or neighbour who cannot manage without their help due to:

- Age
- Physical or mental illness
- Disability
- Addiction

Carers are different from care workers or assistants, who are employed and paid to provide care.

Carers typically fall into four categories:

- **Adult Carers:**

Adults caring for another adult, such as a partner, parent, relative, or friend.

- **Parent Carers of Children with Disabilities:**

Adults caring for a child with a long-term illness or disability.

- **Young Adult Carers (18-25 years old):**

Young adults supporting a family member or loved one who cannot manage without their help.

- **Young Carers (Under 18 years old):**

Children and young people who take on caring responsibilities that are often beyond what is typical for their age.

We understand that every carer's situation is unique, and we strive to provide personalised support that meets diverse needs.

How We Support Carers



Blaenau Gwent and its partner organisations work together to ensure that:

- Carers are valued and respected as care partners, with access to the services they need.
- Carers can maintain their own lives alongside their caring responsibilities.
- Financial hardship is minimised for carers through access to relevant support.
- Carers' health and well-being are prioritised, ensuring they receive the necessary mental and physical health support.
- Children and young carers receive the support they need to grow, learn, and enjoy a positive childhood.



Key Principles



R

Recognise Carers

We actively support carers in identifying their role and encourage them to seek the help they deserve.

E

Empower Carers

We provide clear, accessible, and up-to-date information to help carers make informed choices.

S

Support Carers

Our services are flexible, high-quality, and tailored to individual needs, ensuring carers receive the help they require.

P

Promote Carers

Carers have the right to a fulfilling life, with choices, aspirations, and control beyond their caring role.

E

Engage with Carers

We listen to carers and involve them in planning and designing the services that affect them.

C

Consider Carers' Views

Carers play a vital role in care planning and decision-making, and their experiences are valued.

T

Take time to listen to carers

We offer Carer Needs Assessments, providing carers with the opportunity to share their experiences, express their needs, and receive personalised support.

How to Access Help

If you provide unpaid care, you are entitled to a Carer's Needs Assessment—a conversation designed to help identify your personal needs and support options.

What is a Carer's Needs Assessment?

A discussion (or series of discussions) with a social worker / social work practitioner to explore:

- The level of care you provide
- Your own health and well-being
- Your personal circumstances and needs
- Your support network
- What a "good enough life" looks like for you

Get in Touch

Contact Details

If you think a Carer's Needs Assessment could help you, contact Blaenau Gwent Social Services:

 01495 315700

Stay Connected

For more information, updates, and community support:

 [Blaenau Gwent Unpaid Adult Carers Facebook Group](#)

 [Blaenau Gwent Carers Webpage](#)