

The Carer Aware Project

**Croeso
Welcome**



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Ofalwyr**



What is the Carer Aware Project?

Aims and Objectives

- To work collaboratively with unpaid carers, health and social care professionals and community stakeholders
- To better empower unpaid carers to be actively involved in the decisions and services for the people they care for and themselves
- To increase recognition and self-identification of unpaid carers
- To identify and share existing good practice already happening across Wales

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What is an unpaid carer?

- **The Social Services and Well-being (Wales) Act 2014** defines a carer as *“someone who provides unpaid care to an adult or disabled child”*.
- *“The cared for person may be a family member or a friend, who due to illness, disability, a mental health problem or an addiction cannot cope without their support”*.
- Anyone can be an unpaid carer, regardless of age, cultural background etc.

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Why is it important to identify unpaid carers?

It is important to identify unpaid carers so that they can be offered appropriate support in their caring role.

Unpaid carers have legal rights that must be recognised and upheld.

Access to short breaks is crucial in providing meaningful support to unpaid carers.



**Welsh Government
Guide: Understanding
Your Rights as an
Unpaid Carer**

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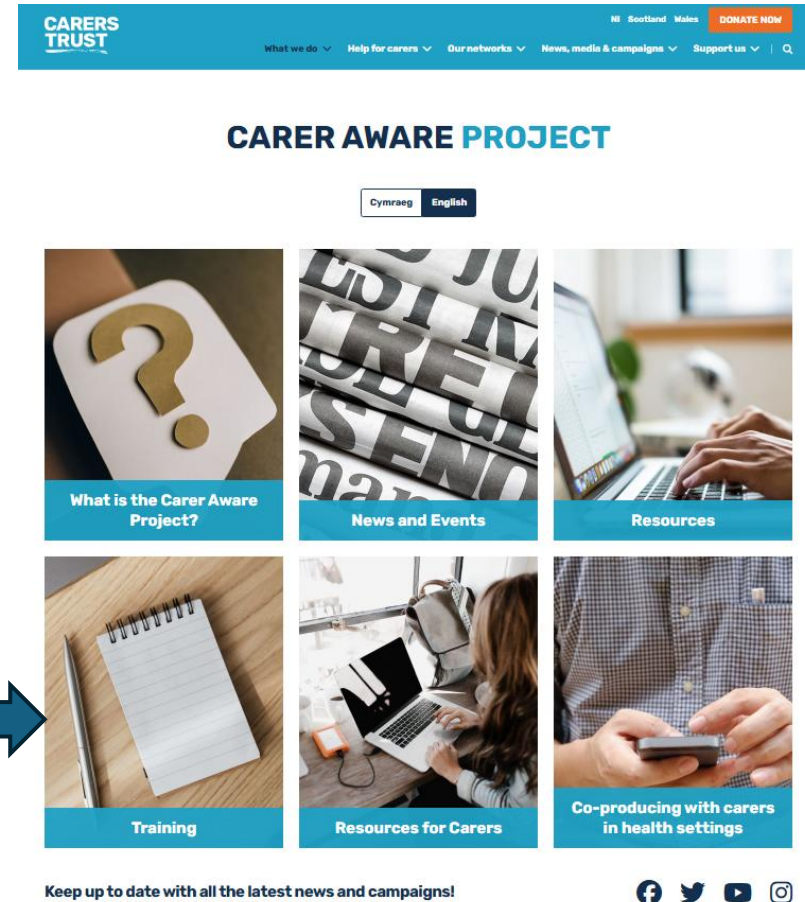


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We have launched our brand new Carer Aware resource modules!



Our modules can be accessed under training



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Audience

Pre-registered students studying health and social care courses

- Universities
- Colleges
- Sixth form in schools

Registered health care professionals (including not exhaustive)

- Medicine
- Nursing
- Pharmacy
- Allied health professionals

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Why create these modules for pre-registered professionals?

“Information is power. In terms of valuing carers, our information is our identity, it’s our past, it’s our present, it’s our future. This has to be 100% respected. That’s the only thing that will put the power and control back in our hands and allow us to have a voice. Respecting our information and respecting what we do to support health and social care workers will save a lot more than just pennies, now and in the future”

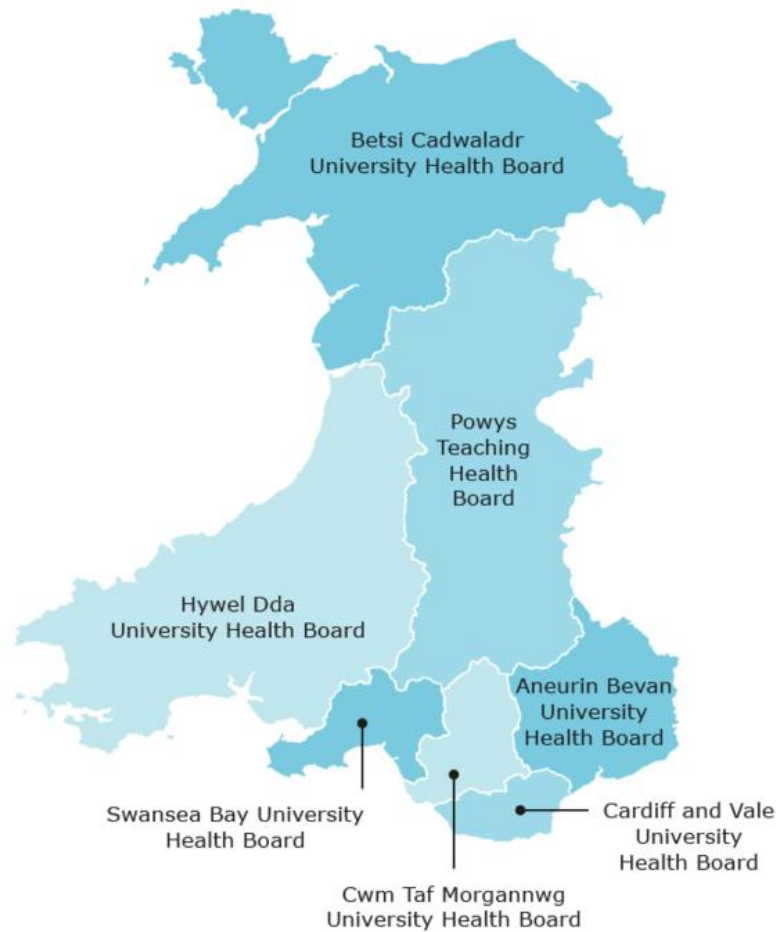
Unpaid Carer, South Wales July 2024

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Induction module for registered health care professionals



Source: NHS Wales



Who we are

Health Education and Improvement Wales (HEIW) is the strategic workforce body for NHS Wales. As a Special Health Authority, we have a unique contribution to make in addressing strategic and specialist workforce issues, making Wales a great place to train and work for our health and care staff and maximising the contribution of all professions and occupations through our statutory functions.

A screenshot of the Y Ty Dysgu login page. The page has a blue background with white icons representing various healthcare professions. The login form is white and contains the following elements:

- Sign in button
- New user? Sign up link
- Welcome message: "Welcome to Y Ty Dysgu. Y Ty Dysgu, hosted by CDSM on behalf of HEIW, is a learning and event management system. It is available to anyone across Health and Social Care in Wales."
- Username input field
- Password input field with a toggle icon
- Sign in button
- Forgotten your password? link

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Our aims and objectives:

- All health care professionals and health boards have a duty under the Social Services and Wellbeing (Wales) Act 2014. We want to ensure that all professionals are adhering to this
- Cultural change within the health and social care system
- Identifying and sharing good practice already happening across Wales
- Empowering unpaid carers to be involved in the decisions that impact them
- Increasing awareness of carers rights

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Modules

Module 1- Introduction to Carer Aware

Module 2- Understanding Carer identification

Module 3- Carer Identification of Primary Care

Module 4- Carer Identification of Secondary Care

Module 5- Unpaid Carers from Underrepresented Communities

Induction Module for registered professionals

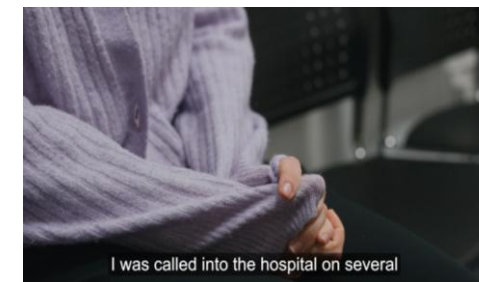
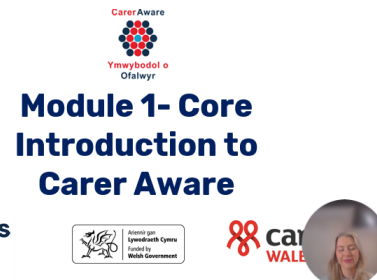
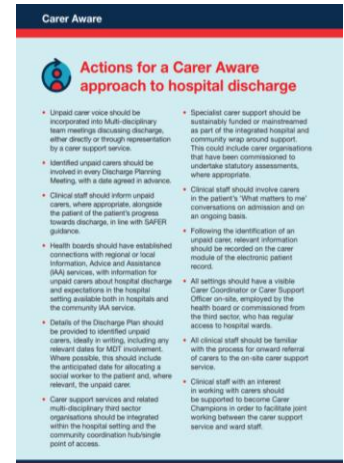
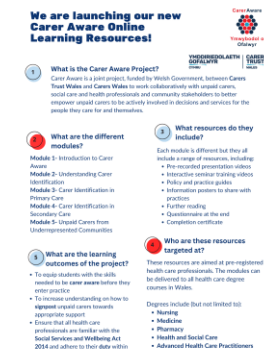
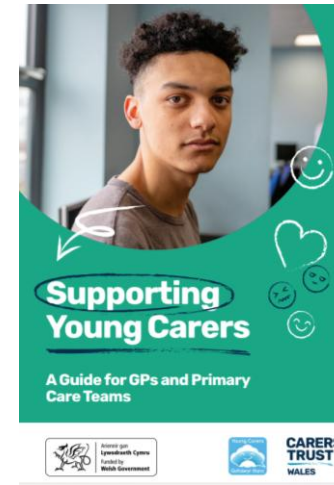
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Resources

- Pre-recorded presentation videos
- Interactive seminar training videos
- Policy and practice guides
- Information posters to share with practices
- Further reading
- Survey at the end
- Completion certificate



Scenario Video: Exercise

Identifying and Supporting
Young Adult Carers

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Pre-recorded webinar

- **Sharing a pre-recorded webinar at the end of this month**

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Carers Trust

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Carer Aware in social services and social work

Training and resources for

- Social workers
- Staff who work closely with social workers
- Including social work in health settings and multi-disciplinary teams

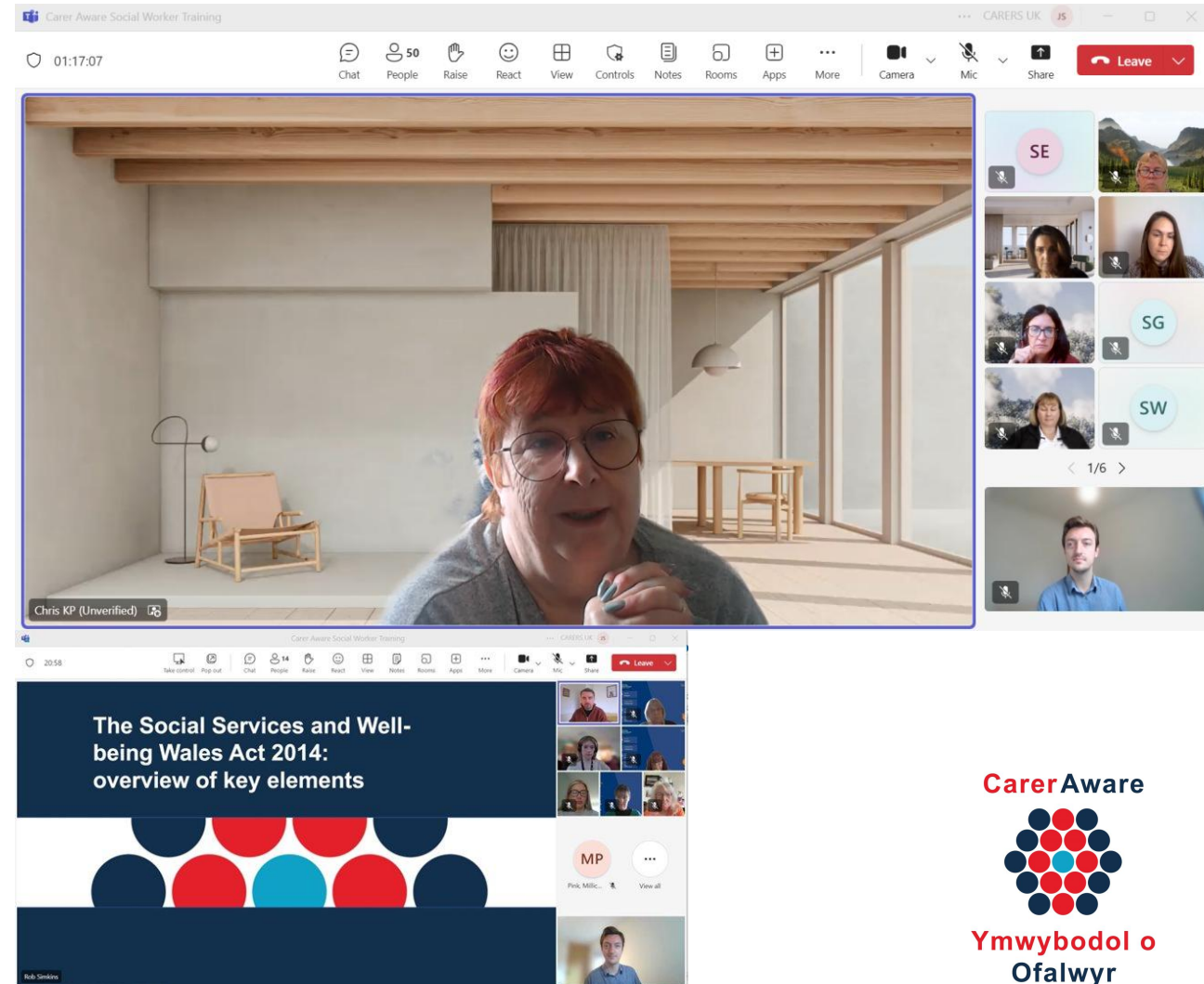


Co-produced good practice principles

- Confidently explain Carers Needs Assessments
- Share information with agencies and partners
- Help carers take the first step
- Be transparent with decisions and feedback

Training sessions

- Carers Wales online live training sessions.
- 787 trained as of October.
- The Act
- Key elements of Carers Needs Assessments
- The good practice principles
- Q+A with unpaid carers
- Interactive discussions of challenges and good practice encountered by the social workers



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Sharing good practice

Working with carers

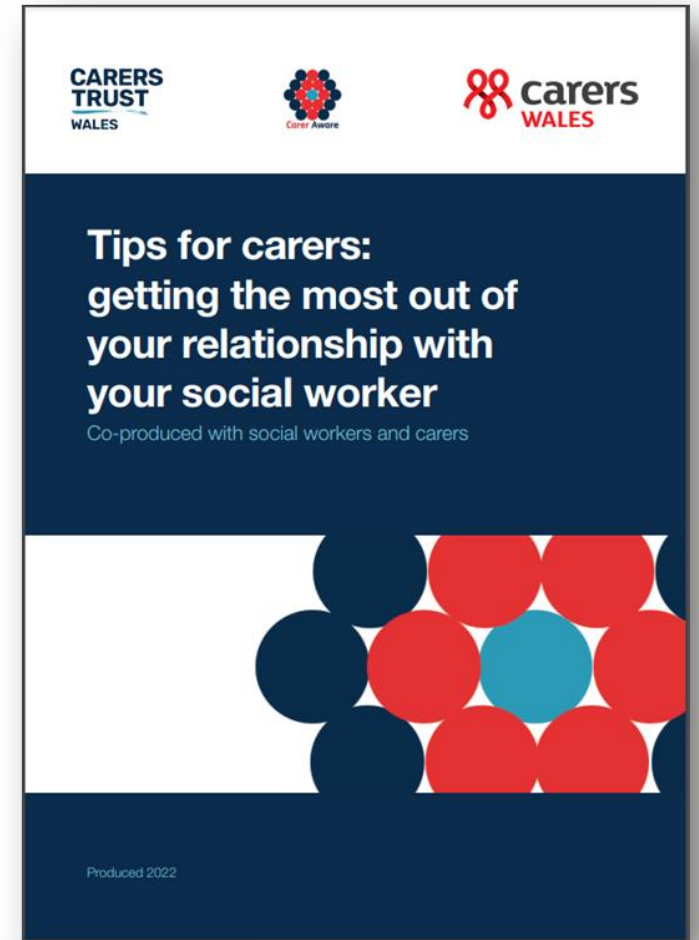
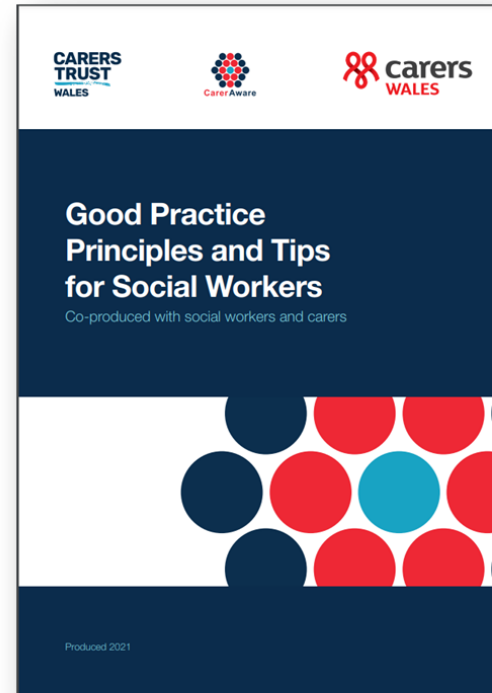
This video is with Allison Hulmes, National Director for Wales for BASW who discusses working with carers.



Introduction to the Good Practice Principles



What are carers rights under the Social Services and Wellbeing Act



Upcoming plans for social work

- Developing remote learning resources for students and professionals
- Live training
- Disseminating learning through the sector
- Reviewing resources based on experiences shared by attendees

Contact: info@carerswales.org

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