Examples of Carer Breaks:

Anonymised example of a carer identified as needing a break and referred to CSW for this purpose.

Spa Medical Centre

Wife attended an appointment with her husband at the surgery who she cares for and stated to the nurse that she was struggling to care for him with advanced dementia. The nurse they were seeing contacted our Clinical Care Co-ordinator to see if there was any additional help that she could offer and Sarah Huke also referred them to Carers Support Wiltshire for an assessment.

1Anonymised example of a carer identified as needing a break and referred to CSW for this purpose.

Giffords Surgery:

66-year-old lady with mild learning difficulties caring for her 37-year-old daughter who also has learning disabilities.

Patient is of low mood as finding her caring responsibilities increasingly difficult and stressful.

Cares for her daughter on her own, with no support from family or friends.

Referred to Carer Support for a review of her Carers Assessment to take a new look at her evolving needs and in particular breaks.

She was encouraged to also make use of Carer Support Wiltshire's Support Groups and Carers Cafes which will give her a break and support.

2) 34-year-old man caring for his father. He left work due to his caring role as he felt he had no time to carry out both roles well. He is carrying out most things for his father and has little support or contact with other family members. Feeling extremely stressed most of the time. Caring role impacts on every part of his life.

Referred to CSW for a Carers Assessment, which would hopefully lead to Chris being able to take a break and reclaim his life as he would like it to be. He was also encouraged to seek support and advice from CSW re paid carers, Emergency Card and

Support Groups.