

## Do you look after someone? Are you an Unpaid Carer? video transcript

0:00:02.820,0:00:08.700

An unpaid carer is a friend or a family member that gives help or support to someone who's got

0:00:08.700,0:00:13.860

a disability or a long-term condition or some kind of illness or frailty or even an addiction

0:00:13.860,0:00:19.200

and without that helping support that individual really can't manage and the care they give is

0:00:19.200,0:00:27.060

unpaid anyone can be a carer regardless of race gender faith social economic background at some

0:00:27.060,0:00:31.800

point in our lives we're all likely to have to take on caring responsibilities I would consider

0:00:31.800,0:00:38.040

myself as a carer I have three children one of which needs currently many hospital appointments

0:00:38.040,0:00:45.480

her issue isn't just only physical but also psychological so she gets sport for both so I

0:00:45.480,0:00:50.700

am there always when she needs me so if she calls

me I'd rather be there because she doesn't want

0:00:50.700,0:00:57.000

anyone else often we don't think of ourselves  
as carers we see that as the extension of an

0:00:57.000,0:01:03.000

existing family relationship maybe you're helping  
a father a mother a sibling or your in-laws any

0:01:03.000,0:01:07.800

part of the extended family and sometimes it can  
even take us a couple of years to recognise that

0:01:07.800,0:01:13.080

we're fulfilling that role often when people  
talk about carers they sometimes think it's all

0:01:13.080,0:01:17.160

just about personal care that you're helping them  
with washing and dressing but that's really not

0:01:17.160,0:01:22.260

the case you could be providing practical support  
which might be taking someone to the doctors or

0:01:22.260,0:01:27.840

getting their medicines or you could be providing  
emotional or psychological support as a trust

0:01:27.840,0:01:32.700

we're really keen to engage with friends families  
and carers because we know that this improves the

0:01:32.700,0:01:37.260

quality of the service that we provide to our  
patients so if you tell us that you're a carer

0:01:37.260,0:01:42.420

we can add this to your patient records and hopefully with their consent we can include

0:01:42.420,0:01:47.340

you and engage and talk to you throughout the caring process for me an excellent service would

0:01:47.340,0:01:53.400

be a service that takes the time to communicate with me properly as a parent and also as a carer

0:01:53.940,0:01:59.520

one that listens to my concerns and listens to me when I'm explaining things to them it's

0:01:59.520,0:02:05.700

really important that people recognise the word carer because you might be able to access some

0:02:05.700,0:02:11.100

help and support through social services or other healthcare sectors we don't necessarily all feel

0:02:11.100,0:02:15.900

that we're carers that might be an extension of our family relationship but it's important that we

0:02:15.900,0:02:20.220

understand that the word exists so we know where to go for that help and support when we need it

0:02:20.880,0:02:25.560

don't feel isolated just search or ask for help it's there.