

Appendix C

Supporting carers in general practice: summary of key benefits

Benefits for carers

- The identification of a carer can help them get better support for their caring, physical health, and emotional wellbeing needs
- Young carers are identified early and have inappropriate care needs prevented or reduced through referrals to local young carers services and / or the local authority,
- Carers can be offered health checks and 'flu jabs, to help maintain their good physical health
- Carers report feeling more confident in their caring role
- Carers report feeling they are providing safer care
- Carers report feeling enabled to have a life outside of their caring role
- Carers enjoy improved wellbeing through reduced anxiety, depression and stress
- Carers will be better informed and more aware of the support services available to them
- Reduction in injury due to improved manual handling techniques
- Reduction in illness because of improved self-care
- Carers can be fast-tracked to preventive and low-level support, including wellbeing checks
- Reduction in Carer/family crisis and breakdown
- May require less care, themselves

Benefits for the cared for

- Increased confidence and trust in the person providing care
- Reduction in anxiety and feelings of guilt
- Improved understanding of when to ask for specialist help and support
- Reassurance that the supported carer will continue to provide care, according to the needs of the cared for
- Reassurance that the person will be treated with dignity and respect, and as an individual with specific and changing care needs
- Reassurance that carer will be involved in care planning
- Overall, improved wellbeing
- May require less care, themselves