



Cwm Taf Morgannwg
Bwrdd Partneriaeth Rhannbarthol | Regional Partnership Board

UNPAID CARERS PRIORITY AREAS:

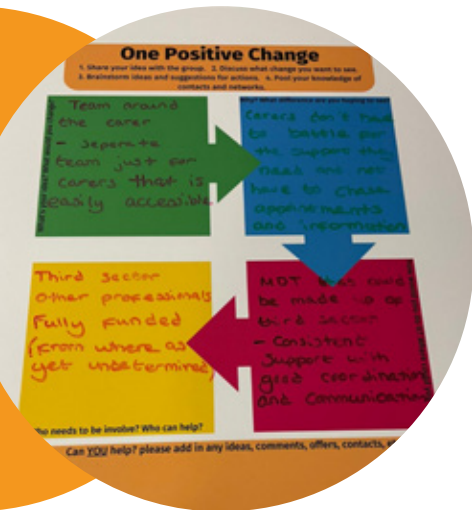
Health and Wellbeing

Supporting carers to enjoy good health and wellbeing.

We want to ensure carers and the people they care for can live healthy lives, that benefit their emotional and physical wellbeing.

Through this work, we hope to:

- Protect the identity of a carer as a person in their own right, including more support for carers to look after their own health and wellbeing.
- Improve information available to carers so they are better informed of the services and activities available across the region.
- Provide early intervention support, mitigating against carers reaching crisis point.



WHAT IS IMPORTANT TO UNPAID CARERS?

Carers feel they only accessed services when they were at crisis point, so they would like more support in recognising their own needs to manage their health and wellbeing.

Carers often struggle with guilt for wanting a 'life of their own', but looking after their mental and physical health is important, as it will also help them to care better for their loved ones.

WHAT WE WILL DO TOGETHER:

- Develop the Carers Board.
- Develop a regional approach and strategy for supporting carers.

WHAT DIFFERENCE WILL THIS MAKE?

- Improved identification of carers.
- Improved mental health and wellbeing of carers.
- Improve their ability to care for their loved ones.



PEOPLE SAID

"Caring for somebody you love is normal."

"I was halfway through a busy shift and the hospital phoned, my mother had said she didn't need transport home because she had a daughter and I'd come and pick her up."