Rotherham Carers Resilience Service

Rotherham CCG launched a new Carers Resilience Service in April. Crossroads Care and Alzheimer’s Society will be working in partnership with GP’s to provide each Practice with a named Link Worker for Carers of people with Dementia. This service will be available for those caring for someone undergoing assessment as well as having received a diagnosis. Initially, this was commissioned as a pilot project with 10 GP practices. The pilot is now being extended to provide the service to all GP practices across Rotherham with rollout expected to be completed by November 2015.

We know that the greater the burden of care the greater the health risk for the carer. This service aims to decrease the pressure on their mental and physical health and therefore decrease GP and hospital appointments. By providing assessment, information, support, advice, links to other services and respite care we can build both confidence and resilience for carers helping them to support the person with dementia to live in their own homes for longer.

The aim of the service is:

- To be the link between GP’s, carers and support services
- To identify new carers who are at the beginning of their carers journey to offer them support and information which will build resilience and coping mechanisms for the difficult parts of the caring journey
- To make connections with existing carers who may not be accessing services and link them in with appropriate support of their current needs
- To prevent crisis through appropriate signposting, information and education
- To assist with in home care if there is an unplanned crisis such as illness or carer burnout.
- To reduce the cost burden on other health services by reducing the number of GP appointments, hospital admissions or respite admissions.
- To delay the need for residential care
- To work with other services to best meet the carers needs

Although the programme has not been in operation very long we are already seeing the impact the service can have.

Comments from Carers

I feel so much better now I have had good night’s sleep and a bit of a break. I am wondering if I am making the right decision to look for residential care.

Following a referral for a benefits check I am now receiving attendance allowance, I am thrilled

I knew I was stressed but didn’t like to admit it, thank you for making me see that I do need to look after myself.

For more information please contact:
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