

BRENT Carers Plan 2024-2027

People Who Care: An Overview



A carer is someone who helps another person. This help can change over time.

Sometimes, people don't know they are carers. They might just think they are helping someone they love.



Carers do important work and deserve help.

Caring can affect their job, money, relationships, and health.

Young carers might find it hard to keep up with school because of their caring duties.



If carers stopped giving support, it would cost Brent Council a lot of money each year.

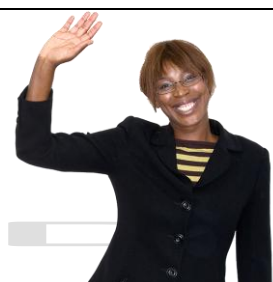
How we will make this plan happen.



The Carers Partnership Forum will help health and care services work together.

People will meet to tell the Council how they can be supported.

A group of carers will check if we are doing what we promised.



We will employ a Carers Officer to make sure the plan is followed.



We will give carers regular updates and make a yearly report.

The report will tell people what changes have happened

We will share the report with everyone.

Promise One: getting to Information



Carers said getting the right information is hard.



We will have a Carers Hub for information which will be in places like libraries and places of worship.





How will we know the plan working?

Carers will let us know.



Promise Two: Partnership Working







Carers often have to repeat their story.


	<p>People will come together to share information and help each other.</p>
	<p>How will we know it is working?</p> <p>Carers will let us know.</p>



Promise Three: Supporting Wellbeing

	<p>Caring for others can sometimes mean they don't have time to care for themselves.</p>
	<p>We will listen and make a booklet showing where there is support for carers.</p>



	<p>We will support carers to have breaks.</p>
	<p>We will provide support to carers when there are big changes.</p>
	<p>We will offer training to better understand mental health and dementia.</p>
	<p>How will we know it is working?</p> <p>Carers will let us know.</p>

Promise Four: Carer Awareness





 <p>Learn</p>	<p>We will train people to understand carers' needs.</p>
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	<p>We will make training courses even better for all groups that need it.</p>
	<p>How will we know it is working?</p> <p>Carers will let us know.</p>

Promise Five: Reaching Into Communities

	<p>We want people who are helpers, to be seen as carers.</p>
	<p>How will we know it is working?</p> <p>Carers will let us know.</p>

Promise Six: Supporting Young Carers

	<p>Sometimes young carers are not as healthy as other young people.</p> <p>Young carers are not noticed or helped.</p> <p>We will talk to all groups to share what we are doing and train them.</p>
	<p>We will help schools notice young carers, to let them know there is help.</p>
	<p>We will help doctors notice young carers early.</p>
	<p>How will we know when it is working?</p> <p>When more young carers get help.</p> <p>When we see that schools and doctors notice young carers.</p>