

### **GROUP EXERCISE 1**

*What are the benefits of engaging carers as full and active visible partners in care?*

#### **Blue group**

##### **Ask the Carer**

1. Patient is encouraged to do something because it's easier for the care provider. Carer not asked – “Is this the best thing”.
2. Procedures and formulas work differently for each individual.

##### **Relationships**

1. Still a couple = shock/ horror when I said we like to have a shower together.
2. Hospital beds are single beds. My double bed had to go and nobody wanted to know where I was going to sleep when the single bed was provided.
3. Separate bed rises for one- adjustomatic etc.
4. Emotional needs healing aspect of sleeping together.
5. Reducing the tension between society stress and marriage and regards wife and husband as lovers.

##### **Personality/ Cultural Issues**

1. If carer involved each patient will be recognised as an individual and not just as a number.

##### **Pharmaceutical Journey**

1. Working directly with pharmacist – easier to access and more consistent and regular contact and better insight to carer's needs than GP.
2. More time for informal chats.
3. They see the whole picture.

##### **Risk**

Eg. Staff couldn't hold up patient for X-ray. Carer could (but only if you're a weight lifter).

Benefits of full engagement

Financial benefits to NHS

1. To NHS if partners look after each other.
2. Eg. about man running around naked. Staff couldn't control it until wife turned up.
3. Doctors prefer.
4. Less care is given sometimes when there is a carer there (whose benefit?)

Benefits of full engagement

### **GROUP EXERCISE 1 Green group**

*What are the benefits of engaging carers as full and active visible partners in care?*

Carers join things up across boundaries.

Carers are “cheap”. System makes carers pay cost (eg. lost jobs, wages, health).

The carer acts as the clinicians eyes and ears.

- Gives better care
- Assist carer/ cared for relationship

An informed carer is a more effective carer.

Carers are a source of valuable information not available from patients and others, will assist diagnosis and treatment. Import outcome.

Carers fill gaps eg. out of hours.

Intensive TLC by carers makes all other jobs easier.

**GROUP EXERCISE 1 - Pale blue group**

*What are the benefits of engaging carers as full and active visible partners in care?*

NHS

- Reduce number and cost of ineffective meetings.
- Financial benefit/ saving = an asset to NHS.
- Flexible recognition of needs for: carer and cared for.
- Get this message to front line staff, change attitude and behaviours.
- Early and cheaper targeted interventions.
- Connectivity between organisations and people.

C

- Value and understand the need for quality respite care.
- Carer sensitive when using ACUTE and OTHER services.
- Credit and respect given to judgments made by 'carers'.
- Acknowledge and address carers needs. Question carers plan.

P

- Focused communications, increases appropriateness of service and increases flexibility.
- Advocacy, real issues exposed.

Benefits of full engagement

### **GROUP EXERCISE 1 – Orange group**

*What are the benefits of engaging carers as full and active visible partners in care?*

‘We are the expert.’

‘Carer as voice of inarticulate service user.’

Save time and scarce resources.

‘Weight removed’ freeing up the negative energy, listen to carers.

Less stress on carers.

Decreased costs.

Mental Health eg.

- Psychiatrist : 4 hours per year
- Care coordinator: 26 hours per year
- Carer: 8730 hours per year

Benefits of full engagement

### **GROUP EXERCISE 1 – Pink group**

*What are the benefits of engaging carers as full and active visible partners in care?*

#### Research

Carers are valid researchers by, with and about (and for). They (carers) can contribute:  
e.g. can provide 24-hour observations (e.g. pain control).

Holistic: Whole person, whole family. Continuity; team working together, tick-box mentality WON'T DO!

Time Bomb! Burgeoning population – get it right now or else...

The power of the grey vote.

Practitioner plus carer multiplies benefits to all.

Carers have the best knowledge of the patient e.g. Emotions, trigger effects.

Support and empowerment. The Carer, respect, recognition equals better carer health.

Access to all services.

Care at home is cost-effective eg. lesser need for sedation, cost of care.

The patient wants to be at home. Flexibility. Tranquil, familiar environment. Love. Time.

Freedom to choose. Feeling safe.

Benefits of full engagement

### **GROUP EXERCISE 1 - Red group**

*What are the benefits of engaging carers as full and active visible partners in care?*

Carers indispensable to NHS and Social Care.

Better understanding of ISSUES, PROBLEMS and NEEDS by professionals – less stress for carers and better services for cared for and carers.

Carers need to be valued and seen as equal to members of the team, equals move tailored care and less inappropriate use of resources.

Carers are a reality check in planning.

Bring about beneficial changes in medical and administrative culture by exposure to the carer experience... CONTRIBUTES TO TRANSPARENCY.

Good, clear information, timely, relevant, concise and support to use it. [Is it from a credible source?] Will they deliver ACTUALLY?

Benefits of full engagement

### **GROUP EXERCISE 1 – Yellow group**

*What are the benefits of engaging carers as full and active visible partners in care?*

Help improve communication. Eg. use of e-mail contact between carers and doctors (rather than waiting 3 weeks for GP appointment.

Carers on boards leads to better understanding, better decisions on policy and better decisions on use of resources.

Would enable carers to go on caring longer.

Standard social/ nursing care would improve (more cost-effective services?) Less waste of time, “kit”, drugs.

#### Mental Health

Lowering risk to society

Challenge to delivery of services – improvements in design of services more suited to needs. NB to health.

Better use of resources and input – currently conflict between professional and informal carers.

Fully understanding of individual’s needs on ongoing basis also carer’s needs (ie. carer’s own health.).