

Caring for the Carer

Caring for someone involves many different roles, from personal care to household tasks, to emotional support.

Carers can be supporting a loved one, neighbour or friend for a couple of hours a week to more than 50 hours.

Carers might be caring for a child, someone who is frail, disabled, suffering from a long term health condition, supporting someone with mental health or drug and alcohol issues.

You may not recognise yourself as a Carer but if you are supporting someone to live independently (whether they live on their own or perform ADL's in their home) it is likely that you are.

We know that sometimes caring can be overwhelming so it is really important that you look after yourself. We want to help you with this.

Portsmouth Hospitals are proud to be working in partnership with Portsmouth City Council and Hampshire County Council To ensure you have access to information, advice, emotional support and a number of other services which with help you in your caring journey.



PORTSMOUTH

PORTSMOUTH CARERS CENTRE

The Portsmouth Carers Centre provides support and information to Carers in Portsmouth. There is a team based at Queen Alexandra Hospital that will visit and advise you while you are with in the hospital. They can also refer you to the Carers Centre for ongoing support once the person you care for has been discharged.

Phone: 02392 283690
 Mobile: 07539 351378
 Bleep: (via switchboard) 1539

HAMPSHIRE

PRINCESS ROYAL TRUST

The Princess Royal Trust for Carers in Hampshire provide Carer support across the County and offers advice, information and support in their caring role.

The Trust also facilitates the Emergency Planning service which provides peace of mind to Carers should you become unable to fulfill your caring role should an emergency arise.

Phone: 01264 835246
 Emergency Planning Helpline: 0800 169 1577
 Email: info@carercentre.com

This Is Us

Guidance and information for Family and Friends Carers



Principles for supporting adult Carers and Carer contract



Supporting John's Campaign

How is Portsmouth Hospitals NHS Trust caring for Carers?

It can be a worrying time when someone who is dependent on the care you provide is admitted to hospital. While they are here we aim to involve you in all aspects of their stay, and you may decide that you want to be here in a Carer capacity to work alongside us to care for your relative or friend.

If you stay with a relative or friend to provide support as their Carer, we aim to follow some important principles while you are here;

- Communicating with you so you are actively involved in care and discharge planning
- Referral for a Carers assessment if you wish one to be made
- Providing you with meals and drinks.
- Agreeing out of hours visiting based on the needs of you or your loved one you are caring for
- Supporting you to participate in care
- Providing you with breaks, sleeping and washing provisions if you stay overnight

Car parking concessions are available in some circumstances, please speak to the nurse in charge for more information.

Carer contract

I (relative/Carer name) _____
and (Sister/Charge Nurse name)
_____ have agreed that while
(Patients name) _____ is a
patient on Ward _____ I may (delete as appropriate)

- Visit out of the normal hours
- Assist with washing and dressing
- Assist in mealtimes and/or feeding
- Be actively involved in care planning discussions and planning for discharge
- Provide ongoing support to
_____ while they are in hospital

In addition to the above, we have also agreed

I will inform staff when I am entering or leaving the ward outside of normal visiting times and I understand that I may be asked to leave if there is a clinical necessity.

I agree that if I am assisting with feeding, washing or mobilising that staff may work alongside me to fulfil their clinical responsibility.

If I am fulfilling residential Carers support, I am able to request sleeping and washing provision and will be entitled to ask for drinks and meals on the ward.

Signed

(Relative or Carer)

This should be signed by an adult carer aged 18 years of age or older

Signed

(Sister/Charge Nurse)

