

Case study of outcomes for a carer

Mr B first came into contact with his local Carers Centre through their work with the local GP practice, which was aimed at identifying hidden carers. Mr B was working full time and also caring for his wife with a complex long term condition. Following a number of discussions by telephone Mr B agreed to complete a carers' assessment with the support of the Carer Advice Worker. Mr B's main concern was balancing his work and caring roles. By taking an outcomes focused approach to the assessment Mr B and the Carer Advice Worker identified the following options and support:

- Attending a training course, with other carers, aimed at supporting him to look at ways of dealing with the emotional and practical impact of caring for his wife.
- Making contact with the Social Work Department who carried out an assessment of his wife's needs. This resulted in his wife being offered social activities during the day when Mr B was at work.
- Talking to his employer about more flexible working arrangements which would allow him to continue working but also continue to care for his wife.
- Talking to his family about being involved in supporting his wife.

Ten months on from the original contact the outcomes focused assessment and support has resulted in:

- Mr B being able to continue to work knowing that his wife is supported and happy in her new activities. As a result his work is again more satisfying and less stressful.
- His wife having social activities which extend her networks of support but also give her new friends and interests.
- Mr B's family assisting in supporting his wife, again allowing him to work and widening the circle of support and contacts for his wife. Increasing the sense of security for both Mr B and his wife.
- Mr B having the confidence and motivation to undertake training on presentation skills so that he can talk to practitioners about the importance of a good, outcomes focused assessment.
- Mr B having continued contact with other carers who are able to offer peer support and social contact, which because of his work/caring role balance he had previously lost.