

Carers' Champion

**Carers' Champion's are people with a desire to
Improve the quality of life of carers**

They are willing to work together and use their influence to stand up for the interests of carers. They will support carers to have a voice and also ensure they have access to information about services and support that is available

Not all of the following will apply to all services, please identify those you can help with:

- Help support a positive partnership approach to supporting carers across North Tyneside
- Provide a point of contact for identifying and promoting carer support in your workplace
- Raising awareness of carers needs within your own team/service, offer advice to colleagues on carer issues
- Keep up to date on information and issues relating to carers
- Take an interest in the quality and availability of information for carers
- Help and support carers to access a carers assessment, or an assessment of need for the person they look after
- Help and support to carers to look after their own physical and emotional health
- Help to safeguard carers and the person they are caring for
- Signpost carers to helplines, and other sources of specialist support for themselves and the person they care for, including advocacy
- Ensure that carers are always fully involved in planning and decision making
- Look for opportunities for supporting peer support and self help groups or assist carers to set up new groups
- Attend Carers' Champion meetings and share best practice locally
- Provide feedback on the success of initiatives in your workplace, so that the approach can be shared elsewhere locally

Expectations

- Attend 2 Carers' Champion Forums per year
- Be an active participant in Carers' Champion Forums, share best practice and introduce new initiatives within your own service
- Share information with colleagues in your service
- Record carers issues and report these back to the Carers' Centre



North Tyneside Council

**This work is supported by the
Carers Voluntary Sector Forum.
For more information contact the
Carers' Centre:
Telephone: 0191 643 2298
e mail: claire.easton@ntcarers.co.uk**



NHS North Tyneside
Clinical Commissioning Group