



Make caring
Visible, Valued
and Supported

Carers Week™
10 - 16 JUNE



Carers come from all walks of life, all cultures and can be of any age and those from ethnic minorities may have special needs that require specific help.

According to Carers UK in the UK

- 1 in 8 adults (around 6.5 million people) are carers
- Every day another 6,000 people take on a caring responsibility – that equals over 2 million people each year.
- 58% of carers are women and 42% are men.
- 1.4 million people provide over 50 hours of care per week.
- Over 1 million people care for more than one person.
- Carers save the economy £132 billion per year, an average of £19,336 per carer.
- 8 in 10 people caring for loved ones say they have felt lonely or socially isolated.

A carer is anyone who provides help and support to a parent, partner, child, relative, friend or even a neighbour, who could not live without their help due to frailty in old age, mental health problems, including dementia, physical disability, learning disability, chronic childhood disease, drug addiction and following the pandemic – long term covid

Caring takes place “within a context of love, duty and obligation.” People become carers due to various reasons and circumstances – for some the caring role evolves gradually, almost without them noticing it, whilst for others it could be due to a sudden crisis resulting in them becoming a carer. There are also many carers who do not consider themselves to be carers when looking after a parent, partner, child, or even best friend – they are just getting on with what anyone else would do in the same position.

Every carer situation is different and each person copes with caring in their own way – some caring may involve 24/7, for others a few hours a day/week/month.



Studies have shown that there are broadly six categories of help, which enables carers to cope and to continue to care. These are: -

1. **Opportunity for a break from caring**
2. **Receipt of reliable and satisfactory services.**
3. **Information.**
4. **Recognition of their role and contribution.**
5. **Care for their own health.**
6. **Someone to talk to.**

There must be many carers within the UK Jain community who look after their loved ones, silently with care and devotion. In the past, extended family bonds that existed during our parents' and grandparents' times ensured that assistance and advice to anyone in this situation was readily available. We are all aware that sadly today, in many instances, this is no longer the case. Because of this, **Jain communities/organisations should consider looking at ways to assist carers within the community.** Initiatives could include setting up support groups for carers, identifying carers and their needs, provide relevant information at Jain centres and places of worship.



BY KISHOR B SHAH

Update of an article first researched and written whilst Editor of Oshwal News



In an ideal world carer, and those they care for, would receive exactly what they needed, when they needed it. Sadly, life isn't like that, so here are some tips on making the best of often scarce resources.

- Try to think ahead. Ask for help or register a need before a crisis arises.
- Think about what you need. Be flexible in your thinking and be prepared to offer alternatives.
- Make your needs clear so that you are not forced to accept unnecessary or unsuitable service as this can be embarrassing or irritating.
- Don't hesitate to ask for help from different sources – family, friends, voluntary groups, local place of worship. Don't take no for an answer – ask and keep asking.

Carers Act

Under this act, Carers are entitled to ask local social services for an assessment of the care being provided. This is called a carer's assessment.

Useful Contacts

Carers UK – www.carersuk.org | Age UK - www.ageuk.org.uk