

Preventing crisis for carers

The last issue of MS Connect was dedicated to carers and the vital role they play in the lives of those with MS.

As Paul Weddell pointed out in his interview in that newsletter, many people are reluctant to describe themselves as carers - they are those who are looking after someone they love. The three younger carers in the same feature hadn't ever met any other young people in the same position.

That's where we at The Princess Royal Trust for Carers come in! Our unique network of carers' centres situated all over Scotland promotes the needs of carers and provides them with support. The centres are also a place for carers to meet others in the same position, share information and make new friends.

We are also promoting partnership work between the local carers' centres, health and social care professionals to identify carers early on in their caring role. The aim is to make sure that all carers who come into contact with health are identified, directed to appropriate services and advice and made aware of their rights.

Sponsored by the Moffat Charitable Trust, the Moffat Programme is working with four NHS areas in Scotland and is all about preventing crisis for carers. Hopefully, the work will reduce the pressure on carers' own health - and this could have a significant impact on those who look after someone with MS.

This could apply where someone has recently been diagnosed with MS. The programme looks at:

- Who is the person caring for this patient?
- Do they know where they can go for help?
- Are they aware of their local carers' centre?
- What benefits do they need?
- Is there training available to help them with their caring?
- Do they need someone to talk to when it all becomes too much to cope with?

It also means that the person being cared for

will benefit from having a carer who is more able to cope with them at home; hospital discharges will be safer and less likely to result in short-term readmission to hospital; and carers will have better access to carers' assessments.

The findings from the Moffat Programme are being independently evaluated by Glasgow Caledonian University. The programme will end early next year.

To find the location and phone number of your local carers' centre, please visit our website: www.carers.org or call our Glasgow office on **0141 221 5066**. For more information on the Moffat Programme, see the website: www.carers.org/professionals



The Princess Royal Trust
for Carers

