

# Carers

Looking after someone with a spinal injury can be a physically and mentally draining job.



The Princess Royal Trust  
for Carers

Scotland's army of unpaid carers and young carers save the Scottish Government £7.6 billion every year by dedicating their lives to those who, thanks to illness or an injury such as spinal damage, cannot manage without their help.

But what about the carers – who looks after them when the long hours of caring, lack of money and recognition and isolation take their toll?

This is where we at The Princess Royal Trust for Carers come in! Our unique network of carers' centres situated all over Scotland and the rest of the UK promotes the needs of carers and provides them with support. The support includes one-to-one advice, group work, information about benefits and other entitlements (such as the right to a carer's assessment), counselling, pampering therapies and more.

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 a spinal injury.

This could apply where someone has recently sustained a spinal injury. 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](http://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](http://www.carers.org/professionals)