



# Carers in the Chinese Community

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# Introduction

## What is a carer?

**A carer is someone who looks after family, partners or friends in need of help because they are frail, ill or have a disability.**



- Why are they important?
- Providing help for carers helps the cared for person too
- Support can help avoid crises and hospital admissions
- Help means that carers are less stressed
- BME carers are slightly more likely to be in poor health than White British carers

# Who is a carer?

The National Carers Strategy definition of a carer is ‘someone who spends a significant amount of their life providing unpaid support to family or potentially friends, caring for a relative, partner or friend who is ill, frail or disabled or has mental health or substance misuse problems’.



# Derbyshire Definition

- If you provide at least 14 hours of support a week- or you provide **less**, but you feel it is regular and substantial care you are entitled to have an assessment of your needs as a carer. The assessment will help us understand how DCC can best support you.

# BME Project

- The aim is to encourage carers in small communities to have the Emergency card for carers and take part in activities for carers.
- 'Mainstreaming'
- Carers Week 2012

- Carers Week in Sainsbury's!



## Facts and Figures!

- There are over 6 million carers in the UK, of whom 12,537 are Chinese
- There are 90,000 carers in Derbyshire
- There are only 710 Chinese carers in the whole of the East Midlands
- Nationally carers save the government around £119 billion !!





## Some facts about BME carers

- There are 503,224 BME carers in England
- 10% of all carers are from a BME background - this is not borne out by the uptake of our services
- 60,120 BME carers are in poor health
- The majority of BME carers are of working age

# Challenges faced by BME carers

- Stigma of caring for particular conditions eg HIV or mental illness
- Language and literacy barriers
- Cultural barriers
- A lack of culturally appropriate practical services
- BME communities can be seen as homogenous and yet are extremely diverse

# Challenges continued

- Particular barriers faced by refugees
- Misconceptions about extended family support that may not exist
- Faith is not always explored in relation to BME issues
- BME communities need a stronger carer voice

# Recent Legislation

- Carers Act 1995
- The Carers and Disabled Children's Act 2000
- The Carers Act 2004
- 'Carers at the heart of 21<sup>st</sup> Century families and communities', National Carers Strategy 2008
- National Strategy, refresh, 2010



# ‘Carers at the heart of 21<sup>st</sup> Century families and communities’, National Strategy, 2008

This includes new commitments to

- Planned short breaks
- Supporting carers to re-enter the job market
- Improved support for young carers
- Annual health check for carers
- GPs to recognise and support carers



# Some current work

- BME project
- Improved access to respite
- Better information on the website  
[www.derbyshire.gov.uk](http://www.derbyshire.gov.uk) and Derbyshire Directory
- Carers Directory
- New carers Assessment process
- Emergency Card application



## More current work ...

- Support groups provided by Derbyshire Carers Association
- Carers Breaks and Personal budgets
- Developing services for young carers
- Supporting carers in employment
- Whole family approach- those with learning disabilities and young carers



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Any questions

Thank you for listening!