

Easy Read



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# Cardiff and Vale of Glamorgan Unpaid Carers plan



This document was written by **Cardiff and Vale Regional Partnership Board**. It is an easy read version of “**Cardiff and Vale Unpaid Carers Charter**”.

**June 2022**

# How to use this document



This is an easy read document. But you may still need support to read it. Ask someone you know to help you.



Words in **bold blue writing** may be hard to understand. They have been explained in a box below the word.



Where the document says **we**, this means **Cardiff and Vale Regional Partnership Board**. For more information contact:

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# Introduction



1 in 10 people who live in Cardiff and the Vale of Glamorgan provide **unpaid care** to a family member or friend.



**Unpaid care** is care or support given by someone for a family member or a friend who is disabled or needs support.



For example, someone who has mental health problems. Or someone who has an illness and needs your support.



It could be a child or an adult that you care for.



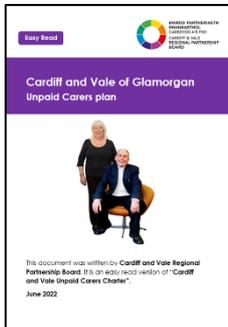
**Unpaid carers** have an important role in the lives of the people they care for and in the community.



We want to support **unpaid carers** in our community.



And we want to help carers to enjoy their life alongside providing care.



This plan explains how we will support you if you are an **unpaid carer** for someone



This plan says how all our partners like the NHS, local authorities, voluntary and other **third sector** organisations should support **unpaid carers**.



The **third sector** is another name for voluntary, charity or campaign organisations.

## The type of support you might be giving to the person you care for could be:



- helping someone to wash and dress themselves



- help with housework, food shopping



- picking up medication or giving medication to the person



- taking someone to hospital and GP appointments



- spending time with a person. Or talking to a person when they are feeling down.

# The plan for unpaid carers

To help unpaid carers, we will:



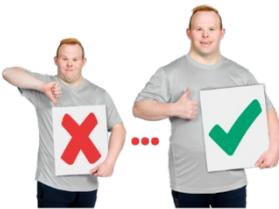
Make sure **unpaid carers** get information, advice and support quickly.



Make sure **unpaid carers** get the right information when they need it.



Make sure **unpaid carers** have a choice.



Improve support that **unpaid carers** get.



Train staff who support **unpaid carers**.



Make good use of what we have in our local communities to help care for people.



Work together with other organisations to give **unpaid carers** the chance to study and work.

We will ask for feedback. We will find out from **unpaid carers**:



- what they think of our services
- what is working well and what needs to change.