

Easy Read



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BOARD

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.



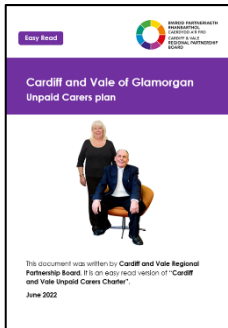
Unpaid carers have an important role in the lives of the people they care for and in the community.



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:



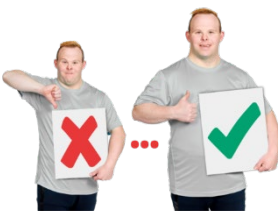
Make sure **unpaid carers** get information, advice and support quickly.



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.