

Our plan to help adult carers in Haringey 2020 - 2023



Easy read booklet

October 2020

Who we are and what we do



We are **Haringey Borough Partnership**.

We help **unpaid** adult **carers** who



- Live in Haringey, or
- Live outside Haringey but care for a person who lives there.



A **carer** looks after and supports another person who needs help with their daily life.



Unpaid means you don't get money for doing this.

What is a carer



You might provide care for

- 2 hours a week
- All day and all night, or
- Another amount of time.



You might care for

- Your child, parent or another relative
- Your friend, or
- Your neighbour.



You might care for someone who is ill, old, disabled, uses drugs in a bad way, has a learning disability, or for another reason.



You might give care a lot of the time for someone you live with, or you might just do things like shopping.

You might have a job, go to college or have other family to look after as well.

Our plan for 2020 - 2023



We have written a plan for 2020-2023 so that all carers are **recognised, respected** and **supported**.



Recognised means people know about you and the care you give.



Respected means you are treated in the right way.



Supported means you are listened to and helped in the best way. We will support you to be a carer and to look after yourself.

Theme 1 – your life as a carer



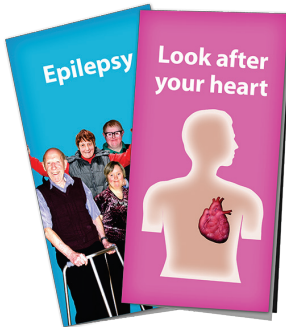
Our plan covers **5** areas of your life that we want to help with. We call these our **5 themes**.

Theme 1 is about your life as a carer.



We will work with you to make sure

- People know about you and the care you give
- You have the information you need to look after the person you care for and to look after yourself
- You have all the support you need
- You are treated in the right way
- We listen to you.



Theme 2 – your health



Theme 2 is about your health and happiness.

We will try to make sure



- Health and care services include you in choices about the person you look after. You know a lot about that person and what you think is important



- We support you to be healthy in your body and in your mind



- We support you with any changes to the care you give and help you if you stop being a carer.

Theme 3 – your home



Theme 3 is about your home and changes to your home that might be helpful.



We will try to make sure

- You have a home that is safe and is the right type of home for you
- Helpful changes are made to your home so it is better for you and for the person you care for
- You have products, equipment and systems that support you and help you with difficult tasks.



Theme 4 – your money



Theme 4 is about your money and how you spend it.



We will try to make sure

- You get all the benefits that are right for you.



- We help you spend your money in a good way and manage your **debts** if you have any. **Debts** are money you owe other people



- You know where to get good help and advice about your money.

Theme 5 – your life when you’re not a being a carer



Theme 5 is about support for your life when you’re not being a carer.

We will try to make sure



- You get lots of breaks from being a carer
- We help you find a job if you want one



- You can spend time with other people who are important to you
- You pay less for **leisure activities** in Haringey. Leisure activities are things like sports or other activities you enjoy



- We listen to you and check our care services are good, so you worry less about your loved one.

Thank you to A2i for the words
www.a2i.co.uk (reference 33041)

The full version of this document is called
“The Carers’ Strategy for Adults in Haringey
2020 - 2023”