

C01

Ymchwiliad i Effaith Deddf Gwasanaethau Cymdeithasol a Llesiant (Cymru) 2014 mewn perthynas â Gofalwyr

Inquiry into Impact of the Social Services and Wellbeing (Wales) Act 2014 in relation to Carers

Ymateb gan Unigolyn

Response from an individual

To whom it may concern.

My name is [REDACTED], I live in [REDACTED].

I noticed a short section in Thursday's South Wales Argus regarding an inquiry into support for carers in Wales.

I myself was a carer for both my parents (who had Alzheimer's and vascular Dementia) for five years up until March of this year.

I took voluntary redundancy in June 2015 to care for my Mother full time as I did not want her to go into a home.

I am a member of the Alzheimers Society and the carers group Wales.

I strongly believe family carers are undervalued and that without them NHS Wales and Social services would be in an even bigger crisis.

I had carers to help my parents through the day, but no help from Social Services in the nights. Any breaks I had was paid for privately or was reliant on my brother travelling from London to give me a short break.

I am in my fifties and fairly fit but some days and nights I felt totally drained and frustrated. I do not know how older people cope.

I believe the carers allowance should at least be equal to those claiming unemployment benefit.

I also believe there should be more help provided for night care for those in most need.

I know that if I had not had these breaks and a good family to support me I would not have been able to care for my parents in their home environment.

Although I am no longer caring for my parents who have both passed on, I still feel strongly that family carers are undervalued and need more support financially and physically.

A short break re energises you and is good for both the carer and the person who is being cared for! I would be willing for this e mail to be used in the Senedd during the enquiring.

Regards

[REDACTED]