

Achieving Evening Support for Carers

How an evening support programme enabled carers to have the time to attend and the benefits achieved

Author

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ABSTRACT

Feedback from previous programmes, reported the main reason for non-attendance was the inability of the carer to leave their caring responsibility during the day. Carers UK (2020), identified that stress & responsibility, physical & mental impact and not being able to take time away from caring, covered 66-74% of carers main challenges. There is a dearth of evidence to support an evening carers programme. Acknowledging such and the lack of local provision, we made the decision to pilot an evening Carer Programme.

References – Carers UK (2020), The rise in the number of unpaid carers during the coronavirus (COVID-19) outbreak).

AIMS & METHODS

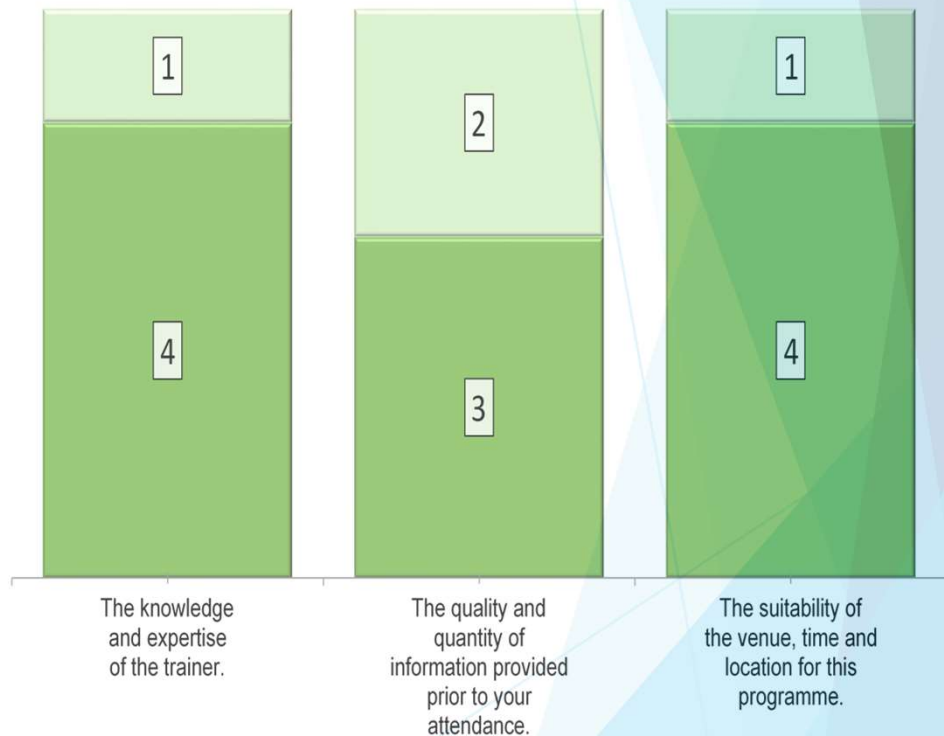
- To provide a Carer Programme during the evening providing a safe haven, peer support and improved wellbeing for carers.
- 6 carers were invited to attend the 8-week programme and pre and post evaluation questionnaires were completed.

TYPICAL FEEDBACK

“Knowing that there is support and help out there makes me feel better and meeting people who are in the same situation you don't feel so alone”

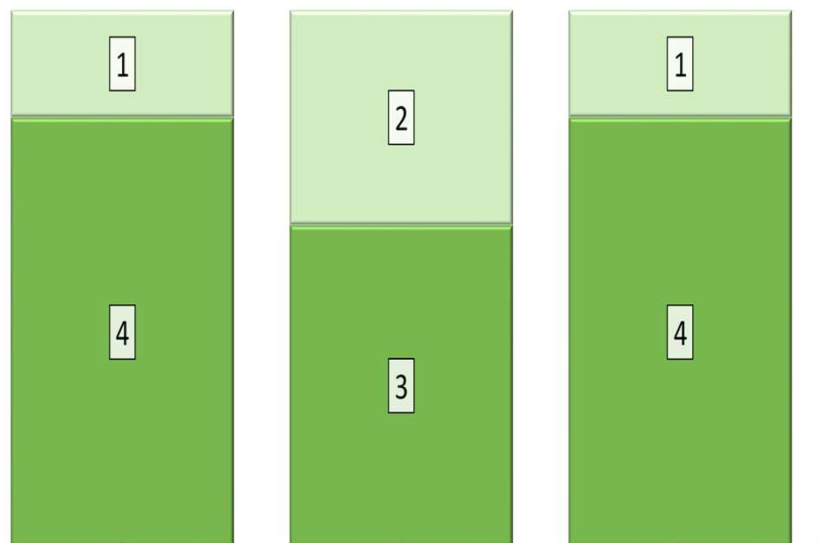
About the programme (5 Responses)

■ Excellent ■ Good



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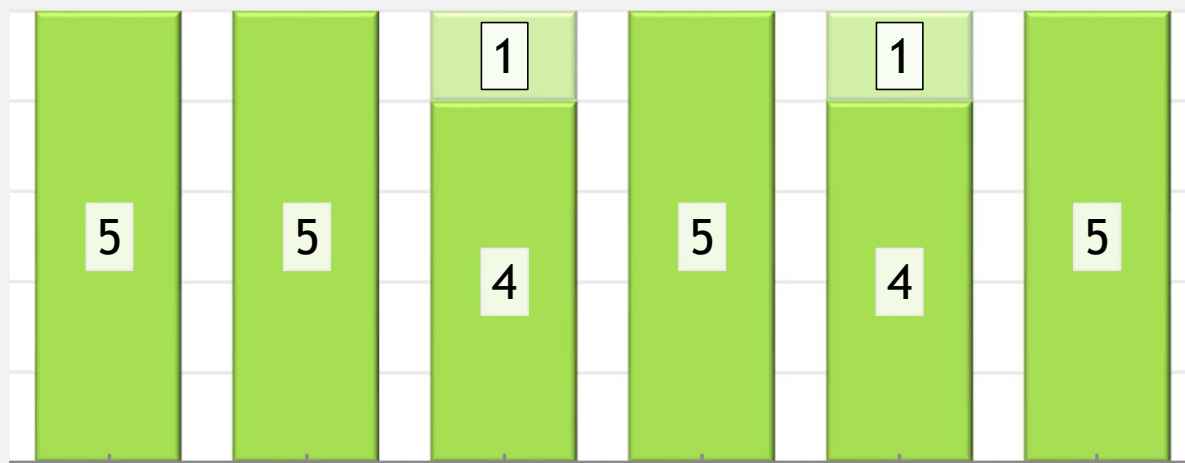
The knowledge and expertise of the trainer.

The quality and quantity of information provided prior to your attendance.

The suitability of the venue, time and location for this programme.

About your attendance:

■ Strongly agree ■ Somewhat agree ■ Neither agree / disagree
 ■ Somewhat disagree ■ Strongly disagree



Programme covered everything I expected

It was delivered at a suitable pace.

It was useful to me in my caring role.

I would recommend this programme

I felt adequately prepared to attend this programme.

All steps were taken to accommodate my attendance

RESULTS

Significantly improved and sustained attendance at each session.

100% agreed that Kilbryde Hospice had taken all steps to accommodate their attendance with 80% of those in agreement around the suitability of the evening timing.

100% agreed that the programme was delivered at a suitable pace and covered everything they had expected.

100% would recommend this programme.

CONCLUSION

Moving forward, Kilbryde Hospice will include an evening session of the Carer Programme to include carers who struggle to attend through the day.

TYPICAL FEEDBACK

“The highlights for me was to get out of the house, meet other people and the staff were so nice. Loved all the weeks and information, I feel I learnt so much.”

“The trainers, volunteers, speakers and everyone involved provided information and guidance at the right level for both quality and quantity for the group.”