

# Gaddum

...

## Supporting those who support others Pete's Story-Adult Carer, Salford.

*Pete provides care to his elderly father David, who has dementia, whilst also managing his own needs around his mental health.*

When Pete was referred to Gaddum Salford Carers he was struggling with his own mental health whilst supporting his father David, who has Dementia. Pete explained he has struggled to understand the options available to support David in his care needs, he was particularly concerned about what would happen as David's health deteriorated. Pete wanted support to have the confidence to challenge and question the support being offered to his father.

Following an initial meeting with Pete, his Adult Carers Link Worker explored how Pete was managing his caring role, his finances and time for himself. It was identified that he hadn't had a Carers Assessment, had some council tax debt and wanted to understand more about Dementia. A Carers Star was completed with Pete to identify the different areas that were affecting him as a Carer and pinpointed what we could support him with.

The Adult Carers Link Worker completed a Carers Assessment, which assessed Pete's own needs, wellbeing and explored options of a Direct Payment to assist with his father's care. A referral to a Welfare Rights officer specialising in Carers was made. Pete was referred for training around Dementia and given information around the discharge planning processes.

Pete's Carers Assessment resulted in Direct Payment to provide community care within David's home, to attend during the morning, allowing Pete with much needed time for himself. An appropriate council tax discount was applied to help with Pete's previous debt and he is in the process of applying for Carer's Allowance. The training Pete attended allowed him and the family to feel better prepared around their rights and have more knowledge about David's condition.

Pete now receives our newsletter and regularly attends our monthly Virtual Coffee Morning to meet and chat with other carers in similar situations.