

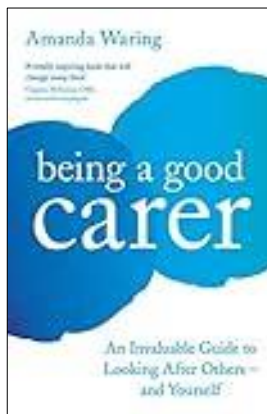


Carer's Network Bulletin

January 2024

The aim of this current awareness bulletin is to provide a digest of recent guidelines, reports, research and best practice.

Book of the Month



Amanda Waring - Being a good carer

[Being a good carer : an invaluable guide to looking after others and yourself](#)

There are 3 copies available to borrow via our catalogue and one copy in the Knowledge, Learning and Resources Hub at Lincoln County Hospital.

If you are a member of NHS Lincolnshire staff and would like to borrow a book, please register [here](#).

If you are already registered to borrow books, log in to your account using your Reader ID and PIN. You can then select the books you wish to borrow.

If you have forgotten your Reader ID and/or PIN please email library.lincoln@ulh.nhs.uk

There is also a copy available from Lincolnshire County Council libraries.

Contact them for more details: <https://www.better.org.uk/library/lincolnshire>

Carer-friendly workplaces: Guide for people professionals.

This [guide from the Chartered Institute of Personnel and Development](#) aims to support employers to develop a carer-friendly workplace by: discussing what is meant by a 'working carer' and providing examples of different carer experiences; considering the business, legal and moral reasons for carer-friendly workplaces; outlining five ways to create a supportive workplace.

Dementia care

This research briefing from the House of Lords Library Growing numbers of people in the UK suffer from dementia. Because dementia costs are often associated with social care needs, as opposed to medical treatment, those with dementia are often required to fund the cost of their own care. This has led to calls for more parity between health and social care where dementia is concerned. The [government has committed to significant reform of the funding thresholds for social care in England, but these are now not expected until 2025](#).

Inquiry into the life opportunities of young carers and young adult carers

The [first parliamentary inquiry on young carers, supported by Carers Trust](#), reveals a lack of support severely affecting education, wellbeing, and future prospects. Evidence shows that 15,000 children, including 3,000 aged 5-9, spend more than 50 hours weekly caring for family members. For the estimated 1 million young carers in the UK, their caregiving hampers their education and life opportunities. The report urges a national carers strategy, a properly resourced action plan, and collaboration with young carers for improved identification and support.



People with learning disabilities and autism in inpatient mental health care

This [briefing from the House of Lords library](#) examines the NHS long term plan target to reduce the number of people with learning disabilities and autism in inpatient mental health care. It provides an overview of the government's approach to achieve the goal, examines the progress that has been made and provides a range of further reading on the issue.

State of caring 2023: the impact of caring on health

This [report from Carers UK](#) finds that caring responsibilities for relatives or friends who are older, disabled or seriously ill are having a significant impact on people's capacity to work and earn a full-time wage. The research shows that 40% of unpaid carers providing high levels of care are giving up work to care, while 22% are reducing their working hours.

The Care Act 2014 and unpaid carers: a handy summary

This [summary from the Local Government Association](#) is designed to support councils to prepare for Care Quality Commission (CQC) assessment as it relates to unpaid carers. CQC assessments will focus on how well councils are carrying out their statutory duties under the act, in line with new powers set out in the Health and Care Act 2022 regulations.

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