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| <b>1. Identification and early support</b>  | <b>6. Connecting carers</b>  |
| <ul style="list-style-type: none"> <li>• I want to be able to access information and support when I need it</li> <li>• I would like support at first contact to understand my situation</li> <li>• I would like help to understand what a carer is</li> </ul>                   | <ul style="list-style-type: none"> <li>• I want to be able to share my experiences with other carers in ways that are accessible to me face-to-face, virtual or otherwise</li> </ul>   |
| <b>2. Information, advice, guidance and training</b>  | <b>7. Giving carers a voice</b>  |
| <ul style="list-style-type: none"> <li>• I would like information or training to support me at the time I need it, for it to be easily accessible, meets my needs and available from whoever I make contact with</li> </ul>   | <ul style="list-style-type: none"> <li>• I want to be involved in decisions affecting my cared for at all stages and by all professionals/services involved</li> </ul>   |
| <b>3. Assessment</b>  | <b>8. Health and wellbeing and living a balanced life</b>  |
| <ul style="list-style-type: none"> <li>• I want the right to a carers assessment</li> <li>• I would like to tell my story once and agreed when I have a conversation to explain my situation so my needs can be met</li> <li>• I want to feel valued and listened to</li> </ul> | <ul style="list-style-type: none"> <li>• I want to be able to feel safe and supported in my caring role as well as the person I'm caring for is safe and well looked after</li> <li>• I want to be seen as more than a carer and have opportunities to live a balanced life outside of my caring role</li> </ul> |
| <b>4. Whole Family Approach</b>   | <b>9. Education, training, volunteering and employment</b>   |
| <ul style="list-style-type: none"> <li>• I want my needs and the needs of my family to be considered and appropriate support provided recognising the impact on all of us</li> </ul>  | <ul style="list-style-type: none"> <li>• I want to be able to take up education, employment and volunteering opportunities offered to me, professionally and personally, without my caring role impacting on these opportunities</li> </ul>  |
| <b>5. Breaks from caring and preventing carer breakdown</b>   | <b>10. Life after caring</b>   |
| <ul style="list-style-type: none"> <li>• I can access information and support when I need it</li> <li>• I should be able to access different types of bespoke flexible and timely respite to meet my needs</li> </ul>   | <ul style="list-style-type: none"> <li>• I deserve to be recognised as a carer after my caring role ends</li> <li>• I need support to prepare me for a time when my caring role reduces or ceases</li> </ul>   |

