

Discussion session on 16/06/14 with Quarriers Carers Group – carers of people with mental health issues

Facilitator: Ann Griffin, Adult Team Leader, Quarriers Carer Support Service

Context: Recognising that caring for someone with a mental health condition can be very challenging – please help us understand how you feel and how the impact of caring has on your own mental health.

All entries are recorded as “cared for” to ensure that person cannot be identified by this consultation.

<p>What words describe your own mental health?</p>	<ul style="list-style-type: none"> • Low self esteem • Concerned • Worried x7 • Good x2 • Low levels of confidence x2 • Mental health is about average • Varies from day to day
<p>As a carer of someone with a mental health condition, what words would you use to describe how you feel?</p>	<ul style="list-style-type: none"> • Uninvolved in the care decisions • Supported by family, friends and Quarriers x3 • Ignored by OT and social work x2 • Unsupported by the education and social care processes • Don't feel good • Frustrated • Not valued
<p>Do you feel included in the care provision as a “partner in care”?</p>	<ul style="list-style-type: none"> • Not all social work – all • NHS for children and families slightly better • NHS for adults slightly better
<p>How supported and confident are you in being able to continue to care?</p>	<ul style="list-style-type: none"> • Confident to continue to care at current level – all • Felt 70% capable x3 • Felt 80% capable x 2 • 85-90% capable x2

<p>What is missing in Moray to better support people to have good mental health and wellbeing to prevent them from needing acute services?</p>	<ul style="list-style-type: none"> • Support to reduce bullying in schools • More education/awareness/training about self-help mental health for teenagers • PE in schools should include more about mental health • Better advertising about the Moray Feelgood Festival • Drop-in centre for mental health • Local clinics rather than Aberdeen • More independent supported living opportunities • Self-help support groups – both mental health and carers groups • Low-level resources like art/craft/relaxation/wellbeing and stress management courses • Promote mental health friendly community in Moray • Need support to “nurture” people who need services to access them • Person-centred services • Transition between services is poor (discharged from psychiatrist and referred to psychologist with five years waiting list) • Support with planning for the future – carer needs to be supported to trust that their “cared for” will be supported to become independent. It was acknowledged that this is difficult for carers
--	--

Can you give us good or bad examples of when you have been involved as a Partner in Care?

Where things have gone well:

Social worker helped “cared for” with the transition into supported accommodation. We had good communication between “cared for”, the carer, social worker and the support staff at the new accommodation.

SAMH are good, communicate well and are person centred.

Where things have not gone well:

“Cared for” sectioned in Ward 4. They escaped and neither the police nor NHS informed the carer of the emergency situation.

Youth worker visited my “cared for” without adequate information about their condition. They were unprofessional and ill-informed. This resulted in my “cared for” being extremely upset and it took weeks to get them past this.

I contacted social work in August 2013 to discuss my concerns about my “cared for” as they had a desire to self-harm. They have never contacted me and I am still waiting.

My GP ignored my concerns and advised me to ignore what was going on as I did not need to saddle my “cared for” with a mental health condition for the rest of their life

“Cared for” is very good at art and wanted to sell their artwork. This was not supported as we were told they would lose their benefits if they became self-employed.