

Support for carers of adults with
a learning disability and/or autism
and the person they care for



Today's session

- LD Carers Advisor, **Yvonne Dawes**
- LD Carers Caseworker, **Carolyn Doyle**
- Community Facilitator, **Dymphna Graham**
- Travel training for adults; Community Café
- Summary of activities for adults & identified gaps
- Questions

Yvonne Dawes
LD Carers Advisor



What is a Carers Assessment?

- Not an assessment of your ability to care?
- An opportunity to speak with me about the ways in which your caring role affects your life - and for me to advise on things that may help
- You may receive a Carers Wellbeing Assessment to access support
- You may go on to receive a Carers Statutory Assessment if this assessment highlights the need for your own personal budget from the council because your caring role is preventing you from carrying out household tasks or getting a break and you have no other support around to help with this

Who can have an assessment?

- Under The Care Act 2015, any adult over 18 who cares for another adult is legally entitled to a Carers Assessment
- Caring for an adult over 18 with a learning disability and/or autism
- A family member, friend or neighbour
- The person you care for does not have to be living with you
- You are performing any caring role, eg providing emotional support, practical support, advocating for the cared-for person



What will happen?

- You can call me directly to request a Carers Assessment appointment or be referred by another agency such as GP or Social Services
- Arrange a time to meet over the phone, video-call, or in-person at our offices (waiting list)
- Meet for up to 1 hour to discuss how your caring role impacts your life, eg coping with caring, finances, emotional wellbeing, connecting with others



How can we help?

- Connect you to specialist services to help with things like finances, health, emotional support, employment, connecting with others, getting a break
- Provide you with a Carers Discretionary Grant to purchase something for to help you maintain your caring role (eg to fund outings, holiday, garden/household maintenance)
- Connect you to other Merton Mencap services, eg MAPS, Adult Groups, Carers Groups, Community Facilitator



Assessment Support Plan example:

Caring for an adult with High Functioning Autism

- £200 CDG carers grant to help you in your caring role, eg trip away to help emotional wellbeing, gardening services, Adult Education courses
- Referred to Merton Mencap LD Community Facilitator to connect with cared-for person and access activities to form friendships, access volunteering to make connections with other. Befriending/ mental health support out of office hours. (Respite for carer)
- Advised to contact Merton Welfare Benefits adviser for cared-for benefit check

Continued...

- Referred to Dons Local Action group for 8 week food parcel delivery
- Referred to energy saving projects such as Thinking Works and Wimbledon Guild Warm & Well to make fuel bill savings/receive winter grant. Find out about fuel caps
- Signposted to DWP Disability Adviser also to ascertain Universal Credit eligibility for cared-for person so that financial contribution can be made to household costs.
- Referred to Merton Mencap caseworker for help to complete an emergency plan

Carolyn Doyle
LD Carers Caseworker



LD Carers Caseworker

Purpose

Improve the lives of carers in some way

- Providing emotional support and a listening ear
- Offering a wide range of general support around their caring role
- Targeted support, usually short-term intervention
- Empowering people
- Meetings with carers can take place via telephone, video-call or in person

How the LD Carers Caseworker supports carers

Type of support

- Facilitating a plan following Carers Assessment
- Supporting carers back into the community
- Sourcing small grants to support the family
- Referring to local agencies, eg support with welfare benefits
- Helping implement 'Thinking Ahead' plans



How the LD Carers Caseworker supports carers (continued)

Examples of support

- Refer carers for health and wellbeing support
- Assist carers with application for Blue Badge or Freedom Pass
- Support to prepare for meetings, eg with Citizen Advice Bureau
- Coordinate continued support through Adults First and Carers Support Merton
- Refer to other help, eg LD Community Facilitator for support for cared-for person
- Listening ear from someone who understands learning disability/autism and caring

How to access LD Carers Caseworker

Self referral

Agency referral (GP, Merton council)

Carolyn Doyle

LD Carers Caseworker

Mobile: 07815 462913

LDcarers.caseworker@mertonmencap.org.uk



Dymphna Graham
Community Facilitator



Community Facilitator

Details

- For adults with learning disabilities/autism over 18 living in Merton
- Supporting people to consider their ambitions and life-goals, solve problems, and live as independently as possible
- Helping people decide a plan and facilitating towards achieving their goals
- Short to medium-term support provided, not intended as a constant support

How the service works

- Self-referral or agency referral (GP, social prescribers, Merton)
- Initial 'Triage' to assess type of support and likely time needed
- Begin support or place on waiting list with indication of time
- First meeting takes place with person (and their carer if they wish)
- Person-centred consultation (likes, dislikes, aspirations, best days, experiences, barriers)
- Action plan agreed with nature of support being provided
- Facilitate goal-attainment



Connecting with the community

Types of support

- Discover new hobbies and interests, join new groups & outings
- Help with wellness, eg sports and fitness activities
- Support to meet new people, develop friendships
- Support with occupations, eg volunteering and to find a job
- Information about outings and events
- A listening ear, someone to talk over problems/barriers



Other support

Signposting/referring to local organisations for:

- Out of scope support, eg counselling
- Specialist advice, eg financial, legal
- Longer-term support, eg job coach
- 'Advocacy' for a grievance or complaint

Contacts (also see mertonmencap.org.uk)

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