TAKE A MACMILLAN MINUTE: CANCER CARERS

August 2016
PRINCIPLES IN PRIMARY CARE

IDENTIFY
REGISTER
ASSESS
SUPPORT
SIGNPOST
There are almost **1.5 million cancer carers** in the UK, a rise of 27% from 1.1 million just 5 years ago.

And with the number of people living with cancer projected to increase from **2.5 million** to **4 million by 2030** the number of cancer carers is set to rise too.

Cancer can be seen as an acute condition. However, with more people living with and beyond cancer caring roles are lasting longer.

More than half don’t identify with the term ‘carer’ and don’t realise that there is support available to them.

Avoid terms like ‘caring’ and ‘are you a carer?’ Instead try...

“I never thought of myself as a carer. I was just being a daughter, looking after my dad.”

“It never dawned on me that I was a carer, and even though you’ve told me I am, I’m still not sure”

Are you supporting someone through cancer? Are you looking after a family member or friend?
Include a question on new patients check forms

Think carer during consultations, including chronic disease clinics and cancer care review

Consider other registers, can any of these indicate hidden cancer carers?
Check your cancer register.
What about your Gold Standards Framework supportive care/end of life/palliative care register?

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On average cancer carers provide **17.5 hours** of support a week...

...and shockingly, 1 in 5 spend more than 35 hours a week, the same as a full time job, caring for someone with cancer.

It’s important to assess the impact of caring and the carer’s support needs holistically. Supporting someone with cancer has a noticeable effect on all aspects of a carer’s life.

Almost half of carers say caring impacts their emotional wellbeing and mental health.

15% of cancer carers say that caring affects their finances, that’s approximately 165,000 carers.

Almost 2 in 5 cancer carers say caring affects their social life/leisure time.

Half of cancer carers are juggling work and caring. 1 in 5 say that caring affects their work life, including hours they work, their role and career progression.

2 in 5 cancer carers say caring affects their relationships.
SUPPORT

CARERS PACK

Click the boxes for more details

Carers Champion: A 'Role Description'

- Develop & maintain the carers register
- Be familiar with local authority social care support
- Be aware of financial help to which carers might be entitled and signpost to benefits advisors
- Work with local organisations & neighbourhood support to provide details about their services
- Develop a carers policy for the practice
- Encourage the team to be aware of the carers policy and read it before their annual appraisal
- Create and maintain a carers pack and/or carers notice board containing support including tailored local information
- Be a source of advice for other members of the practice
- Lead staff awareness sessions on carer support
SIGNPOST

Supporting... with cancer

Visit macmillan.org.uk/carers

I could log on anytime I needed to talk

Our Online Community is open 24 hours a day.

Get support

Find local support in your area

Click the boxes for link to site