

Being Heard: a self-advocacy guide for carers

in Wales



Contents

INTRODUCTION	03	UNDERSTANDING YOUR RIGHTS	19
COMMUNICATING EFFECTIVELY	05	Having a carer's assessment	21
Common barriers to communication	06	Other assessments	21
Ways to communicate well	07	Other legislation relevant to you as a carer	22
Body language and tone	08	Equality Act 2010	22
Different ways to ask for what you want	08	The Social Services and Wellbeing (Wales) Act 2014	22
Assertiveness	09	The Mental Health (Wales) Measure 2010	22
Why might it be difficult to be assertive as a carer?	09	More information on carers' rights	23
How can you get better at being assertive?	09	HOW YOU ARE FEELING	25
Influencing and negotiating	11	Anxiety	27
Making a complaint	14	Stress	27
		Anger	27
		Guilt	28
		Loss	28
		Getting help with these feelings	29
		Understanding family relationships	29
		Taking care of yourself	30
		Reflecting on how you think	31
		FURTHER INFORMATION	33



Introduction

Carers Wales is part of Carers UK, the national membership charity for unpaid carers. We are here to listen and to give carers expert information and tailored advice. We champion the rights of carers and support them in finding new ways to manage at home, at work, or in their community. We're here to make life better for carers.

This self-advocacy guide

We understand the many challenges that caring brings. This guide has been developed to help anyone with caring responsibilities gain confidence to understand their rights, communicate effectively with professionals and recognise how to be heard.

This guide stems from work carried out by Carers Scotland and the Scottish Government. It has been updated by Carers Wales to reflect the situation for carers in Wales.

For accompanying resources, visit carersuk.org/wales/help-and-advice/self-advocacy-toolkit-wales or call Carers Wales on 029 2081 1370. All the other documents mentioned in the guide can also be accessed on the website or by contacting us.

What is self-advocacy?

Caring can be rewarding but also very isolating. You may not know what help to ask for, how to ask, or indeed who to ask. Self-advocacy is about being heard, as well as speaking up for the person you care for.

This guide provides practical guidance on how to get your voice heard when you care for someone in what may be complicated and challenging circumstances.

This guide

Communicating effectively



The first part looks at communication, assertiveness and negotiation skills.

It offers practical advice on getting the best out of interactions with others and how to make a complaint.

Understanding your rights



The second part of this guide has information on the rights that can help you get your voice heard.

How you are feeling



The third part takes a look at other factors that may affect your ability to get your voice heard: difficult emotions, stress and family relationships. We also explore how new ways of thinking and greater self-awareness may help you to be heard more easily.



Communicating effectively

Common barriers to communication	06
Ways to communicate well	07
Body language and tone	08
Different ways to ask for what you want	08
Assertiveness	09
Why might it be difficult to be assertive as a carer?	09
How can you get better at being assertive?	09
Influencing and negotiating	11
Making a complaint	14

Communicating effectively

In this section, we look at how communicating well, and adopting different approaches, can play a key part in achieving what you want with organisations and services. We also offer tips on assertiveness, negotiation skills and how to make a complaint.



Common barriers to communication

It's easy for our message to be misunderstood. It's important not to blame yourself if this happens. Here are a few examples of why this can happen:

- The person you are speaking to may not be fully listening.
- You may not have enough time to get your points across.
- Your tone of voice may make it difficult for you to be heard, eg if it's too soft or too harsh.
- The way you ask for things may be unhelpful:
"I know that you'll say no but..."
- Having distractions – you or the other person may be trying to do something else when you're talking.

TOP TIP

Avoid negative language:

"I know that you'll say no but..."



Ways to communicate well

When you're talking to someone, some things are out of your control: your environment, or how much the other person is really listening. However, there are things you can do to give yourself the best chance of getting your points across:

- **Remain polite, calm and patient** – the person you're dealing with is more likely to go out of their way to help you.
- **Try to keep the discussion objective and non-judgemental**, sticking to the facts. For example, say *"The care workers coming to care for my mother rarely speak to her"* rather than *"The care workers swan in and always ignore my mother, which is cruel."*
- **Avoid sounding too critical**. For example, say *"It makes me anxious when I'm left waiting for you to arrive"* rather than *"You really stress me out when you're late."*
- **Be firm**. Say *"I would like to speak to you about getting a break"* rather than *"I was wondering whether I could get a bit of a break?"*
- **Be specific**. Instead of saying *"I can't cope anymore"*, say *"I'm exhausted and I need a few days off as soon as possible."*
- **Stay focused**. Stick to your point and remember why you're talking to the other person. Perhaps write down your points so you have them in front of you.
- **Repeat your request**. If you feel you're being side-tracked, try to keep the conversation on what you want to discuss. Don't be afraid to repeat what you want.
- **Listen to what the other person says**. It is easy to carry on thinking about other things when someone is replying – you can miss important bits of information.
- **Ask for clarification** if you don't understand what the other person is saying.
- **Don't be afraid of silence**: it can give you both a chance to think calmly. It could be a sign that the person is thinking seriously about what you said.
- **Be sensitive to the needs of the person you are speaking to**. For example, if the receptionist at the doctor's surgery looks stressed, say *"I can see you're very busy – please can I just have a minute of your time?"*
- **Expressing gratitude and thanks goes a long way**. Everyone likes to be thanked and it might make things easier for you the next time you need to speak to them.

Syed's story*



Syed is a carer who is not getting the time off he needs. His friend tells him to call the local carers' centre for some advocacy support.

He calls the centre and says: *"Hi. Can you tell me about your services? I'm a bit stressed."*

He doesn't convey how serious the situation is in his message. The staff member thinks he just wants social interaction, rather than one-to-one advocacy support.

She replies, *"Yes of course, we have a weekly café, a massage day on a Thursday and a bridge night every month"*, which doesn't give Syed the information he's really looking for. Instead, Syed could say:

"Hi, can you tell me about your advocacy service as I really need some support to take a break."



"I'm feeling very stressed about this right now."

**The individual's name has been changed*

Body language and tone

Communication isn't just about talking. In fact, research suggests that 55% of our communication is non-verbal. Being aware of your body language and tone of voice is important.

- **Sit square**, with both feet on the ground – this helps you get attention and also helps you listen to the other person.
- **Try to sit with an open posture** with arms and legs uncrossed, as crossed arms and legs can come across as defensive and unwelcoming.
- **Keep an open facial expression** (ie look as if you're listening) and respond to what they are saying with nods of the head.
- **Establish eye contact**. Try not to stare as this can be off-putting, but meet the other person's eyes every few seconds.
- **Lean forwards** towards the person you are talking to in a way that makes you look interested in what they are saying.
- **Relax as much as you can**. Take some deep breaths, keep your shoulders relaxed and try not to fidget.
- When emotions are running high, we can speak too quickly. **Speaking clearly and slowing down your speech** can help get your message across.



55%

of our communication is non-verbal*

**Albert Mehrabian, a pioneer researcher of body language in the 1950s, found that the total impact of a message is about 7% verbal (words only) and 38% vocal (including tone of voice, inflection and other sounds) and 55% non-verbal.*

Different ways to ask for what you want

You may be wondering how to make your request. Depending on the nature of your request, it is sometimes easier to discuss the subject face to face or over the phone. It is then good practice to follow up and confirm what was agreed by email.

If you wish to make a complaint or have a list of things to say, a letter or an email lets you specify everything and also provides a record of what you've said. Keeping a written record of communications is very important.

Email is fast and efficient and it means you have a copy of your written discussions with professionals. However, it can be easy to give the wrong impression of your tone and meaning.

It's a good idea to read your email back to yourself: how would you feel if someone wrote this to you? Take your time and reword any strongly-worded phrases to make them more neutral, however much you feel like saying what's on your mind.

TOP TIP

A letter or an email lets you specify everything and also provides a record of what you've said. Keeping a written record of communications is very important.



Assertiveness

Assertiveness is about being direct about what you need, want or feel and standing up for yourself in a way that respects other people. To help you to be assertive, it is important to recognise that you have rights, which we cover in more detail in the next chapter. As a carer, you have a right to:

- a carer's assessment
- ask for a care needs assessment for the person(s) you look after
- ask for flexible working
- have your views and feelings taken into consideration by social services and healthcare professionals.

Everyone has rights in other areas such as in education, religion, gender, consumer issues, race or class. There is legislation that protects our human rights, and national care standards that aim to respect the dignity and independence of people receiving services.



Why might it be difficult to be assertive as a carer?

It can be difficult to stand up for your rights if you feel like you don't have much time for yourself. Here are some reasons why you may find it difficult to stand up for your rights, especially if your life tends to revolve around someone else:

- You may be too busy to ask or keep on asking for something.
- You may put others before yourself.
- You may feel that you do not deserve help.
- You may not have the energy or strength to say 'no' anymore.

How can you get better at being assertive?

Here are a few suggestions:

Your thoughts

- **Try to have a positive outlook** – it makes it more likely you will have a positive outcome.
- **Remember that you have a right to ask for help** (such as a carer's assessment or flexible working) if you need it.
- **Be aware of your feelings**, your triggers and your needs. This will give you more clarity of what you need. This is covered in more detail in the section 'How you are feeling'.

TOP TIP

Try to have a positive outlook – it makes it more likely you will have a positive outcome.



Your attitude

- **Be willing to listen to the other person** (the social worker, the GP) and hear what they have to say – and why.
- **Be willing to compromise** on the things that you can live without (see the section on ‘Influencing and negotiating’).
- **Believe in yourself** and treat yourself with the respect that you show others.
- **Know your own needs** (see the section on ‘Reflecting on how you think’) and take some time to appreciate the possible needs of others.

Know your rights

- **Make sure you’re speaking to the right person.**
- **Start slowly.** Express your assertiveness in low-anxiety situations at first so you can build up your skills – most people don’t learn new skills overnight.
- **Write down what you want** so it’s clear in your head.
- **Choose the right time** to ask, so the person gives your request their full attention.
- **Say ‘I’ not ‘we’** – *“I would like my complaint dealt with within the next seven days.”*
- **Ask for enough time** to make a big decision rather than feeling pressured to decide there and then.
- **Stand your ground on things that you really need.** Repeat your request if necessary in a firm way – this is sometimes referred to as the ‘broken record’ technique.
- **If you’re naturally softly spoken, raise your voice** when you’re speaking – even if it feels unnatural at first.
- **Ask for specific information** if the speaker is being vague or talking in jargon.



TOP TIP

Be willing to compromise on the things that you can live without.



TOP TIPS

Choose the right time to ask so the person gives your request their full attention.

Ask for enough time to make a big decision rather than feeling pressured to decide there and then.



TOP TIP

Stand your ground on things that you really need. Repeat your request if necessary in a firm way – this is sometimes referred to as the ‘broken record’ technique.



Influencing and negotiating

This part of the guide looks at how to ask for things in an effective way, including how to negotiate.

Having influence

There are ways in which we can all have influence if we understand what approach to take and are aware of our own abilities to make the right kind of impression at the right time.



Be aware of your own role and ability to affect decisions

- You're an equal partner in care. Your views and opinions should be taken into account when decisions are being made about the person(s) you care for.
- The organisation you're dealing with may have responsibilities to support carers.
- Caring saves health and social care services money. You can use this to amplify your voice.
- You may well be the one that knows the most about the person(s) being cared for.

Capture the attention of the audience with facts

- **Describe the impact on your life.** For example, tell them if:
 - *you haven't had a full night's sleep in two months*
 - *you're on the verge of giving up your job*
 - *the GP has increased your antidepressants*
 - *you often feel frustrated with the person you're caring for.*
- **Health and social care staff have a duty of care to you.** Remember they would rather you carried on caring, so **being specific about how it's affecting you** should make them sit up and listen.
- **Give a worst day scenario.** Clearly explain any difficulties you're experiencing – mentally, physically and emotionally. Don't underplay the impact it's having on you.
- **Say how the situation is making you feel.**

Know what you want to ask for

- **Do some research into what you want,** or ask someone to do it for you. For example, you may want to find out about short breaks in accessible accommodation in mid Wales.
- **Be as specific as you can.** For example, say you want a week-long break with the person you care for in an adapted hotel you have found near Llandudno.

TOP TIP

Give a worst day scenario.



Clearly explain any difficulties you're experiencing – mentally, physically and emotionally. Don't underplay the impact it's having on you.

- **Explain why this will help you** or the person you are caring for. For example, say it will give you some 'me time' without housework, cooking and routine and allow you to spend a few days on things you used to enjoy and have missed.

Use language in an assertive way

- **Avoid getting frustrated** by saying things like, *"Other people get everything they ask for but we get nothing."*
- **Slow down your talking speed**, lower the tone of your voice and speak as clearly as you can. You can practise this in day-to-day conversation with people.

Negotiation skills

Negotiation is a way to reach an agreement or compromise while avoiding arguments.

In a caring context, negotiating well could be useful if you want to ask for a specific service or gain extra support for the care needs of the person you're looking after. Negotiating is a normal and everyday part of life within families, at work, at home and with professionals.

Effective negotiation skills can help you be heard. It's a good idea to develop your skills with smaller issues first to give you the confidence to tackle the bigger issues.

If you – like many people – don't feel ready to negotiate with professionals, contact your local carers' organisation to see if they can help you or if they offer training in speaking up for yourself. Visit carersuk.org/local-support to find your local carers' organisation.

You can negotiate formally at meetings or through letters and emails, or informally, such as when you're speaking to a social worker who is doing a home visit, or during an appointment with a GP. The key thing to remember is that everyone needs to gain something in exchange for any concessions they make, so be prepared to make a compromise.

How to negotiate

- Before you start negotiating, write down what you want to achieve.
- Make your case as briefly, clearly and confidently as you can, trying to stick to the facts.
- Once you have said what you want, pause and give the other person enough time to reflect and consider what you have said.
- Listen carefully to the other person's response.

TOP TIP

Slow down your talking speed, lower the tone of your voice and speak as clearly as you can. You can practise this in day-to-day conversation with people.



DEFINITION

Negotiation is a way to reach an agreement or compromise while avoiding arguments.



- After you've listened to the other person's response, there may be a discussion. Ask them to clarify anything that's unclear or that you don't understand.
- Look for areas where you both agree and think about what you are willing to concede.
- Ask for a break if things become confusing or overwhelming.
- Write things down if you can.
- Ensure you have enough time.
- Keep things objective and focused on a solution that meets everyone's needs as much as possible.
- Don't agree to something that is unacceptable to you.
- Ask for more time to think if faced with a difficult decision.

Be prepared for some give and take in your negotiations:

- Put a value on what you are prepared to give so that it can be matched with allowances from the other side.
- Compromise without losing face. If you have to backtrack on a point you had said was non-negotiable, you could say: *"Since you have changed your position on... I may be able to change mine on..."*
- Make sure the concession is something you can live with and that your overall position has improved.

Negotiating on the spot

Sometimes you may not get the luxury of having the time to prepare your case. You may be asked to agree to something out of the blue, where you haven't got all the information to hand and you haven't had the chance to work out your priorities, concessions and objectives.

In these cases, ask for more time. If you need support, ask for help from family or friends or your local carers' organisation. Remember, you are an equal partner in care and you should be fully involved in any decisions affecting your caring role.

David's story*



David cares for his wife, Claire. David can't leave Claire alone for too long and she now needs more help with personal care. David is starting to get tired and sometimes feels unable to cope.

A friend suggests that David contacts social services to get help so Claire can go to a day centre on weekdays and David can have a break. The friend also encourages him to contact his local carers' centre to ask them how he can access day care for Claire and find out about other support.

A social worker comes to the house a week later. David is under the impression this is to reassess Claire's needs but the social worker says it is just an initial meeting to get to know Claire and David and she has a number of clients in crisis that she has to visit that day.

David feels frustrated but stays calm, maintaining eye contact and expresses his need for a time when he can sit down with the social worker and discuss how the department can help him and Claire, particularly around day care, as he feels unable to carry on with things as they are.

**Names have been changed.*

Making a complaint



Many people find making a complaint very difficult. You may feel frustrated, angry or scared, or the thought of complaining may make you feel like you are moaning.

Both you and the person you care for have a right to receive services that keep you safe and supported. Your complaints or concerns should be treated with respect and courtesy.

You may wish to make a complaint about:

- delays or cancellations to services
- poor quality or overpriced services
- poor behaviour from health or social care staff
- changes or reductions to the care given to the person(s) you look after.

Making a complaint can be a way to get an apology, find out what went wrong, and make sure it doesn't happen again to you or anyone else.

How to make a complaint

Ask the organisation or service for a copy of their complaints procedure. It should be available in different formats, such as in print or online.

You will usually be asked to try and resolve the issue informally with the staff providing the service. If you're not happy with the response, you can make a formal complaint. Read on to find out how to prepare, what to include, and who to contact if you're still not happy with the outcome.

TOP TIP

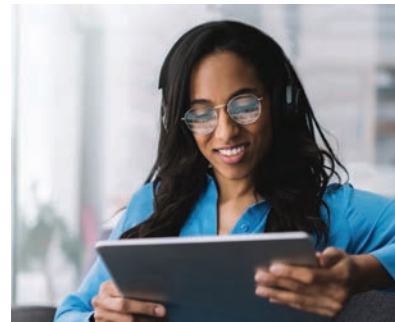
Ask the organisation or service for a copy of their complaints procedure.



Doing your preparation

Look at the policies of the organisation you're making a complaint about. For example, if you think the person you look after is being charged too much for a service by their council, check the council's guidance and the national guidance about the issue. Is the organisation following its own charging policy and national guidance?

If you're buying services privately, the organisation should include their charges and terms very clearly in your contract.



Do you need help with research or with drafting the complaint?

If you don't have the time or resources to do this research, see if a friend or relative can help.

You can also try contacting your local carers' centre, Citizens Advice or the Carers UK Helpline (advice@carersuk.org).

Writing the complaint

When you make your complaint:

- Make it as soon as possible after the event. You will usually have a set amount of time in which to make a complaint, often 12 months.
- Make it in writing if possible (or ask a friend, relative or advice worker for help). If you can't, the organisation you're complaining to will need to make reasonable adjustments to allow you to make the complaint over the phone.
- Find out where to send your complaint by checking the complaints policy or calling the organisation.
- Provide evidence if you can, but keep copies of any documents you send. See the 'Complaints letter template' for more details.
- Include your contact telephone number, address and email address (if you have one).
- Keep a copy of your letter and any response. If someone responds to you by telephone, ask them to put their response in writing. Try to make a note of what they say at the time for your own records.

TOP TIP



Keep a copy of your letter and any response.

If someone responds to you by telephone, ask them to put their response in writing.

Try to make a note of what they say at the time for your own records



Visit carersuk.org/wales/help-and-advice/self-advocacy-toolkit-wales to download 'Complaints letter template'.

If you're not happy with the outcome of your complaint

If you're not happy with the response to your complaint, you can take it further. Your next step depends on what you're complaining about.

Public Service Ombudsman (PSO) for Wales

If you have a complaint about a local authority service and have still not received a satisfactory response to your complaint, then you can consider contacting the Public Service Ombudsman for Wales: ombudsman-wales.org.uk

They have a range of information on their website, or you could call them on 0300 790 0203.

The PSO Wales can look into complaints where you (or someone you care for) have been treated unfairly or received a poor service through some failure on the part of the organisation providing it.

The PSO in Wales can deal with complaints about councils, the NHS, housing associations, the Welsh Government and its agencies and departments, colleges and universities, and most Welsh public bodies. Their website has a complaints form you can fill in.

The PSO Wales will usually expect you to have complained to the public body first and will expect that you have given them the necessary time to respond to your complaint. If you are not sure how to go about complaining to the public body, you can phone their Complaints Advice Team on 0300 790 0203.

The Care Inspectorate Wales

The Care Inspectorate Wales regulates and inspects care and social services to make sure they are safe and provide good care for the people of Wales.

They do not have the authority to deal with any complaints about the local authority because they have their own complaints procedure but if you have concerns, you can let them know. If you have a complaint about a social worker, you can complain to the local authority or contact the Care Council for Wales.

You can contact the Care Inspectorate Wales on 0300 7900 126 or through their website: careinspectorate.wales

CONTACT BOOK

Public Service Ombudsman Wales

T 0300 790 0203

You can make a complaint online:
ombudsman-wales.org.uk

Care Inspectorate Wales

E cssiw@wales.gis.gov.uk

T 0300 7900 126

careinspectorate.wales

Community Health Councils

There are eight Community Health Councils across Wales.

They were set up in 1974 to provide a voice for patients and the public in the National Health Service in England and Wales.

The Community Health Council:

- monitors the quality of local service
- makes suggestions for improvements in the standard of health care
- acts as the patients' advocate by giving advice, information and assistance when making a complaint
- listens to your comments.

You can find your local Community Health Council by calling your Local Health Board or Trust or by calling Carers Wales.

CONTACT BOOK

Local support

Your local carers' organisation can also help you with making a complaint.

Find your local organisation on our website at:

carersuk.org/local-support





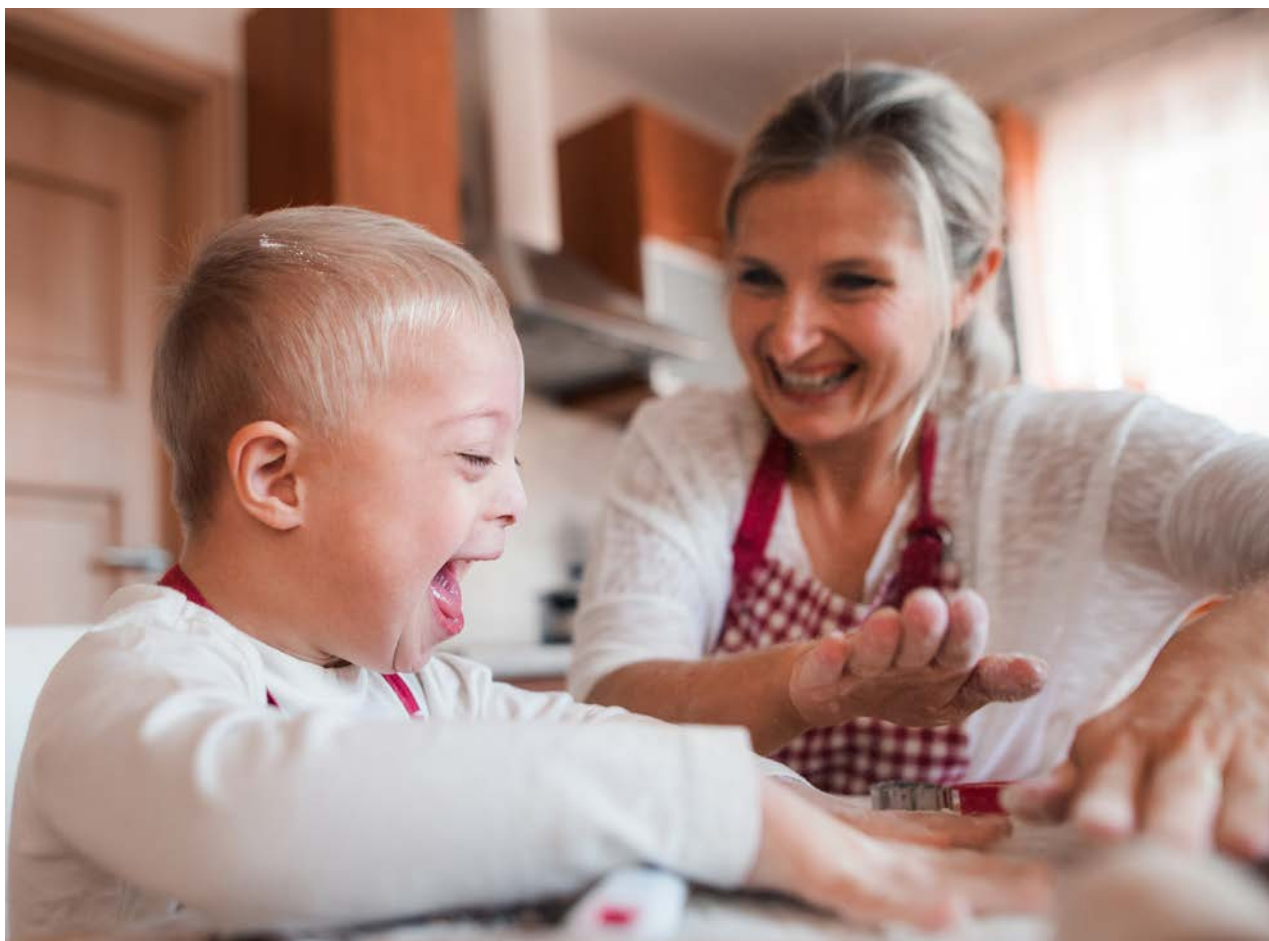
A hand is visible on the left side of the page, holding a white, textured curtain. The hand is wearing a silver watch. The background is a soft, out-of-focus light blue and white.

Understanding your rights

Having a carer's assessment	21
Other assessments	21
Other legislation relevant to you as a carer	22
Equality Act 2010	22
The Social Services and Wellbeing (Wales) Act 2014	22
The Mental Health (Wales) Measure 2010	22
More information on carers' rights	23

Understanding your rights

The Welsh government has a range of responsibilities to carers. They also set the funding and general strategies for health and social care services, although many local areas decide exactly how to provide support.



The local social work department of your local council provides things like carers' assessments and care needs assessments, community meals, homecare, day centres, respite and residential care. They may be able to help you access other services such as supported accommodation, housing services, drug and addiction services and language services. They can also signpost you to voluntary services in the area.

Your local council also administers the Council Tax Reduction Scheme, Housing Benefit, and some also offer help to individuals to make benefits claims.

The Department for Work and Pensions (DWP), which is UK wide, administers the main welfare benefits such as Carer's Allowance, and other welfare benefits.

Having a carer's assessment

All carers have the right to a carer's assessment but what does this mean?

Having a carer's assessment is an opportunity for you to formally have your needs reviewed, but it is in no respect a test of your abilities as a carer. The assessor will look at your needs and willingness to care, and how caring affects your health, work, free time and relationships.

If you meet the national eligibility criteria, the local authority must meet your assessed needs and provide any necessary support (subject to a financial assessment). This will focus on your needs as the carer, not the needs of the person you are caring for, and could range from day care services to help you take a break to a gym membership.



Other assessments

Care needs assessment

A care needs assessment is an opportunity for the person you care for to have their needs assessed. This could result in extra support, such as meals delivered to the home or the recommendation of a paid care worker providing additional assistance.

If the assessment identifies that the person needs more support, they will then also have a financial assessment to see if the council will pay for this.

If you move

If families want to move out of their local area, the new local authority must make sure there is no gap in care. They must carry out an assessment and develop a care plan for the person who requires care and their carer. If they decide to reduce the level of care support, they must provide this decision in writing. If they haven't done the assessment by the time of the move, they must accept the old care plan.



Before a child turns 18

A disabled child is entitled to an assessment by adult social services before they reach 18 years old to help ensure they move smoothly from children's to adult services. If this doesn't happen, adult services have to continue to provide the same support that the child and family received from children's services.



For more information, see
carersuk.org/care-and-support

Other legislation relevant to you as a carer

Below is a brief overview of the legislation that provides rights to carers in Wales.

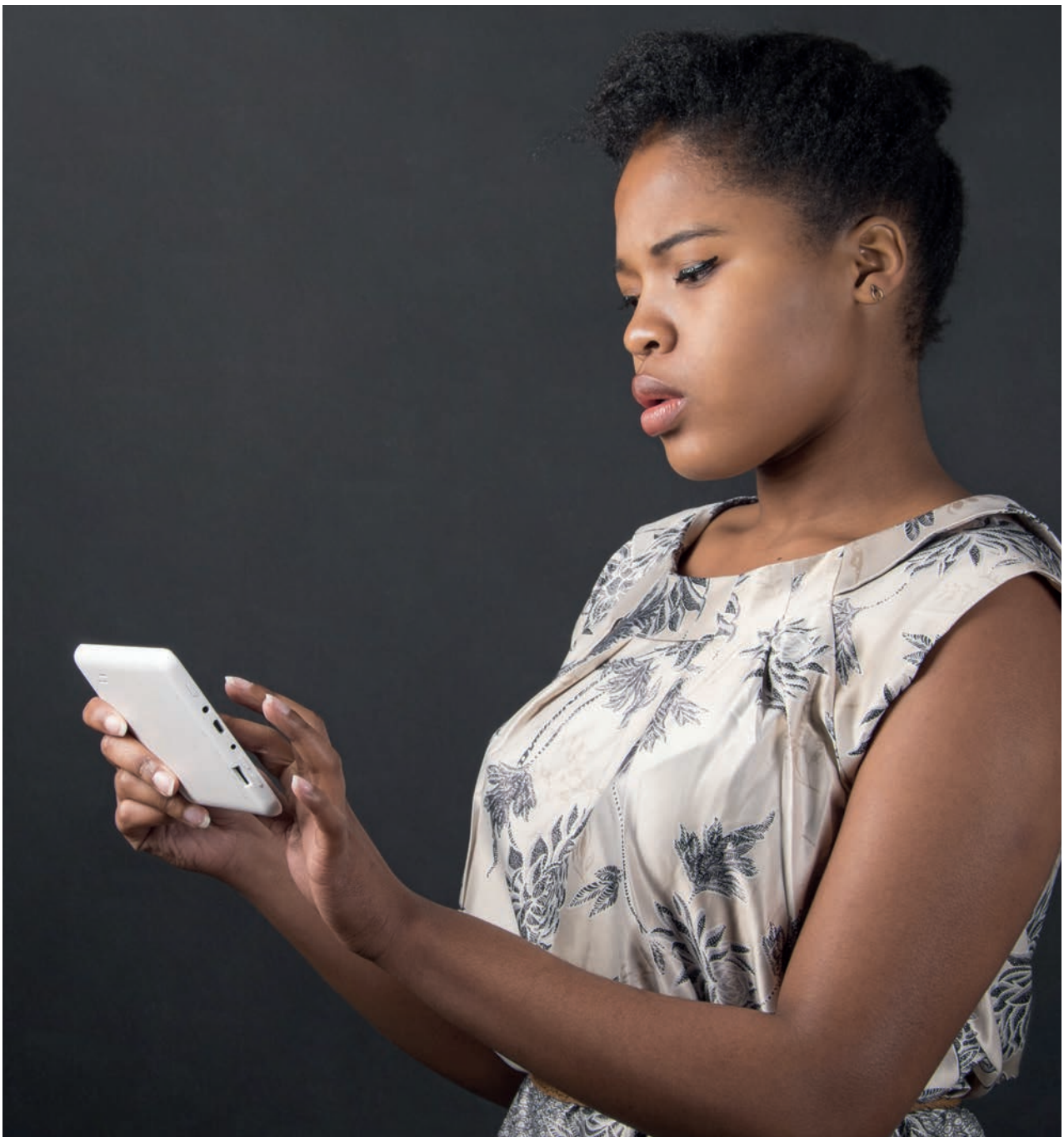
Name of Act	Details
Equality Act 2010	This is a wide-ranging piece of legislation and brings a number of equalities related pieces of legislation under one Act. The Act includes protection for carers (who are looking after someone with a disability) from discrimination in the workplace and harassment in public places on the basis of their association of someone with a disability.
The Social Services and Well-being (Wales) Act 2014	The Social Services and Well-being (Wales) Act 2014 came into force on the 6 April 2016. The Act aims to protect the wellbeing of people who need care and support, or carers who need support, and makes this integral to the way social services are delivered in Wales. Amongst other things, the Act integrates adult and children's social services through a legal framework. The Act brings together local authorities' duties and functions in relation to improving the wellbeing of people who need care and support, and carers who need support. It simplifies and consolidates the law relating to carers and for the first time, gives you equivalent rights to those that you look after. Further information can be found in our factsheet called Getting an assessment in Wales, which can be downloaded from our website: carersuk.org/mental-capacity-act
The Mental Health (Wales) Measure 2010	This is a law that makes a number of important changes to the assessment and treatment of people with mental health problems. The Measure deals with how individuals access and receive treatment within primary (ie GPs, clinics) and secondary (ie hospitals) health services in Wales. It also allows people, who are voluntarily having treatment in hospitals, the right to advocacy if they so wish. It also means that care coordinators need to take all steps possible to consult with any carers who may have a caring relationship during the preparation or review of the care plan. Before any consultation with a carer or carers takes place, the care coordinator is required to take into account the views and wishes of the patient as to whether the carer(s) should be consulted with. However, where the individual has indicated that they do not wish a carer to be consulted, the care coordinator may still consult against the patient's wishes so long as they have given due consideration to the views of the patient. The care coordinator may also decide to withhold a copy of the plan, or provide a copy of part of a plan to a carer, if they believe that it is in the patient's interests to do so. The Measure does not deal with the compulsory admission and treatment of individuals; these remain matters for the Mental Health Act 1983.

More information on carers' rights

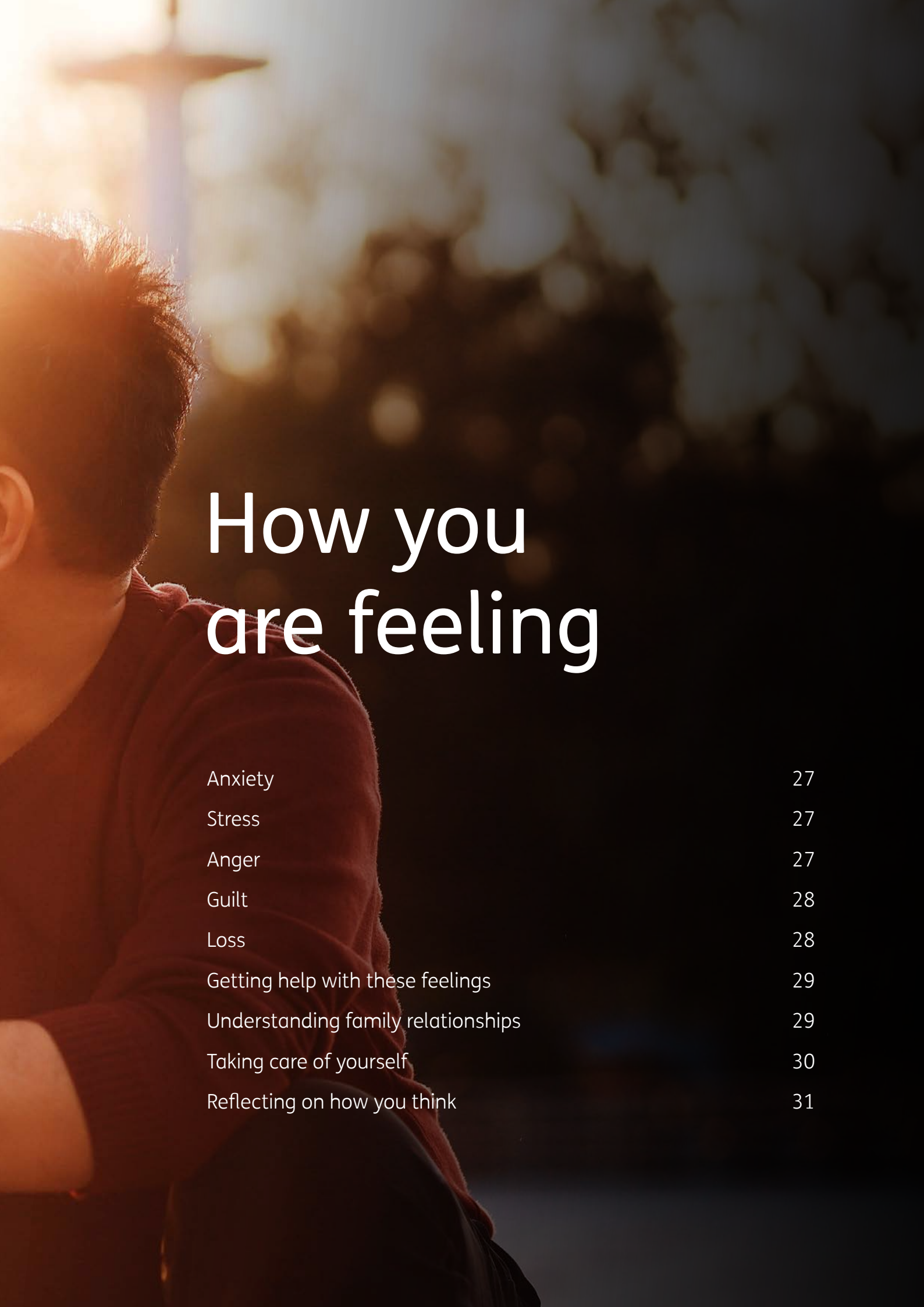
For more information on carers' rights in Wales, visit carersuk.org/wales/help-and-advice

You can also call our Helpline on 0808 808 7777.

Opening hours may vary – visit carersuk.org/help-and-advice/talk-to-us for the current days and times the Helpline is open, or you can email advice@carersuk.org





A person is shown from the side, sitting outdoors. The background is a soft-focus sunset with warm orange and yellow light. The person's hair is dark and slightly messy. They are wearing a dark-colored long-sleeved shirt. The overall mood is contemplative and serene.

How you are feeling

Anxiety	27
Stress	27
Anger	27
Guilt	28
Loss	28
Getting help with these feelings	29
Understanding family relationships	29
Taking care of yourself	30
Reflecting on how you think	31

How you are feeling

It's difficult to get your voice heard if you are weighed down with heavy and difficult emotions. Feeling anxious or angry makes it hard to keep things in perspective and stay objective. However, by recognising these feelings, you can develop strategies to cope.



Have you ever noticed that it's much easier to ask for something for someone else rather than for yourself?

It's easier to be objective when you're asking for someone else. When you want something for yourself, you may feel that different rules apply or you may tell yourself "*I don't deserve this*". You may attach feelings and judgements to your own needs in a way you don't when considering the needs of others.

As a carer, it's easy to dismiss your own needs and put the person(s) you're caring for first.

As a carer, it's easy to dismiss your own needs and put the person(s) you're caring for first.

Anxiety

Anxiety is what we feel when we're worried or afraid, particularly about things that are about to happen or that we think could happen in the future.

Anxiety can stop you being able to put your views forward or ask for what you or the person you're caring for want. It is often accompanied by unhelpful thoughts, such as:

- *"I'm going to look stupid."*
- *"My voice will go."*
- *"I wish I was somewhere else."*
- *"People won't listen to me."*
- *"My mind will go blank."*

Stress

We all know what it's like to feel stressed. It can leave us with feelings of worry and loss of control. As a carer, it's especially important to look after your own emotional health. You may be juggling paid work or looking after children alongside caring, or you may have had to give up employment to care for a relative. Perhaps you have had to make big and unwelcome changes in your life as a result of illness and disability in the family.

It's natural to feel resentful and/or guilty because of the changes – and these feelings can be very stressful. Having high expectations of yourself can also add to the sense of pressure.

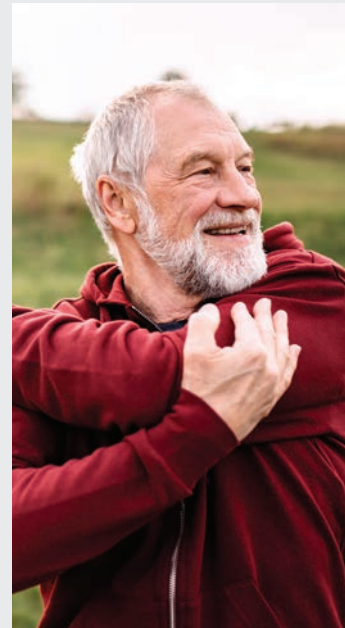
Sometimes stress can spur you on to get things done or get your message across. But if your stress levels become too high, you may feel unable to cope. When this happens, your ability to speak up for yourself – to self-advocate – can be affected.

Anger

Carers often say they feel angry or frustrated. We all express anger differently. You may push these feelings aside if there isn't a safe place to express them. But if your anger comes out as an aggressive outburst, it reduces your opportunity to be heard.

When you're angry, it can be more difficult to see another person's point of view. It also tends to lead to more hurt and isolation. But anger isn't necessarily a 'bad' feeling. Sometimes it can help us identify things that are hurting us and motivate us to make changes. Channelling your anger in a helpful way can help you and others address your situation.

TIPS FOR COPING WITH STRESS AND ANXIETY



- Try a mindfulness or meditation exercise each day.
- Keep active – exercise like running or yoga will also help you to sleep.
- Eat well-balanced meals and try not to multi-task when eating. Allocate time to relax.
- Identify triggers, such as the news, and consciously limit how much you watch, read or dwell on them.
- Watch a comedy, read an uplifting book or do something to distract you from negative thoughts, such as cooking or art.
- Talk to a close friend or family member about how you are feeling. Sometimes it helps to open up. Also see 'Getting help with these feelings'.

Safe ways of letting out anger

- Walk away from the situation before it becomes a row. Going for a short walk or a run can release tension and give you time to think.
- If you're in a meeting, ask for a five minute break so you can go somewhere quiet to gather your thoughts.
- Try to calm down by breathing slowly, relaxing your body, or using other relaxation techniques such as mindfulness.
- Release your angry feelings in a safe way, for example by tearing up a newspaper or hitting a pillow.
- Find a way to distract yourself such as putting on your favourite music, doing a creative activity or fixing or making something.

TOP TIP

Find a way to distract yourself such as putting on your favourite music, doing a creative activity or fixing or making something.



Guilt

Guilt is a common feeling we all experience. It can be a complicated and confusing emotion. It isn't necessarily bad: it can tell us we've done something wrong or hurt somebody's feelings and prompt us to put things right. However, we can use guilt to stop ourselves doing perfectly reasonable things. We tell ourselves we're not entitled to things, or we have no right to ask for them.

Carers frequently speak about feeling guilty: for asking for help, not doing enough for the person they care for, or because they resent being a carer, for example. These feelings are normal and understandable. It's perfectly reasonable not to want to care all of the time, or at all.

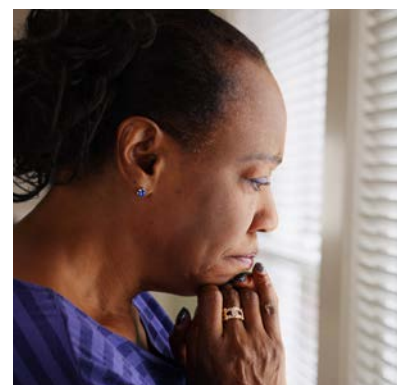
Often guilt stops us admitting our true feelings to ourselves. For example, a carer may feel guilty about their mum moving into residential care to mask the fact that they feel unable to cope. If you feel guilty, it can help to look at your underlying feelings. This can reduce the negative effects of guilt and pinpoint where you may need to get support.



Loss

You may experience loss when the person you care for dies or goes into residential care. If this happens, you may miss the person and feel sad that this part of your life is over.

However, loss can be felt in other ways. You may mourn the former identity of the person you care for before they developed dementia. Perhaps you have had to give up work to care for someone or a relative has had to move in with you for practical reasons. Losing your independence and freedom is a less recognised part of being a carer. These changes can knock your confidence and affect your ability to stand up for yourself.



Getting help with these feelings

Recognising you need help is not a sign of weakness. Far from it – it's a positive and courageous step towards feeling better. Talking to trusted friends and family members can be very helpful. Sometimes just a listening and sympathetic ear can alleviate the burden of these feelings. Alternatively, counselling – also known as 'talking therapy' – involves talking to and sharing difficult feelings with a trained person. It can be easier to talk honestly to someone outside of your family or friendship group. A counsellor won't tell you what to do but can help you come to your own decisions and cope better with how you're feeling. You can also go to family counselling to help resolve relationship problems.

You can refer yourself directly to NHS counselling services or ask your GP for a referral. You may have to wait a while before your first appointment. Sessions are generally limited to between six and twelve 50-minute sessions, usually once a week. You may decide to pay for counselling if the waiting list is too long, if you've finished a short course of NHS sessions, or if you want more choice. Your local carers' organisation may provide low-cost counselling or refer you to organisations that do.

You can also see a private counsellor. Sessions cost anywhere between £10 and £70 depending on where you live. Contact the British Association for Counselling and Psychotherapy (BACP) to find a qualified counsellor.

CONTACT BOOK

British Association for Counselling and Psychotherapy

BACP House, 15 St John's
Business Park, Lutterworth,
Leicestershire LE17 4HB

T 01455 883300

bacp.co.uk

Understanding family relationships

Family relationships can be complicated. Some families get on very well and provide each other with invaluable help and support. Others aren't emotionally close and may have rifts, rivalries and personality clashes. For many people, things can become particularly difficult when a family member becomes unwell or vulnerable.

When it comes to caring, it's common for one relative to take on the main caring role with others contributing where and when they can. In many cases, other family members may not have any role in caring. As a carer, you often have to work with the circumstances you face.

Most people have the best intentions for the family member needing care, even though their ways of doing things may differ greatly to yours. They may feel guilty if they're unable to offer as much support as you do. Or they may worry it'll look like interfering if they try to do more. They might feel uncomfortable in a caring role, or assume you're happy to carry on providing the amount of care you currently provide.

Using technology to help communicate with other family members is one way to get them on board to help you more. For example, you could set up a WhatsApp group to keep each other updated. For a more tailored option, Jointly is an app by carers for carers designed to help families coordinate tasks, share responsibilities and communicate more easily. Find out more at: carersuk.org/jointly

TOP TIP

The more you understand other family members' needs, the more chance you'll be able to reduce any tension and win over their cooperation.



Taking care of yourself

If you have a hostile or unhelpful relative – including the person you care for – it's important you have a support network around you. Spending time with supportive people will help, along with the stress management and mindfulness techniques offered below.

Try and limit the time spent with those who get you down and make sure you get breaks when you really need them, however short. If the person you care for is creating the bad feeling, explain – if you're able to – that you're doing your best in difficult circumstances and let them know what your needs are.

If you need more support, you could contact Relate. They provide local services that look not just at relationships between couples, but other family relationships too. Find out more at relate.org.uk/relationship-help

The Carers UK Forum is a warm and welcoming online community where you can talk to other carers about what's on your mind and get support from people who understand: carersuk.org/forum

TOP TIP



Knowing you have a plan if you are unable to care for someone can provide great peace of mind.

We can help you create one using our Carers UK contingency planning tool, MyBackUp: carersdigital.org/mybackup

More support



Visit carersuk.org/wales/help-and-advice/self-advocacy-toolkit-wales to download 'Mindfulness'.



Reflecting on how you think

In this part of the guide, we consider how greater self-awareness and new ways of thinking could enable you to get your points across more effectively.

Self-awareness

The way we think, our attitudes and our beliefs are influenced by our culture, genes, upbringing and experience. It can be difficult to shift negative mindsets you've had for many years. Sometimes we're not aware of our unhelpful attitudes and beliefs because they've been part of our lives for so long.

When you're trying to convey your views, you'll be more effective if you know yourself including your own strengths and weaknesses. People with higher self-awareness tend to cope better with stress and anxiety and are better at coming up with practical strategies to help.



Taking time to reflect

When life is busy, it is easy to avoid asking ourselves too many questions about how we feel, our thoughts or our behaviours. But being more self-aware can help you to address your underlying needs and understand how you come across to others.

Our 'Reflecting on events' exercise encourages you to observe the reasons behind your actions and helps you understand your thoughts, feelings and behaviour when something negative has happened. You can use this tool with any difficult situation and work out how to communicate differently next time.



Visit carersuk.org/wales/help-and-advice/self-advocacy-toolkit-wales to download 'Reflecting on events'.

Disputing negative thoughts

Sometimes negative thoughts are a defence mechanism to protect ourselves from disappointment. After all, if we're expecting the worst and it happens, we can tell ourselves it's ok because we didn't expect anything better.

However, thinking in this way can stop us from seeing things objectively, and means we don't see positive outcomes when they take place. Someone may say "*no one listens to me*" after attending a meeting where they have been asked to discuss their concerns at length. Sometimes it can be helpful to see events from a fresh perspective with more positive alternatives.

Tackling unhelpful thoughts

A useful way to challenge unhelpful thoughts is to untangle them and develop a more balanced point of view. One of the simplest ways to do this is to 'take the thought to court': write down the evidence for and against the thought, and then come to a more realistic or balanced way of thinking. See the example in the table below.

What's the evidence?

Think of it like a jury in a court case. To know the truth, we need hard facts about what actually happened, not just what we think happened.

For example, a carer who is anxious in a meeting thinks *"There's no way I'll be able to speak."* Looking at the evidence for and against can help them decide whether the thought is actually true.

Evidence for

Refers to the information that you feel backs up your thought. It may be how you feel, or previous experiences.

Evidence against

Is all the information that doesn't back up the thought – remembering that the carer has been able to speak at a meeting before, so there's no reason why they won't be able to speak up this time.

New thinking

This is the thought based on the 'judgement' of the evidence. It encourages you to be more realistic in anxious situations.

Original thought	Evidence for	Evidence against	New thinking
I'm going to pass out in this meeting with my mum's social worker.	I feel dizzy and I nearly passed out when I last felt like this.	I have never passed out before. I'll feel better if I sit near the door.	I've not passed out before so chances are I'll be ok. I have an escape if I need one.
There is no way I'll be able to speak at this meeting, it's too scary.	I'm the only one not to have spoken, my mouth is so dry.	I've spoken before at a meeting. I know exactly what I want to say.	I have the proven ability to speak at meetings to get my point across – I could take notes as prompts.

Further information

You can find out about our other resources via our website carersuk.org/wales/help-and-advice or call Carers Wales on 029 2081 1370.

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About Carers Wales

Carers Wales is here for everyone who carers, unpaid, for family and friends who are older, disabled or seriously ill.

Caring is part of life, but without the right support, the personal costs of caring can be high. We work as part of Carers UK to make life better for carers.

We give
information,
advice and
support



We connect
carers so no
one has to
care alone



We innovate to find
new ways to reach
and support carers



We campaign
together for
lasting change



Visit carersuk.org/wales to join us, support us or access our online resources.

With your help we can make life better for carers.



Keep in touch

Carers Wales

T 029 2081 1370 | E info@carerswales.org | carerswales.org



@carerswales



/carerswales

Carers UK Helpline

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