
Carers Wales response to Older People's Commissioner's Report

Carers Wales is delighted to see that the Older People's Commissioner for Wales has today launched her report on 'Rethinking Respite for People Affected by Dementia' highlighting the importance of breaks for unpaid carers. Carers Wales would like to see the following:

- Increase and ring-fence the funding for carers' breaks and ensure that there is more transparency and consistency about what is available.
- Ensure that there are enough respite and replacement care services available to meet the needs of carers and the people that they look after.
- Ensure that carers are consulted with and are fully engaged in deciding the future shape of replacement care services.

Breaks are vital for carers to be able to deal with the physical and emotional strain of providing care and support. It helps them to continue to care, which saves the Welsh economy £8.1. billion a year. In the Carers Wales State of Caring report, 40% of carers across Wales said that they had not had a day off for a year.

The effects of not having a rest from caring is shattering. Carers have described being close to breaking point. Carers are desperate for some time to themselves to be able to sleep, recuperate and see family and friends. 70% of the carers who reported that they had not had a break said they have suffered from mental ill health and 64% said their physical health had worsened.