Welsh military veteran carers
going without the help they need

There are 370,000 unpaid carers in Wales and 210,000 military veterans. Many of these unpaid carers look after military veterans, while a significant number of veterans also care for family members. Yet many carers are stressed and struggling with life without getting the help and support they need to look after their own health and wellbeing.

Carers Wales, in partnership with Age Cymru’s Project 360, is launching a guide on entitlements and support for veteran carers and people caring for veterans. The guide was developed with the input of veterans and veteran charities and aims to provide unique information about the help available to meet the challenges that arise from caring within the military veteran community.

The guide includes information on identifying as a carer, managing the caring journey and accessing support. As well as practical information there are stories from real carers - both sharing their experiences of being a veteran carer, and family members caring for a veteran.

Caring within the veteran community can present additional challenges. The culture and experiences in the military mean people have coped with severe risks and are accustomed to self-sufficiency and sacrifice, often putting their own needs second.
There may also have been times in Service where personnel have been away from family and friends and lost touch with those who could help. It is therefore important for carers in the veteran community to know that they are not alone and that there is dedicated support to help them with their caring role.

The guide will be launched on 26 March 2020.

Claire Morgan, Director of Carers Wales said:

“We are thrilled to have worked on this much-needed guide, specifically targeted at carers and veterans. It is designed to acknowledge the unique challenges that veterans and their families face when caring. Having given so much for our country, we want veterans and their families to know about the range of help that they can access to make their lives easier”.

Heather Ferguson, Project 360° Manager said:

“Our research with more than 1000 older veterans across Wales highlighted the extent to which veterans provide care for a loved one. We are, therefore, delighted to be working with Carers Wales to produce this much needed guide that will support those who have served our country, and help them access the support they need”.

-ENDS-

NOTES TO EDITORS

What is a carer?
Carers provide unpaid care by looking after an ill, frail or disabled family member, friend or partner. It could be a few hours a week or around the clock, in their own home or down a motorway.

Media contact
Spokespeople and case studies are available. Please contact the Carers Wales Office

• 029 2081 1370
About Carers Wales
Carers Wales is part of Carers UK. We are a charity led by carers, for carers – our mission is to make life better for carers.

- We give expert advice, information and support
- We connect carers so no-one has to care alone
- We campaign together for lasting change
- We innovate to find new ways to reach and support carers

Website:  www.carerswales.org
Facebook:  www.facebook.com/CarersWales
Twitter:  @CarersWales

Carers Wales is part of Carers UK. Carers UK is a charity registered in England and Wales (246329) and In Scotland (SCO39307) and a company limited by guarantee registered in England and Wales (864097).

About Project 360°
Project 360° is funded by the Aged Veterans Fund initiated by the Chancellor using LIBOR money. Project 360° is a national partnership project between Age Cymru, Age Alliance Wales and Woody’s Lodge, to ensure that the right support is given to older military Veterans across Wales.