CABA is pleased to be joining the thousands of organisations across the country taking part in Carers Week; an annual celebration of the UK’s millions of unpaid carers and the vital work they do.

The launch of the Building carer friendly communities campaign in 2015 encouraged communities to think about what they can do to make life a little easier for carers. This year, Carers Week is building on that success by asking organisations, services and employers to commit to taking practical ‘carer friendly’ actions.

Get involved at carersweek.org

The Carers Week website is packed full of ways for you to get involved

• Take a look at the Carers Week community checklist and think about what changes would help you. Use it to start a conversation with a local business or organisation and let them know what they could do to support you better

• Is there an organisation that already supports you as a carer? Encourage others to do the same by recommending them as ‘carer friendly’

• Find an event near you and join in. From coffee mornings to health and wellbeing days there are a host of activities taking place across the UK to celebrate Carers Week
PAYING FOR RESIDENTIAL CARE

Many of us worry about having to pay for care for a loved one or for ourselves. And most of us will need to contribute something towards the costs. But there is help at hand.

Take a look at our quick guide to paying for residential care and find out how CABA might be able to help.

Assessing your needs
If you or someone you look after is thinking about residential care, the first step will be for your local authority to carry out an assessment of needs. At the end of this assessment you should have a care plan.

The local authority will then work out how much you’ll be expected to contribute via a financial assessment or means test and will determine your weekly personal budget – the cost of ensuring your needs are met.

Will the value of my home be included?
Your home won’t be included in the means test if it’s still occupied by...
• Your current or former spouse or partner (unless they’re estranged from you)
• Your estranged or divorced partner if they’re a lone parent
• A relative aged 60+
• A child of yours aged under 18
• A relative who is disabled

If none of these situations apply, then your home’s current market value (less any mortgage or debt held against it) will be considered.

Take a look at the case study opposite for an example of what you might be expected to pay...

EDWARD
A local authority is arranging for Edward to move permanently into a residential care home. His personal budget has been set at £600. The care home will cost £600 per week.
Edward is 83, widowed and living in a rented flat. His weekly income is made up of the basic state pension of £115.95 (including the 80+ addition of 25p) and Pension Guarantee Credit of £35.25. This gives an assessable income of £151.20 per week.
Edward also has capital of £5,000 but this is ignored by the local authority as it’s less than £14,250.

The local authority means test calculation:

Edward’s total weekly income £151.20
Less his personal expenses allowance of - £24.90
Edward’s weekly contribution to the cost of his care £126.30
The local authority’s weekly contribution to Edward’s care £473.70
Total £600.00

If the cost of the care home was more than Edward’s £600 personal budget, then a top up would be required from a third party. This could be a relative, friend or a charitable organisation.

Did you know
As well as funding for respite care, aids and adaptations and other items related to caring, CABA is now also able to offer support with the ‘top up’ costs of residential care, in some circumstances.
To find out if you or someone you care for is eligible for this support, call us on +44 (0) 1788 556 366. Our carer support officers are on hand to advise and help you and your loved ones find the care that’s right for you.
Caring for someone with Alzheimers

CABA volunteer, Patrick St Leger tells us about his personal experience of becoming a carer for Merle, his wife of 52 years, who was recently diagnosed with Alzheimers. With support from the NHS as well as friends and family, Patrick and Merle are finding their way through this challenge together.

My wife was diagnosed with Alzheimers some months ago and is unfortunately intolerant of the only drugs which can reduce the rate of memory loss. We have been married for almost 52 years and, like most people our age, have weathered many ups and downs during our lifetimes. But this situation is undoubtedly the toughest as Merle’s condition slowly, almost imperceptibly, deteriorates. She has good days and bad days and, as I write this, the bad days are tending to be more common.

Firstly, a word about the NHS support. It’s been absolutely marvellous and there are many resources available through both their staff and the Alzheimer’s Society. Merle has tried out a couple of Dementia Groups but is not comfortable with them. We are now exploring the “Singing for the brain” group.

A real difficulty is Merle’s inability to do anything on her own initiative. We play a lot of Scrabble and Cribbage to keep the mind occupied. Otherwise she walks, when the weather is clement, and rests a lot. This means that the carer (me) has to be in more or less constant attendance to try to keep her involved with something. The simplest decisions are beyond her and she is not aware that she keeps repeating herself over and over again. One just has to get used to it and live with it. But it isn’t easy.

The really good news is that she can do washing and ironing and prepare vegetables on the hob. Microwaves, ovens and grills are a foreign country, as is the computer, the phones and to some extent the TV set. My cooking skills have come on in leaps and bounds!

Although it is tough and extremely wearing, our family and friends are a huge support. I constantly remind myself how fortunate we are and that we are much better off than many others. We have each other and we are together.

Dementia support for you and your family

A diagnosis of dementia can be scary and overwhelming. And with an estimated 1 million people expected to have dementia by 2025, it’s crucial to know where you can go to get the help and support you need.

CABA is working in partnership with Dementia UK to provide you and your family access to Admiral Nurses.

Admiral Nurses are specialist dementia nurses who offer emotional and practical support to families living with dementia, helping them to live more positively in the present and face the challenges of tomorrow with more confidence and less fear.

What do Admiral Nurses do?

- Help you to understand dementia and its effects
- Support you as the condition progresses or when difficult decisions need to be made and help you and your family cope with feelings of loss and bereavement
- Provide referrals to other services and liaise with health and social care professionals on your behalf

To find out more please call CABA on +44 (0) 1788 556 366

A friend indeed

In fact, according to Carers UK, 8 in 10 carers have experienced loneliness or isolation as a result of their caring responsibilities.

But you’re not alone

CABA’s telephone befriending service, run in partnership with Age UK, is available to anyone aged 55 or over who feels lonely or isolated. We’ll put you in touch with someone who shares your interests who you can chat to each week. Just call us on +44 (0) 1788 556 366 or email befriending@caba.org.uk to find out more.
Have your say and help shape England’s new National Carers Strategy. The Minister for Social Care and Community, Alistair Burt MP, is calling for carers and those they care for, to help form a new Carer’s Strategy, by sharing their views on what the government could do to support carers better.

This is an opportunity for those dealing with the reality of care on a daily basis to share their experience and voice their ideas for making things easier for carers.

You can help ensure that future developments in public services, from education to the NHS, recognise and reflect the challenges faced by carers like you, ensuring that you have the support you need to live well, whilst caring for your loved one.

The new strategy is due to be published by the end of the year and you have until 30 June 2016 to get involved.

How do I share my views?
You can have your say by completing the online survey at consultations.dh.gov.uk/carers/how-can-we-improve-support-for-carers.

If you want to include something that’s not covered by the survey, or if you have any questions, you can also email carers@dh.gsi.gov.uk or call +44 (0)20 7210 5051.

Remember the deadline is 30 June 2016. Don’t miss your opportunity to help shape support for carers.

Seal of approval for Carers UK app from Mumsnet
Carers UK coordination app Jointly has been championed by the parenting group Mumsnet as a brilliant tool to help you manage the care of your loved ones.

Jointly allows you to create a virtual village of family and friends so you can coordinate, plan and keep everyone up-to-date. Appointments, prescription pick-ups and a whole host of other tasks can be planned in with a simple click and swipe. Helping to make your life a little easier. Find out more and download Jointly now at jointlyapp.com.

Read all about it
THE LATEST NEWS AND DEVELOPMENTS FOR CARERS ACROSS THE UK

Reversal on Personal Independence Payment changes is good news for carers
In March 2016 the government announced that it would not be going ahead with planned changes to the daily living component of Personal Independence Payments (PIP), which would have reduced the number of people entitled to this benefit. PIP payments often act as a way of reaching out to previously hidden carers, enabling them to claim Carers Allowance. A reduction in the eligibility for PIP could have impacted on the number of people reached and supported. To find out more about changes that could affect carers visit carers.org.uk/news-and-campaigns/news.

CABA’s carer community
In 1886 ICAEW members wanted to make sure that their community was looked after and set up CABA. Now, 130 years later, little has changed and ICAEW members continue to support other members and their families. We want to build on this spirit with the CABA carer community. This would be a way for carers in the ICAEW community, like you, to get in touch with each other, share your experiences and talk to others in similar situations.

If you’re interested in being part of CABA’s carer community, please let us know by calling +44 (0) 1788 556 366 or emailing carers@caba.org.uk. Alternatively, you can show your interest by completing the survey at the back of this newsletter and returning it to us.
Recipe corner

Celebrate the best of summer with delicious food for warm days

GRILLED CHICKEN RATATOUILLE

Serves 4

Ingredients

• 3 tbsps extra-virgin olive oil
• 3 tbsps chopped fresh basil
• 1 tbsp chopped fresh marjoram
• 1 tsp salt
• Olive oil cooking spray
• 1 red pepper, halved lengthwise, stemmed and seeded
• 1 small aubergine, cut into 1/2-inch thick rounds
• 1 medium courgette, halved lengthwise
• 4 plum tomatoes, halved lengthwise
• 1 medium red onion, cut into 1/2-inch thick rounds
• 4 boneless, skinless chicken breasts, trimmed and tenders removed
• 1/4 tsp freshly ground pepper
• 1 tbsp red-wine vinegar

Preparation

1. Preheat grill to medium-high

2. Combine oil, basil, marjoram and salt in a small bowl and reserve 1 tablespoon of the mixture in another small bowl; set aside

3. Coat both sides of pepper, aubergine, courgette, tomato and onion pieces with cooking spray. Grill the vegetables, turning once, until soft and charred in spots, about 5 minutes per side for the pepper, 4 minutes per side for the aubergine and courgette and 3 minutes per side for the tomatoes and onion

4. Rub the tablespoon of reserved herb mixture on both sides of chicken and sprinkle with pepper. Grill the chicken until cooked through and no longer pink in the centre, 4 to 5 minutes per side

5. Meanwhile, transfer the grilled vegetables to a cutting board and chop into 1-inch pieces. Return to the bowl and toss with vinegar and the remaining herb mixture. Serve the grilled chicken with the ratatouille

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