



Topic Talks

Carers: The forgotten patient?

Many carers in Australia are providing 40 hours or more of unpaid care per week, more than half provide at least 20 hours per week of care. This week we will focus on learning about the role and care of the carer.

Carers in Australia

- There are over 2.65m carers across Australia
- 7 out of 10 carers are women
- The average age of a primary carer is 54
- 1 in 11 carers are under the age of 25
- One-third of primary carers provide 40 hours or more of unpaid care per week

Carers: The forgotten patient?

In 2002, Brodaty & Green published a paper called "Who cares for the carer? The often forgotten patient". Specifically about carers of those with dementia, he described evidence that being a carer has adverse psychological, physical, financial and social effects. They stated that health professionals should be considering carers as patients in their own right as well as an informant, legal consent provider and monitor of treatment outcomes. This is a large burden on those who are really volunteers in this role.

Let's talk

Suggested questions to ask yourself or your peers this week



How would you rate your level of understanding of this topic?

Watch a webinar, listen to a podcast, look at the websites. Learn something new.

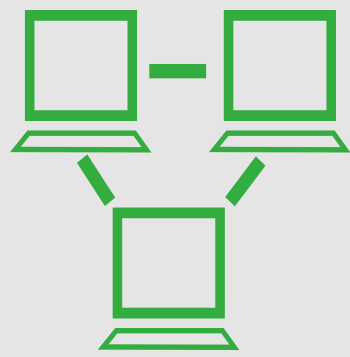
What are your processes for checking on the welfare of carers in your community?

- Do you have some questions that could be added to the admission process for the carers of the patients admitted to your health service??
- What are the referral pathways available in your organisation / community for carers that need more support?
- Is there a quality activity here?

What are 2 new pieces of information you have learned about the topic this week?

Think about what you have learned. How can you use this learning going forward?

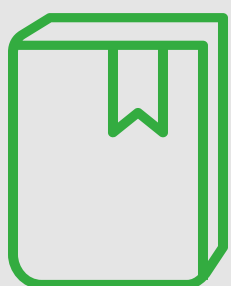
Loddon Mallee Activities and Resources



What's on the Web?



References:



Tuesdays@2 Webinar

Tuesday 19th October, 2pm. Join the webinar via the [Bendigo Health Website](#)

or via zoom <https://bendigohealth.zoom.us/j/93324155450?pwd=Nm9iSUZmSEl4enJHWFRheWRtaTdaUT09>

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Speaker: A consumer story

Topic: The experience of being a carer

[National Carers Week October 10-16 2021](#)

E-Learning:

- Carer Gateway [Carer Skills courses](#)
- [CareSearch Palliative Care Knowledge Network](#)
- [Carers NT e-Learning](#).

Carer Stories:

- Carer Gateway [Real-life stories](#)

Webcasts:

- [Carers Week Webinar 2021](#) October 8, 2021 [1:01:25]
- [ABC News The incredible reality for young carers](#) Nov 5, 2018 [9:17]
- Mental Health Carers NSW [Jenny Learmont's sharing the caring journey story](#) [7:01]
- Carers NSW [Caring for someone with a chronic condition or terminal illness](#)

Podcasts:

- [The Secret Life of Carers with Jamila Rizvi](#)

Web Sites:

- [Carers Australia](#)
- [Australian Government Carer Gateway](#)
- [Carer Support Services Bendigo Health](#)
- [Carers Victoria Australia](#)
- [Carer and Community Support](#)
- [MIND](#)

- Brodaty, H., Green, A. (2002) Who cares for the carer? The often forgotten patient. Australian Family Physician. 31(9): 833-835
- Carers Australia (2021) Who is a carer? <https://www.carersaustralia.com.au/about-carers/who-is-a-carer/>
- Gibson, J., Colton, F., Sanderson, C. (2019) Life & Times: Young Carers. British Journal of General Practice. October 2019.
- Luppa, M., Riedel-Heller, S. (2021) Carers' distress. International Psychogeriatrics. 33(4): 311-313.
- Prusak, A., Maarten van der Zwan, J., Aarts, M., Arber, A., Comelissen, R., Burgers, S., Duijts, S. (2021) The psychosocial impact of living with mesothelioma: Experiences and needs of patients and thier carers regarding supportive care. European Journal of Cancer Care. 2021: e13498
- Rand, S., Malley, J., Vadean, F., Forder, J. (2019) Measuring the outcomes of long-term care for unpaid carers: comparing the ASCOT-Carer, Carer Experience Scale and EQ-5D-3.
- Roen, I., Stifoss-Hanssen, H., Grande, G., Brenne, A., Kaasa, S., Sand, K., Knudsen, A (2018) Resilience for family of advanced cancer patients - how can health care providers contribute? A qualitative interview study with carers.