

Over A Brew Session

**Carers Emotional and
Psychological
Wellbeing
3rd March 2025**



**CURATORS
OF CHANGE**

directors of
adass
adult social services
eastern region
connecting innovating improving

Introduction

This March 2025 Over a Brew session was a follow-up to the September 2024 session, focusing particularly on the Emotional and Psychological Wellbeing of Carers. A mixed group of practitioners and people with lived experience of caring attended from around the region.

Around 40 people attended the session to share ideas, insights and views... Over a Brew



We started by asking people to briefly describe their roles and to say how they would spend a half-day at leisure. We then did a Feelings exercise, asking people to describe how they'd felt when they'd had a good experience of getting something they needed, and then conversely, when an experience was more negative, how that had made them feel.

We then played recordings of Carers expressing how they felt about their caring role, and we asked people what may have resonated, and what they might learn. After a short break we split into small groups to continue our discussions and then fed back into the main room.

What do carers need to improve their emotional and psychological wellbeing?

1.

- **Getting services right for the people carers are caring for - including telling carers what they and their loved ones should expect from services, rooted in the Care Act.**
- **Carer support workers need to understand how the system works - for everyone - carers and the people they care for - adults and children - so they can walk the walk with carers**

2.

- **Carers breaks need to be co-produced and personalized. Linked to this, how could carers direct payments help? This seems vital for emotional/psychological wellbeing.**
- **Carers want to be valued for their knowledge of the people they care for.**

3.

- **There need to be ways for carers to have people who will listen to them - maybe in a talking therapy sort of way but also peer support with people who 'get it'.**
- **Carers want to be respected and listened to as equal partners by professionals.**
- **Carers want to have their rights upheld, it's not all about money.**

Themes that emerged...



*Respect, involve and listen to
Carers*



- I've had some professionals join a meeting with camera off and never met us, discussing life decisions
- Why do professionals not respect my expertise? I don't expect them to be an expert in rare neurological conditions
- CARE - Can Anyone Really Empathise?
- I am seen as "Just" a parent - so sad and frustrating
- nobody has the job to listen to this (what is needed, what could be done to change things)
- We are advocates but not treated as such; often feeling not listened to.



Themes that emerged...



The Emotional Impact of Caring



- No one has ever asked me how it feels for me to be a carer
- Powerless
- broken by the system
- Loss of identity
- family carers put themselves way down the importance list
- The absolute fear of what will happen to our daughter when we die
- It can be a very lonely existence but ‘meetings’ like this are invaluable to share thoughts and feelings to hopefully instigate change.

Themes that emerged...



- We all agreed best support and info came from other family carers.
- As families going into meetings there is so much at stake which isn't understood; we talked about living in fear of the here and now and the future.
- We are all just trying to do our best, yet wading, invisibly through treacle with all the admin and bureaucracy
- The importance of speaking with carers away from the cared for so they can speak more openly.



Final Reflections

I thought we'd hear about finding practical solutions today, but actually people want empathy and human to human conversations

I am also hearing that people want recognition for the expertise they bring to the table.

Our conversations today have gone deeper than any "carer service" meeting I've been to!



Feedback about the session

*Thank you for today.
It's been really
interesting hearing
from such likeminded
folk. So much
resonated with me.*



*Thank you so much
for today. It has been
so helpful.*



*Thank you for an incredibly
impactful session, thank you.*



great work as always

*thanks for a really
thoughtful meeting*



*Thank you for
the invite, It was
great to get to
know all of you
and learn so
many stories.*

