



Our new plan to make life better for carers in Belfast from 2023 to 2028

The plan is not final yet. We want to know what
people think of the new plan



About us



We are **Belfast Health and Social Care Trust**.



We give health and social care services to people in Belfast.



Social care is support that people can get to live at home or do things for themselves.

Like cook, wash or go shopping.



About our new plan

We are making a plan to make life better for carers in Belfast.



Carers are people who care for someone else.

Some carers do that for a job and get paid for it.



But this plan is about carers who care for someone else and do not get paid for it.

For example, a carer might give support to a friend or someone in their family with a disability.



These carers are called family or unpaid carers.

But we will call them **carers** in this plan.

Life can be hard for many carers.

That is why we are making a new plan to give carers better support.



Our new plan is called **Caring Together in Belfast 2023 Onwards**.



The plan is about what we will do from 2023 to 2028.



The plan is not final yet.

We want to know what people think of it first.

You can find out how to tell us on page 9.

How we made the plan

We worked with lots of people to make our new plan.

We talked to and listened to lots of carers.

They helped us to know what we need to do to make life better for carers.

We also had a plan about better support for carers before this one.

That plan was from 2017 to 2021.





We looked at all the work we have done on that plan.

That helped us to make this new plan.

The main things we will work on in the next 5 years



Carers said that these things are important to them.



We will work with many people to give carers the best support we can.

That includes carers, local people and organisations.

People told us 4 things that are important to work on:



1

Making sure that we find out who carers are.



2

Finding out what support carers need.

The support they need might change at different times.



3

Supporting carers to be healthy and less worried.



4

Making sure that carers have a say in our work.

Here are the things we want to happen by 2028:



- Carers should have the information they need to be a carer.

The information should be there at the time they need it.



- Carers should be able to get the right support at different times.



- Carers should know what their rights are.



- Carers should be able to have a meeting to talk about what they need.

The meeting is called a Carers Assessment.

More things that we want to happen by 2028:



- Our health and care services should know who carers are.

That will help us to make sure that carers get the right support.



- Carers should know where to get information and support to help them be healthy and less worried.



- Carers should have the chance to help us make decisions about support for carers.

Tell us what you think of our new plan

This document tells you the main things in our new plan.

But it is not the whole plan.

The whole plan is on this website:

[Caring Together in Belfast 2023 onwards | Belfast Health & Social Care Trust \(hscni.net\)](https://www.hscni.net)

But it is not in easy words and pictures like this document.

You can answer some questions on the same website to tell us what you think of the whole plan.

Please tell us if you want the plan in a different way.

For example, if you want the plan or the questions in easy read or another language.



You can get in touch with us to tell us what you think of the plan instead if you want to.

We can meet you and we will listen to you.

You can find out how to get in touch with us on the next page.

We will also be having some events to find out what people think.

People can say what they think of our new plan from **7 June 2023** to **8 September 2023**.



**If you have any questions
or if you want to talk to us
about our plan**



You can email us at:

CarerSuppSvcs@belfasttrust.hscni.net



Or you can phone us on **028 95042126**.

Thank you.