

# CarersMK

Due to the current Coronavirus pandemic we are finding that many unpaid family carers are having to provide more care than they normally would do.

Many are concerned that they are putting their loved ones at risk by allowing paid carers to enter their homes so they are refusing outside help and providing that extra support themselves.

Some carers are now having to balance working at home with providing care. For many going out to work provided an opportunity for respite but, as the advice to stay at home continues, the carer is more likely to reach a breaking point.

The closure of schools and day centres has led to some working carers having to take time off as unpaid which is likely to cause some financial difficulties the longer this current situation continues.

Older carers who have a loved ones in nursing homes or residential care cannot visit them. This is understandably causing upset and distress, especially in light of the recent data relating to deaths in nursing homes.

Many carers struggle to leave their loved one to go shopping for essentials – especially if the person they are caring for has received a letter from the Government to advise that they need to stay at home for 12 weeks because they are particularly vulnerable.

Many young carers and young adult carers have to cope with anxiety and isolation on a daily basis. Having to manage lockdown as well as caring for the person in their household makes this challenge even harder. They are often worried about their studies and if and when they might see their friends again. As their responsibilities increase the opportunity to have a break and be a child can continue to be denied.

These are just a few of the many examples of issues and concerns that carers are experiencing.

Carers MK is still providing a service. All staff are working from home and contactable on our normal office number: 01908 231703, which is being diverted during the hours 9.00am – 5.00pm Monday - Friday.

We want to be able to provide advice and support to all unpaid carers in Milton Keynes and need your help to refer or signpost these people to us so that we can do that.

You can refer via our professional's page on our website: [www.carersmiltonkeynes.org](http://www.carersmiltonkeynes.org)

For young carers the professional referral form can be found via the young carers link on our website.

The carer can register themselves via our website too. You or the carer can call us on our main number: 01908 231703

Thank you for your help and together we can make sure that the carer gets the support they need to maintain their caring role and ensure that they are treated with the respect and regard that they deserve.