



Carers Together Statement of Purpose and Aims

Statement of Purpose

Carers Together is an independent charity run by carers, with carers, for carers.

Its purpose is to support individual carers effectively, as they wish to be supported.

It supports carers to care with dignity/independence by

- providing an independent non-judgemental listening service
- harnessing the experience of carers for the benefit of carers
- advocating for carers as needed
- maintaining a comprehensive information resource
- giving information/advice to carers including benefits advice.
- ensuring that carers are offered informed choice by signposting them to appropriate services to meet their individual needs.

It believes that:

- all carers are individuals with different needs and aspirations
- carers should be at the centre of all organisations that offer them support
- any actions/activities by any organisation should reflect the individual, changing needs of carers involved in the organisation.
- carers and former carers are in a unique position to understand the emotional, physical and practical issues for carers
- the experiences and peer expertise of carers should be used for the benefit of carers

It co-operates with statutory, voluntary and private organisations on any issues that involve carers and in particular the planning, development, implementation and monitoring of services

Carers Together aims to:

- Be accessible to and involve carers (individuals) from all areas of Hampshire no matter who they care for or what their need.
- Provide peer advocacy on issues as they arise - ensuring individuals benefit from advocacy services and take an active part in expressing their own needs.
- Develop a network of support by encouraging and guiding individuals to take a person centred approach to their needs.
- Help people find out more about the range of services available to them.
- Assist individuals to develop their personal profile and ensure their voice is heard.
- Listen to individuals with empathy, responding appropriately to their different needs.
- Recognise the individual expertise and experience of carers and ensure this is used effectively.
- Support people to find out more about services available to support them including Direct Payments, Personal Budgets, Self-Directed Support, Take a Break, Continuing Health Care and Personal Health Budgets.
- Support and enable people to discuss, co-ordinate and represent their needs in all areas and levels of decision-making (coproduction).
- Ensure individuals are involved in all stages of planning, development, implementation and review of services locally and countywide provided by statutory, private and voluntary organisations.
- Improve the awareness of carers, older people and service users by facilitating courses to increase their knowledge and skills.
- Improve the quality of life for carers, older people and service users by providing an independent non-judgemental listening service to enable them to offload.



- Support existing carers groups in the county as required, establish and support new groups/forums and link them through a countywide carers support network.