

Appendix 1: Who is a Carer?

A Carer is anyone, including a child, who provides care to another person, apart from those who do it as paid work, voluntary work or ordinary parenting.

It includes caring for a partner, relative, friend or neighbour, who due to physical, sensory or learning disability, mental health or drug/alcohol issues, frailty, illness, long-term health condition and/or vulnerability cannot manage alone in the community.

Sometimes people are mutual Carers where they both provide support to each other, and everything works well until one person's health deteriorates or their situation changes. This is especially common in older couples.

Two out of three of us (65%) will be a Carer at some time in our life, but many people do not realise that they are considered to be a Carer, or that there is a wide range of support available to them. Torbay Carers' Strategy helps us to address this issue.

In Torbay, in response to a request from Carer representatives, we capitalise the 'C' of Carers to demonstrate their worth and to distinguish them from care workers who are often referred to as 'carers'.