## Carers Support West Sussex for family and friend carers

Supporting family and friend carers of people with a cancer diagnosis



We noticed that:

- They ride the roller coaster along with the person they care for.
- They are less likely to identify themselves as carers until things stop going to plan.
- They often hide their feelings from the person they care for.
- They need a safe space to off load.
- They often prefer for that to be away from the hospital setting.
- They need to have any fears about the future heard and acknowledged.







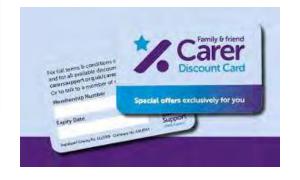
- **Be Aware:** Who is supporting this cancer patient? *Think carer.*
- **Be proactive:** How can they engage with the support they need to do this? *Refer to Carers Support.*
- **Be prepared:** What will happen if this patient is too ill to communicate with Primary Care staff? *Get consent.*

## What can you do in the Primary Care setting?











Listen – hold the space for them.

Stick with them – until they tell us they no longer require our support.

## What we can do