

## Find out what is happening locally and how you can get involved or benefit from The Triangle of Care

To find out more about Triangle of Care in 2gether NHS Trust teams please contact the Social Inclusion Team 01452 894338 or [2gnft.socialinclusion@nhs.net](mailto:2gnft.socialinclusion@nhs.net)

Carer Links provides a range of local support services for carers of all ages you may like to access. Looking after someone can be challenging but you are not on your own and help is available.

Carer Links are here to listen and give information and advice tailored to you and your situation.

For more information –

Tel: 01432 663057 or Email: [herefordshire@carerstrust4all.org.uk](mailto:herefordshire@carerstrust4all.org.uk)

Information for Herefordshire Carers can also be found on the WISH website [www.wishherefordshire.org](http://www.wishherefordshire.org)



The Triangle of Care is an initiative by Carers Trust. With local Network Partners, Carers Trust works to improve support, services and recognition for carers in communities across the UK. We offer practical help, both in and outside the home, desperately needed breaks, and information and advice.

**To find out more about Carers Trust, tel: 0844 800 4361, email: [info@carers.org](mailto:info@carers.org) or visit [www.carers.org](http://www.carers.org).**

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## The Triangle of Care: Carers Included



### A Guide to Best Practice in Mental Health Care

### An introduction for carers, family and friends

*“When I attended the meeting, I felt more confident in the care that was being provided to my partner. It gave me a good opportunity to voice my concerns directly with his care team and also pass on unique information about him and his interests which they wouldn’t have otherwise known.”*

**Carer**



### What is The Triangle of Care?

The Triangle of Care is a service which brings together carers, service users and professionals. It aims to promote safety and recovery for people with mental health issues and to encourage their wellbeing by including and supporting their carers.

## The Triangle of Care is based on six principles that mental health trusts can use to include and support carers:

- 1 Carers, and the essential role they play, are identified at first contact or as soon as possible thereafter.
- 2 Staff are carer aware and trained in carer engagement strategies.
- 3 Policy and practice protocols regarding confidentiality and sharing information are in place.
- 4 Defined post(s) responsible for carers are in place.
- 5 A carer introduction to the service and staff is available, with a relevant range of information across the acute care pathway.
- 6 A range of carer support services is available along with a self-assessment tool.

These principles can underpin a healthy and productive relationship between the carer, service user and professional.

## How The Triangle of Care can help carers

As a carer you might be the only consistent form of support the person you care for has. You may well be there when crisis occurs, when the person you care for is well and when that person needs help with day-to-day activities. You are also likely to understand their needs and condition extremely well. This can make you a vital partner in their care.

When professionals recognise the support that you are giving and see you as a key partner in care, then the person you care for is more likely to receive better care and support on their journey to recovery.

The Triangle of Care can help you recognise your own needs as a carer and give you appropriate information and support. In turn this can help you feel less stressed and pressured and keep your own independence and interests, ensuring you have a better relationship with the person you care for. It can ensure mental health staff are carer aware so that you don't get forgotten and lost in the system.

It can help staff understand the principles of confidentiality so that they can share appropriate information with you about the person you care for.

A carers lead on a ward or team can ensure information for carers is available and promote an environment that is sensitive to carers' needs.

If you have the information you need it will mean you are less likely to ask staff questions.

Information about support services can also help you with your own mental and physical health, enabling you to continue caring in a more informed and positive way.

## The Triangle of Care delivers many benefits including:

- Recognition for you as a carer. This can help you feel that you are taken seriously and that the sacrifices you make are acknowledged.
- An appreciation of your unique knowledge about the person you care for.
- Information about the person you care for including their illness, medication and prognosis.
- Emotional and practical support – enabling you to have a life of your own alongside your caring role.
- Assistance with care planning and knowing who to contact in a crisis or emergency.
- Helping you to feel part of a team and less isolated.
- Helping you feel stronger, more resilient and better able to cope with caring.