

Ethel's story: GP Carer Prescription service

Meet Ethel

- Ethel is 94 and provides full time care for her 59 year old son who has a personality disorder, is agoraphobic and has suicidal tendencies.
- She also makes daily visits to her 94 year old husband in a care home who has dementia.
- Her dual caring role is exhausting and she finds little quality time for herself. She doesn't receive any support from social services.



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Support for Ethel

- Ethel's GP recognised that she would benefit from some support to improve her health and wellbeing.
- The GP completed a carer's prescription for her, referring her to SILC for support.
- Ethel received advice and support from SILC, enabling her to get in touch with carer services that would meet her individual needs.
- She also received a Carer Support Payment to help her have a break from her caring role.



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A break away from caring

- Ethel was a WAAF with the RAF many years ago and had always wanted to attend the annual veterans' festival in Normandy, but hadn't been able to. So, she used her Carer Support Payment to cover part of the cost of the trip.
- On her return, she contacted us gratefully to explain how much she had benefitted from the break.
- She explained she was the only female veteran to attend that part of the ceremony and ended her letter with "I hope you will understand how much it all meant to me".



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