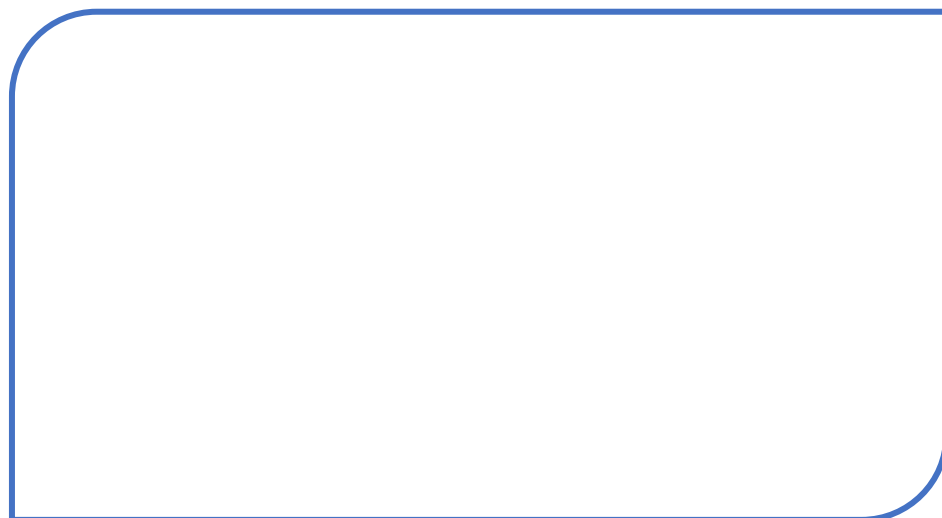


Find out what is happening locally and how you can get involved or benefit from Triangle of Care.



# CARERS TRUST

The Triangle of Care is an initiative by Carers Trust. Our vision at Carers Trust is that unpaid carers are heard, valued and have access to the support, advice and resources they need to live a fulfilling life alongside caring. Together, we're making life better for every unpaid carer in the UK.

To find out more visit [The Triangle of Care \(carers.org\)](https://www.carers.org)

or email [Triangleofcare@carers.org](mailto:Triangleofcare@carers.org)

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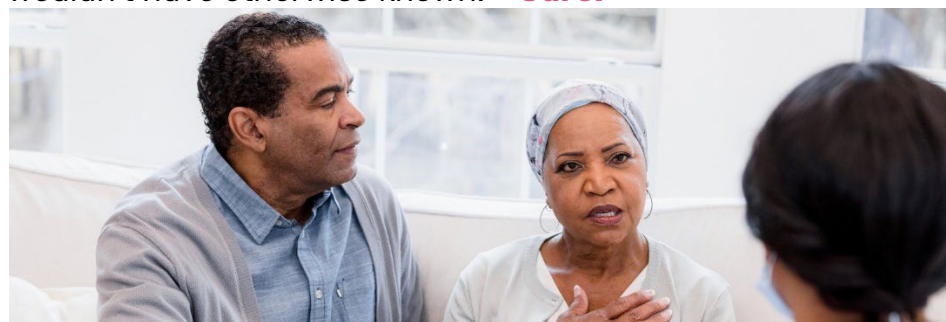
## The Triangle of Care:

### 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 the care team and also pass on information about and his interests which they wouldn't have otherwise known."* **Carer**



### What is the Triangle of Care?

The Triangle of Care is an improvement tool 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 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 pathway.
- 6 A range of carer support services is available along with a self-assessment tool.

**These principles can underpin a healthy 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 carer 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 and ensure staff are carer aware so you are seen as a partner in care across the treatment 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 and includes information on support services.

## The Triangle of Care delivers many benefits including:

- Recognition for you as an unpaid carer.
- An appreciation of your unique knowledge.
- Information about the person you care, including their illness, medication and prognosis.
- Emotional and practical support.
- Assistance with emergency care planning and knowing who to contact in a crisis or emergency.
- Helping you feel less isolated in your caring role.
- Helping you to live a life alongside your caring role.