



South Eastern Health
and Social Care Trust



Carer Conversation



What is a Carer Conversation

A Carer Conversation is a safe space for you as a Carer to talk to a Trust staff member about your caring role and the impact this has had on your life. This helps the staff member to understand your situation and gives an opportunity for the Carer to be offered appropriate support.



The conversation focuses on six main themes:

- Caring role
- Supports you have and contingencies in place (if any)
- Carer Health
- Managing at home
- Finances
- Other commitments.

As a result of the conversation, the Carer and staff member will agree outcomes appropriate for the Carer in order for supports to be provided.



If you would like a carer conversation, please contact the carer support service to arrange.



carer.support@setrust.hscni.net



(028) 4372 1807
0790 093 6726 Text Service



<https://setrust.hscni.net/service/carers-support-service/>



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