

- ▶ 3) Practical and emotional support both during the person's life and after bereavement

- ▶ 4) Carers to have their own needs assessed and reviewed.

**Aims of the new service** To provide psychological support, information and advice to Carers; to provide an opportunity to share experiences with one another; to offer Complementary Therapies.

**The Service** This takes place fortnightly on a Tuesday evening. A personal invitation and information leaflet about the service is sent to every Carer of the Day Hospice patients.

**Venue** Day Hospice

**Resources** The service is run by two qualified nurses, two complementary therapists and a volunteer. The hospice receives a grant to fund this.

**How the need was identified** The need was identified through our patients and carers feedback via a survey conducted in 2009. We also wanted to implement this as part of what the 'End of Life Strategy means for patients and carers (2008) to support carers.

**Evaluation** Carers are requested to complete a questionnaire after 6 months. This has shown that the service is useful and provide valuable support to the carers.

**Proposals for the future** Developing a bereavement support group for carers, currently the carer is contacted 6 weeks after bereavement to be offered counselling – we have identified 'group' bereavement support may be more beneficial as they have met together as carers and formed friendships, so meeting post bereavement could be further support to them.

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**CARERS SUPPORT**

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In the last few years there has been a wealth of research and literature identifying the importance of supporting Carers. The End of Life Care Strategy(2008) identified four key principles in supporting Carers.

- ▶ 1) Carers need to be involved in decision making with the recognition they have their own needs
- ▶ 2) Need information about the likely progress of the person's condition and information about services available