

# Get Involved: Pray

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## EMBRACE Prayer Group

March 2015

### Carers

*Greta and Tadas\* look after their daughter who is severely disabled. They love her so much. She is so precious to them. They are doing their best to make her life a bit better and more bearable each day. Each smile on her face is a reward.*

*Anna was born in an African country and came here about 18 years ago. She cares for her elderly brother who is very dear to her.*

*Magda looks after her husband who has been diagnosed with serious illness.*

Being a person who provides help and support, on a regular basis to an adult or child who has a disability or illness or someone who may be frail due to old age is very challenging task. Carers often suffer from ill health themselves and are frequently short of money for essentials.

Carers are people of all ages (including children). They save the government in Northern Ireland more than £4.4 billion each year. There are more than 180,000 carers in Northern Ireland, and some of them have come here from other countries. One study estimated that these may number over 6,000 people.

A recent survey found that 8 out of 10 carers in Northern Ireland (83 per cent) have felt lonely or isolated due to their caring role and 59 per cent have lost touch with family and friends as a result of their caring role. This can only be worse for those who were not born here. Living abroad, far from parents, siblings and extended family, dealing with language and cultural barriers, learning about the health system in a new country, not knowing about available support – these are only a few additional obstacles to overcome for those who were not born here.

Many carers don't see their significant role, focusing their attention on the person who their care for.

Each carer is a hero.

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### This month we give thanks for:

- Carers who offer their love by looking after family members and friends
- Doctors, nurses, hospital personnel and social workers
- Those who provide interpretation and support

### We pray that:

- Carers may find faith that helps to sustain them
- They may find people who care for and support them
- They may be given the resources to live in reasonable comfort

\*The names are changed.

Source: [www.northerntrust.hscni.net/pdf/Do\\_you\\_look\\_after\\_someone\\_English\\_version.pdf](http://www.northerntrust.hscni.net/pdf/Do_you_look_after_someone_English_version.pdf)  
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