



# Supporting someone with CKD

# Overview

## About this Document

- Created to support our “Supporting Someone with CKD” webinar
- Designed for partners, family, friends and loved ones supporting someone on a kidney journey
- Includes practical guidance on supporting wellbeing
- Offers helpful communication tips and answers to common questions
- Signposts to further support and services
- Highlights the importance of looking after your own health and wellbeing as a carer
- Aims to help you feel informed, reassured and confident in your role
- Encourages a sense of connection and reminds you that you are not alone

## Previous Webinars

To watch our previously held webinars on topics such as; home dialysis, holiday dialysis, diet and nutrition, and current research.



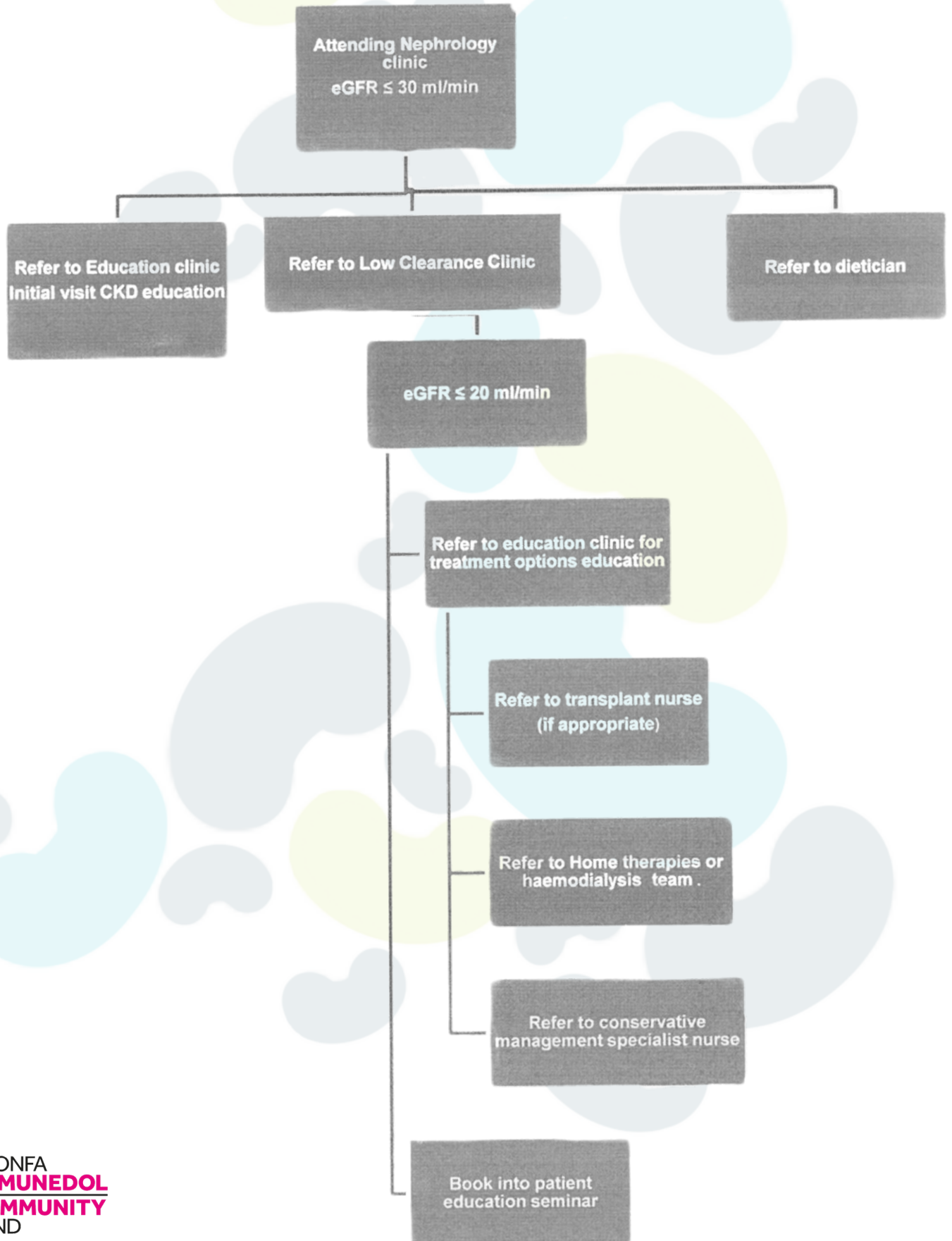
[Click here for our YouTube Channel.](#)

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# CKD Journey Pathway



# Managing your wellbeing

**“Looking after yourself is not selfish—  
it helps you care for others”**



**Get connected in your community**

**Join local coffee mornings, activities, or groups at  
libraries and community hubs.**

**Whether it's choirs, crafts, sports, arts, lunch clubs  
or walking groups, getting involved can help you  
feel more connected.**

**Check out your local leisure centre too – some offer  
free gym memberships for carers, plus swimming  
and fitness classes.**



**Move a little, feel better**

**Exercise supports both your physical and mental  
wellbeing. It doesn't need to be intense or time-  
consuming.**



**Even a 20-minute break can help you reset—whether  
that's a walk, listening to a podcast, or taking time  
for meditation, mindfulness, or yoga.**



# FAQ's

## 1. Am I legally entitled to a Carer's Assessment?

Yes. Under the Social Services and Well-being (Wales) Act 2014, if you provide or intend to provide care for an adult or disabled child, you have a legal right to a Carer's Needs Assessment. This is free, regardless of your income or savings

- How to arrange it: Contact the Adult Services or Children's Services department at your local council (e.g., Wrexham County Borough Council, Flintshire County Council) to request one.
- What it does: It evaluates how caring affects your physical, mental, and emotional well-being and helps create a support plan

## 2. What financial support and benefits are available?

The primary benefit for unpaid carers is Carer's Allowance, provided you meet the following baseline criteria:

- You care for someone for at least 35 hours a week.
- You are 16 or over.
- You earn under a specific weekly threshold (after taxes, allowable expenses, and pension contributions).

Note: You can work part-time alongside receiving this benefit, provided you still meet the 35-hour care requirement.

# FAQ's

## 3. Can I get a break from my caring responsibilities?

Yes. As part of your Carer's Needs Assessment, you can discuss **respite care**. This can range from a few hours off a week to arrange for someone to step in, to a short-term residential stay for the person you look after. Local authorities in Wales are required to support you in maintaining your own health and interests.

## 4. Who pays for the care of the person I look after?

The local council will carry out a financial assessment (means test) for the person you care for. This evaluates their income and capital to see if they need to contribute to the cost of their care. Councils cannot charge you or anyone else in the household for the care provided to the cared-for person.

## 5. What are my rights as a working carer?

Under the Carer's Leave Act, employees across the UK have a statutory right to 1 week of unpaid, flexible Carer's Leave per year.

- You do not need a certain amount of continuous employment to qualify; it is a "day one" right.
- You can also make a flexible working request to help you balance employment with your 35+ hours of weekly care

# Helpful Resources

## **Kidney Wales - Click here**

The Kidney Wales website includes information for carers of people living with chronic kidney disease (CKD), including the support available to them. Kidney Wales also provides unpaid carers' vouchers and has a dedicated Patient Support Manager available to help with any questions or concerns you may have.

**Tel:** 02920343940 **Email:** [Support@kidneywales.cymru](mailto:Support@kidneywales.cymru)

## **Carers Wales - (part of Carers UK)**

Carers Wales, part of Carers UK, provides a wide range of support, information, and advocacy for unpaid carers in Wales. Their support is aimed at improving carers' wellbeing, helping them manage their caring roles, and ensuring their voices are heard by policymakers.

**The Looking After Someone guide** and their factsheets cover a range of information including financial support, practical help and support in the workplace.

**Carer Wales Directory** contains information and contact details for local carers' organisations across Wales.

T: 0808 808 7777 E: [advice@carersuk.org](mailto:advice@carersuk.org)

# Helpful Resources

## **Young Carers - Carers Trust**

Carers Trust runs a network of local carer organisations in England, Scotland and Wales. They offer information, advice, practical support and/or care in the home to unpaid carers of all ages. Many of these local carer organisations in our Network have dedicated services for young carers and young adult carers.

T: 0300 772 9600

<https://carers.org/help-for-carers/introduction>

## **Swansea Carers Centre - click here**

Swansea Carers Centre is a specialist voluntary organisation providing support to unpaid carers and former carers across the City & County of Swansea. They offer information, advice and support to make life easier for the carer and the person they are looking after. They provide opportunities to meet other carers, share experiences and work together to get things changed for the benefit of everyone. All services are completely free and confidential.

T: 01792 653344

# Helpful Resources

## **Carers Support West Wales - click here**

Carers Support West Wales is a dedicated online hub for unpaid carers across the three counties.

It provides quick access to local news, community resources, and essential support services. Designed with carers in mind, it makes finding the right help simple and accessible.

T: 01437 723660 E: [info@carersupportwestwales.org](mailto:info@carersupportwestwales.org)

## **Adferiad - click here**

Adferiad is a Wales wide member led charity that provides help and support for people with mental ill health, addiction, and co-occurring and complex needs, as well as their families and carers.

Their services provide help and support in a range of areas including carers.

T: 01792 816 600 E: [info@adferiad.org](mailto:info@adferiad.org)

# Helpful Resources

## **National Kidney Federation (NKF) - click here**

The NKF Peer Support Service is a free nationwide service connecting patients, carers, and families with people who have firsthand experience of kidney disease.

Whether you have kidney disease, are on dialysis, living with a kidney transplant, caring for someone affected, or considering donation, our trained peer supporters can offer guidance, understanding, and emotional support to help you feel informed and less alone.

If you would like to talk to someone about your experience or would like support call their Freephone Helpline on T: 0800 169 09 36 E: [helpline@kidney.org.uk](mailto:helpline@kidney.org.uk)

## **Infokid - click here**

infoKID is an online information resource for parents and carers about kidney conditions in infants, children and young people.

## **Ready Steady Go - click here**

A programme to help patients and their families gain the knowledge and skills to manage their condition into adulthood.

# Helpful Resources

## **Popham Kidney Support - click here**

Based in Swansea, Popham Kidney Support offer peer support services, monthly Kidney Cafes and a monthly online Carer Kidney Cafe to support carers of adults or children who are living with kidney disease in Wales.

T:03332001285

E: enquiries@pophamkidneysupport.org.uk

## **Meic - click here**

Meic is the helpline service for children and young people aged 25 and under in Wales. This includes young carers. They offer confidential information, advice and support, and help young people to speak up and get their voice heard. They are open 8am to midnight, 7 days a week. Meic is confidential and a free service for everyone.

T: 080880 23456 Whatsapp: 080880 23456 Text: 07943 114 449

## **Short Breaks Scheme - Wales - click here**

Funded by Welsh Government, the Short Breaks Scheme supports unpaid carers of all ages in Wales to take a break from their caring role.