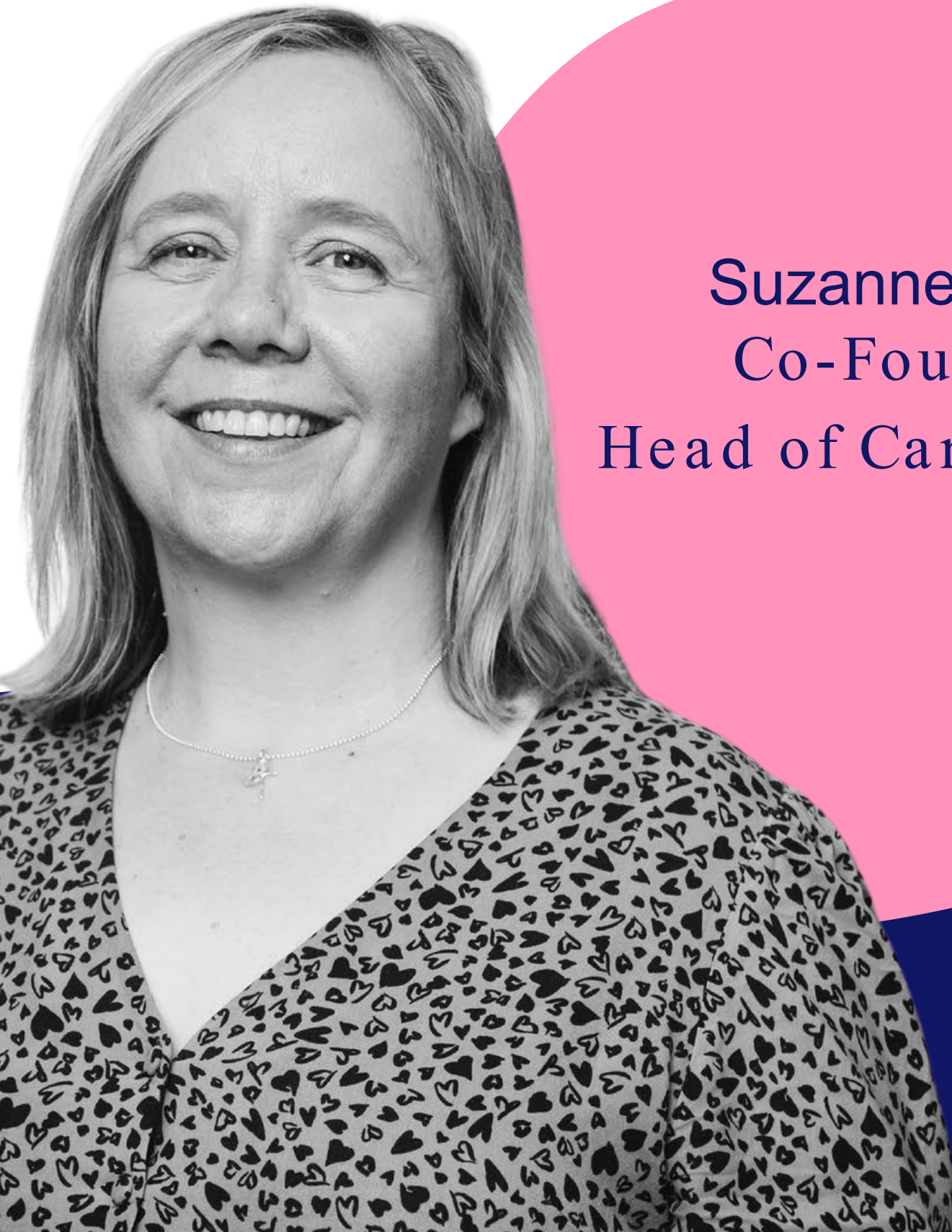


How carers are battling the cost of living



Suzanne Bourne
Co-Founder &
Head of Carer Support

Nicky Hyde
Partnerships
Manager





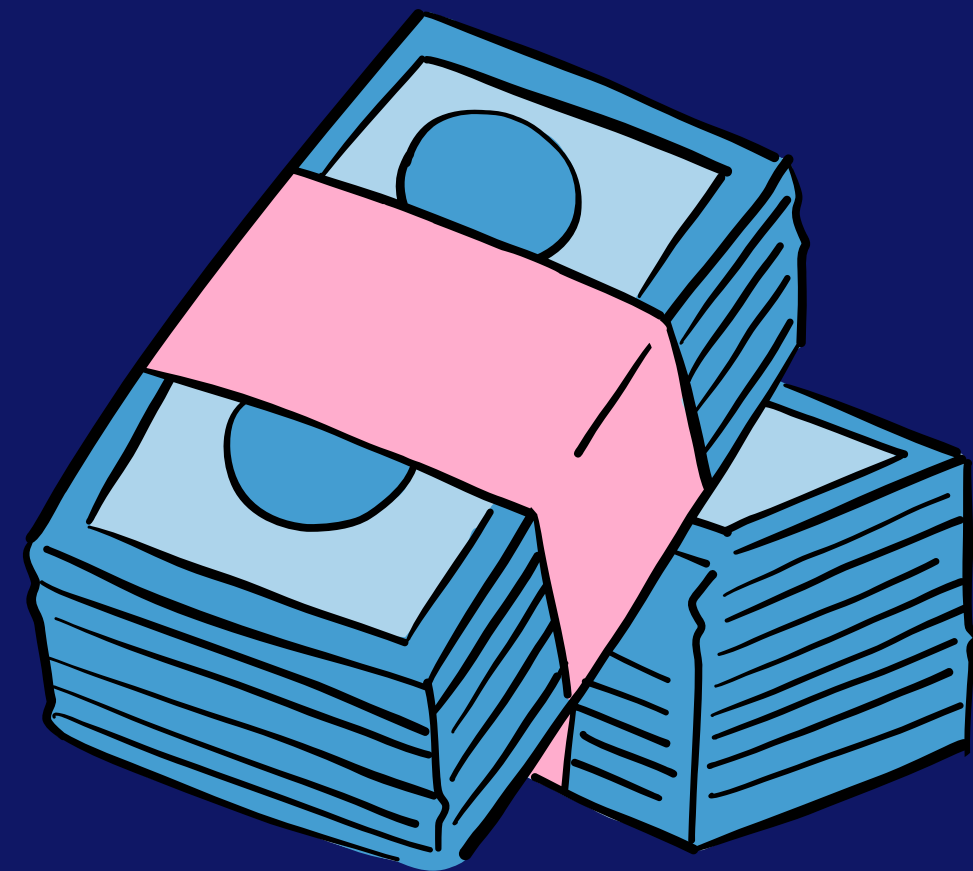
What do we do?

A community of people helping each other as we look after someone. Together we've created some amazing resources, simple digital tools and a friendly supportive space.

Worked with over 30 Local Authorities, NHS Trusts and Local Carer Support Organisations.

Mobilise bring accessible, light-touch carer support.

We're all here as carers..... and as
people who support carers



Battling the cost of living



How come it feels like I'm the crap
one with money? When I'm trying
to look after everyone and they
spend all their money and expect
me to sort everything out?



“

So I was sat working out finances,
it depresses me a lot...I really wish
I hadn't sat and thought about it
now

”

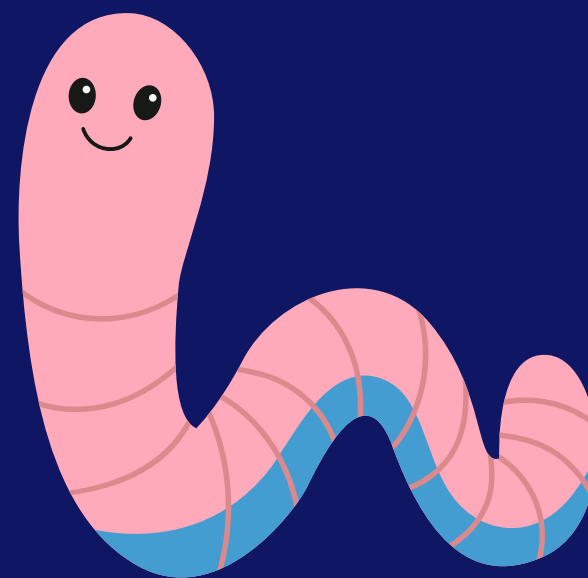


Thumbs up
if you
relate

The coaching approach

Let's step into the world of metaphors, gremlins, deep listening and powerful questions...

Meet the three gremlins



Worry worm



Do it ALL!

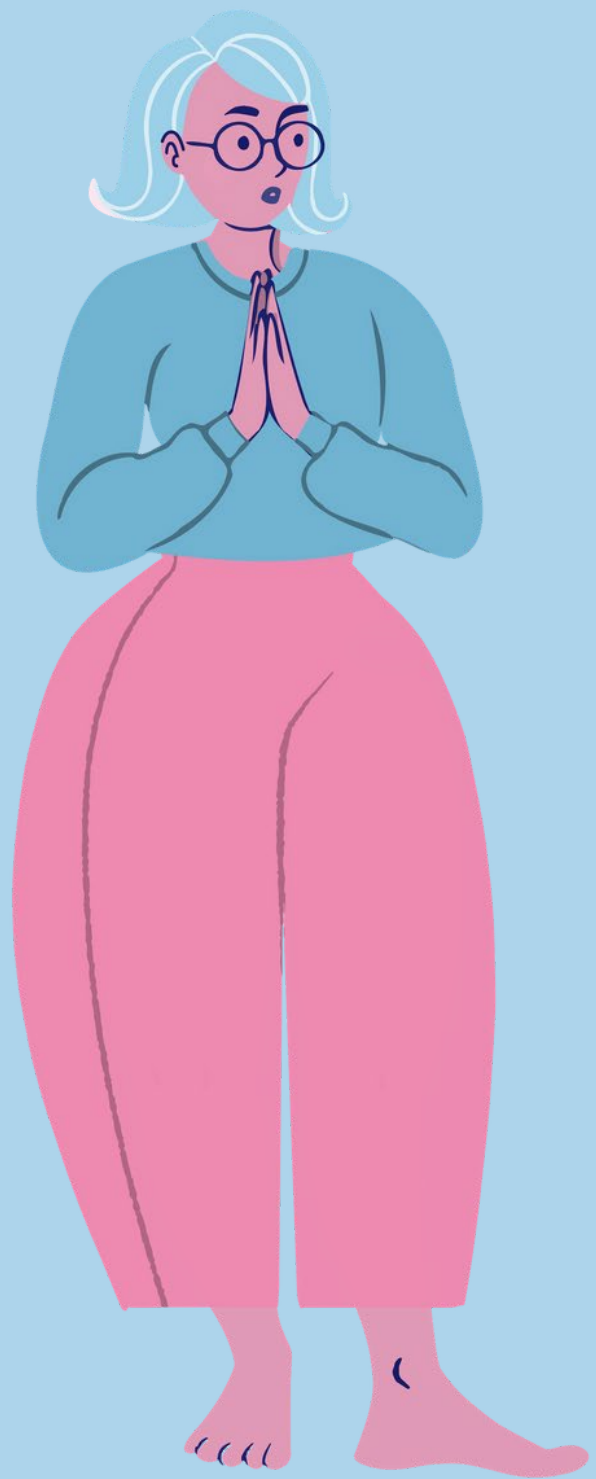


Head in the
sand

Your turn...

How would you describe your gremlins that make the cost of living battle even harder for you?





I've had an electric blanket for 2 years now, the best £50 I have spent. Cheap to run, around 1p an hour and even overnight. Very cosy. Can be used on a timer and at different temp settings. I don't put my heating on at all now



Set a timer for the shower and try to be quicker if you can – not easy when you are manipulating hoists, slings etc, but it's worth a try



Your turn...

What are your top tips?



How can we help others overcome
their gremlin...

Listen

Ask
questions

Small
first
steps

Extra
support

Peer
support

Your turn...

What have you found most helpful when supporting carers in your area?





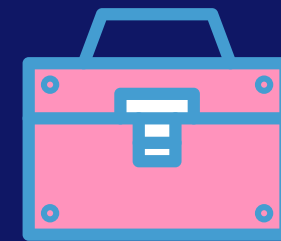
“Ultimately I’d like to find a small amount of trustworthy people in a similar situation as me to throw a few ideas about and maybe open a business to generate a passive income.”



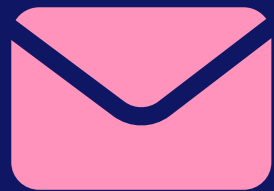
Support from Mobilise...



Carer's
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checker



Benefits and
savings toolkit



Weekly email with
blogs and guides

Share ideas and
knowledge in the
community



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