

# Adult safeguarding for housing staff

## 19) Supporting carers

### Transcript

Reflections from:  
Elaine Cass – Social Care Institute for Excellence

**Elaine Cass** – It is important to support carers who are looking after people – older people or people with disabilities – because sometimes they themselves can be the abuser and possibly that could be because they're at the end of their tether and the pressure on them is enormous, and it's often difficult 24 hours a day 7 days a week to look after someone who possibly has difficult behaviour or is very difficult to look after. Through supporting carers properly and enabling them to have proper breaks then we can reduce the possibility of them becoming abusers.