

# National Care Forum

## Delivering Under Pressure: supporting the wellbeing of frontline staff

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# Where does the pressure come from?

- \* Staffing pressures
- \* New skills and expertise
- \* Dealing with the unknown
- \* Fear – self and others
- \* ‘Keep calm and carry on’
- \* Constant vigilance
- \* Isolation
- \* Year in the glare for care

# How do we know this?

- \* Testimony/Story
- \* Peer groups – digital and physical bubbles
- \* Data
- \* National/Local gov and provider focus
- \* Specific support – Care Workers Charity and others

# Coping strategies?

- \* Values
- \* Recognition
- \* Keep calm and carry on!
- \* Work alleviating other pressures
- \* Employer support – myriad of response
- \* Mentoring/Coaching
- \* Pressure on individual mental health

# What does this mean for the future?

- \* Long covid for care
- \* Occupational health – workforce recommendations
- \* Workforce plan – no sticking plaster
- \* Space to breathe
- \* Long term commitment
- \* Training and development of leadership



# Keep in touch!

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