Barriers are factors (issues) which prevent you from using a service at all or using it properly. These barriers mean that people cannot take control over their own life and may need to rely on others to allow them to take control.

**Why are barriers so bad?**
- Prevent people from getting any treatment or support
- Some people can’t control the barriers

**Why are barriers hard to control or prevent?**
- Out of the service users control
- Previous negative experience
- Difficult or complex to overcome eg financial or language
Geographical and Financial barriers
Geographical Barriers

Geographical barriers are problems caused by where people and services physically are.

For example

- Living too far away
- Living close but it's very busy
- Transport issues
Examples of Geographical Barriers

- Too far away for clients
- Have to rely on public transport
- No where to park
- Transport not very often
- Relying on other people to take you
- Living in a rural area
- Not easy to get to without help
Reasons for Geographical Barriers

Even living close to your health and social care services can be an issue.

Why do you think this is?
A financial barrier includes the charges or fees for using services. Some people may not be able to afford services the NHS does not provide.

What sort of services do people need to pay for?

• Transport to getting to places
• Childcare to be able to go to services
• Medication
• Dentists
Examples of Financial Barriers

- Cannot afford bus or train
- Cannot afford prescriptions
- Paying for parking
- Expensive to use service
- Charges for certain services
- Having to borrow money from friends and family
Overcoming some Financial Barriers

**Discuss**: What individuals are you aware of who get help with health care charges?

<table>
<thead>
<tr>
<th>Free prescriptions</th>
<th>Free dental care</th>
<th>Eye care</th>
</tr>
</thead>
<tbody>
<tr>
<td>People over 60</td>
<td>People under 18</td>
<td>People over 60</td>
</tr>
<tr>
<td>People under 16</td>
<td>People under 19 in full-time education</td>
<td>People under 16</td>
</tr>
<tr>
<td>People under 19 in full-time education</td>
<td>People under 19 in full-time education</td>
<td>People aged 16, 17 and 18 in full-time education</td>
</tr>
<tr>
<td>Pregnant women</td>
<td>Pregnant women</td>
<td>People registered as partially sighted or blind</td>
</tr>
<tr>
<td>Women who have had a baby in the last 12 months</td>
<td>Women who have had a baby in the last 12 months</td>
<td>People diagnosed with glaucoma or diabetes and/or who are over 40 with a family history of glaucoma</td>
</tr>
<tr>
<td>Some people on low income and benefits</td>
<td>Some people on low income and benefits</td>
<td>Some people on low income and benefits</td>
</tr>
<tr>
<td>People with cancer</td>
<td>If you are in an NHS hospital when you need treatment</td>
<td>A prisoner on leave</td>
</tr>
</tbody>
</table>