Stoke-on-Trent Joint Carers Strategy 2014 - 2018

‘Supporting Carers Health and Wellbeing’

Background

Who is a carer?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner, a child or friend who is ill, frail, disabled or has mental health or substance misuse problems.

- Recognised, Valued and Supported: Next Steps for the Carers Strategy 2010

In the 2011 census approximately 27,000 people in Stoke-On-Trent (11% of the population) identified themselves as providing unpaid care, approximately 800 of these were young carers. Research highlights this number is likely to be an underestimate.

Stoke-on-Trent Joint Carers Strategy has been developed on behalf of the City Council and Clinical Commissioning Group (CCG) in partnership with health, voluntary and community organisations. The strategy sets out our key priorities, in line with the national strategy and forthcoming legislative changes, over the next four years and will inform the strategic planning, service delivery and commissioning of support for all groups of carers.

The contribution of carers is significant and we have much more to achieve in terms of identifying ‘Hidden Carers’. Through this joint strategy, we are committing ourselves to continue to work proactively together through the economic challenges ahead ensuring the most appropriate use of resources are applied in achieving the best outcomes for carers in Stoke-on-Trent. We envisage that through partnership working, carers will have more choice and control to have a life of their own alongside their caring role.

Overall vision

Within Stoke-on-Trent the aim is to ensure that carers have the support, advice and information that enables them to maintain a balance between their caring responsibilities and their life outside of caring whilst supporting the person they care for to achieve their own outcomes.

Scope and priorities for Stoke-on-Trent

The Joint Carers strategy builds on the local and national strategies setting out our key priorities over the next four years and will inform the strategic planning, service delivery and commissioning of support for all groups of carers. Embedded throughout the strategy is the commitment of partners to have a clear focus on the active involvement of carers and their representatives across all priority areas.
Priority 1 – Identification and Recognition

Supporting those with caring responsibilities to identify themselves as carers at an early stage, recognising the value of their contribution and involving them from the outset both in the designing local care provision and in the planning individual care packages.

Although 3 in 5 of us are likely to help look after someone during our lifetime caring is not something that most people expect to happen to them. Research has shown it takes time for people to identify themselves as carers, in many instances people may be providing care for several years before they consider themselves to have this role. Information is an early requirement when someone takes on caring responsibilities. Consultation and national surveys have cited this as key to enabling and sustaining a caring role.

The strategy identifies the following commitments of partners across Stoke-on-Trent:

- To prioritise the early identification of carers
- To raise the awareness across organisations and agencies of carers, their rights and needs
- To ensure appropriate and up to date information and advice is accessible by all

Priority 2 – Realising and Releasing Potential

Enabling those with caring responsibilities to realise their aspirations and fulfil their educational and employment potential.

Carers make up over 12% of the workforce in Stoke-on-Trent, equating to 1 in every 7 employees. The refresh of the National Carers’ Strategy identified that 90% of working carers are aged 30 and over and in their prime employment years. The peak age for caring is 45–64 when many employees will have gained valuable skills and experience.

The strategy identifies the following commitments of partners across Stoke-on-Trent:

- Provision of good quality information about carers employment rights, education opportunities and training options.
- Ensure appropriate services and replacement care is available at an early stage of people undertaking a caring role
- To promote awareness of carers rights and options across employers within the city
- Ensure appropriate support is available in enabling carers to realise their own personal aspirations

Priority 3 – A life outside of caring

Personalised support both for Carers and those they support, enabling them to have a family and community life
The national drive towards the transformation of health and adult social care, in particular moving towards more personalised services, has highlighted the need for carers and customers to have more choice and control over the services and support they receive. Breaks from the caring role are often reported by carers as the most important thing to them to allow them to continue caring.

The strategy identifies the following commitments of partners across Stoke-on-Trent:

- To support carers in exercising choice and control in the use of personal budgets so they are supported to care in the most appropriate way.
- To ensure the provision of accessible information and support in relation to assessment and service provision.
- To ensure the active involvement of carers in care/ support planning recognising their needs and desired outcomes

<table>
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<tr>
<th>Priority 4 – Supporting Carers to Stay Healthy</th>
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<td>Supporting Carers to remain mentally and physically well.</td>
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Recent Government policy has highlighted carers as a group experiencing comparative poor health. A comparison of carers with the general population in Stoke-on-Trent found that significantly fewer carers described their health as good (66% against 78% in the general population) with only 54% of those who were caring for someone in the same household and 52% of those caring for more than 20 hours per week describing their health as good.

The strategy identifies the following commitments of partners across Stoke-on-Trent:

- To develop integrated models of support and care planning adopting a holistic approach to outcomes.
- To identify and develop innovative models for lifestyle interventions and support programmes including leisure opportunities, that support the health and wellbeing of carers and the cared for.
- To ensure the provision of imaginative breaks accessible and are based on the needs of the carer

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<th>Priority 5 - Young Carers</th>
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<td>Children and Young People will be thriving and protected from inappropriate caring roles.</td>
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Being a young carer can have detrimental effects on young people, including problems at school, health problems, emotional difficulties, isolation, lack of time for leisure, feeling different, pressure from keeping family problems a secret, difficulties with transition to adulthood, lack of recognition and feeling they are not being listened to.

National statistics show one in 12 young carers is caring for more than 15 hours per week and the average annual family income is £5000 less than families who do not have a young carer. Around one in 20 misses school because of their caring responsibilities and young carers have significantly lower educational attainment at GCSE level, the equivalent to nine grades lower overall than their peers. Additionally young carers are
more likely than the national average to be not in education, employment or training between 16 and 19.

The strategy identifies the following commitments of partners across Stoke-on-Trent:

- To develop and implement methods of early identification of young carers through the promotion of awareness and training across organisations.
- To ensure an integrated, holistic whole family approach to assessment and support maximising opportunities and securing good quality outcomes.
- To promote awareness of young carers, their rights, needs and issues faced across organisations.
- To ensure effective transition planning and support pathways for young carers.
- To ensure the appropriate provision of young carers focused projects.

Next Steps

The next steps for Carers support within Stoke-on-Trent will reflect both national and local drivers including legislation, funding for services and partnership working. However as both the number of Carers and levels of support continue to rise there will greater need to include Carers consideration across more services.

In order to implement this strategy effectively the following stages of work will need to be undertaken:

Consultation and Engagement plan – to ensure the views of carers, their representatives and the wider public who may be affected by caring responsibilities now or in the future are taken into account, we will continue to engage gathering feedback in developing service design, delivery and provision, To ensure effective communication and engagement underpins all aspects of achieving the five key priorities, a robust plan will developed and measured.

Strategic Review - A full strategic service review will be undertaken that will inform us of what services we have across the city, how carers’ needs are being met and where the gaps are. The strategic Service review will include this analysis of market mapping, evaluation of service provision, gap analysis and recommendations. This will then inform both the detailed delivery plan and commissioning intentions.

Strategic Delivery Plan - The strategic delivery plan will be developed in partnership and will identify local initiatives, commissioning intentions and service delivery and design based upon the objectives embedded in the strategy. It is a working document that will be reviewed and updated annually. Throughout the course of the strategy, further actions may be added depending on the progress made and any national or local carers developments.

Commissioning Intentions and Plan - Once the service reviews and recommendations have been completed it will be possible to develop a more detailed commissioning plan outlining our intentions through service redesign and contract arrangements in meeting the stated outcomes we want to achieve for carers across the city.