



Shropshire Clinical Commissioning Group



Health and Wellbeing Board 9th June 2016

DRAFT Carers Strategy

Responsible Officer

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1. Summary

- 1.1 Health and Care are increasingly aware of the vital role that carers play in our community. They provide essential care to those who are in need of care and support and who, without that dedicated care, would not be able to remain at home.
- 1.2 Anyone can become a carer. Carers come from all walks of life, all cultures and can be of any age. Many do not consider themselves to be carers, they are just looking after their parent, partner or best friend and doing what they feel anyone else would do in their situation.
- 1.3 The HWBB has chosen Carers as an Exemplar area and has joined forces with the Carers Partnership Board to support carers; to ensure that they are able to keep emotionally, mentally and physically well and are able to lead a fulfilling life.
- 1.4 Taking this work forward as a subgroup of the HWBB the Carers Partnership Board has developed an outline DRAFT Shropshire Carers Strategy. The draft outline identifies 6 priority outcomes for carers:
 1. Carers are listened to, valued and respected
 2. Carers receive timely access to up to date information
 3. Carers receive support to enable them to have time for themselves
 4. Carers are supported to remain emotionally, mentally and physically well
 5. Carers are supported in planning for the future
 6. Carers are able to fulfil their educational, training or employment potential
- 1.5 To develop the priority outcomes, the Partnership Board considered the strategic context for the development of a new strategy; including the Care Act, NHS guidance, ADASS and Carers as a HWBB Exemplar; the Board also reviewed

consultation results from local and national surveys, the NHS England Carers Pilot, and the HWBB strategy consultation.

- 1.6 The Carers Partnership Board was keen to build on what carers have already said that they need to continue their caring role. In this way the priorities have been drafted and the Partnership Board plans to use the consultation to build an action plan to ensure improvements locally.
- 1.7 Nationally, a new strategy has been promised by the end of 2016, and currently a national consultation is ongoing with a deadline of the end of June, please see link below for the national consultation.
- 1.8 For the purpose of this DRAFT strategy a carer is defined as, “Someone who provides support to family or friends who could not manage without this help. This could be a parent caring for their child, caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems”.
- 1.9 This Strategy is an all age strategy, to be developed for carers of all ages and to include parent carers.
- 1.10 The consultation on the Shropshire Draft Carers Strategy will run from Carers Week, 6th June until the 31st July, 2016. Healthwatch also plans to focus on carers in their July monthly ‘HOT TOPICS’.

2. Recommendations

1. Discuss, comment and agree the Draft Carers Strategy Priority Outcomes as part of the draft strategy consultation.

REPORT

3. Purpose of Report

To gain support for the outline Carers Strategy and to provide input and comment to the strategy development.

4. Background

Please see appendices A-C

5. Engagement

The work of the Carer Partnership Board is informed by the Carers national survey, local carers, and the consultation of the HWB Strategy.

6. Risk Assessment and Opportunities Appraisal (including Equalities, Finance, Rural Issues)

There are no direct financial considerations as part of this report, however, there will likely be financial implications within the Carers Action Plan – once developed

List of Background Papers (This MUST be completed for all reports, but does not include items containing exempt or confidential information)

Cabinet Member (Portfolio Holder)
Cllr Karen Calder

Local Member

Appendices

Appendix A: Draft Carers Strategy



Draft Carers Strategy for Shropshire

Introduction

We are increasingly aware of the vital role that carers play in our community. They provide essential care to those who are in need of care and support and who, without that dedicated care, would not be able to remain at home.

Anyone can become a carer. Carers come from all walks of life, all cultures and can be of any age. Many do not consider themselves to be carers, they are just looking after their parent, partner or best friend and doing what they feel anyone else would do in their situation.

Supporting carers is a priority for the Health and Wellbeing Board (HWBB). The HWBB believes we need a new approach to health and care that nurtures wellness and encourages positive health behaviour at all stages of people's lives, across all communities and across all the places and organisations in which we work and live. In this way, we want all parts of the community in Shropshire to work together to support carers so that they do not feel isolated or unable to cope in their caring role.

To develop the priorities described in this strategy we have considered what carers have said that they want and need (both locally and nationally) and have identified 6 priority outcomes for carers (detailed later).

For the purpose of this draft strategy a carer is defined as "Someone who provides support to family or friends who could not manage without this help. This could be a parent caring for their child, caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems". We intend this to be an all age strategy.

Demographic Information

The 2011 census shows us that among the 34,000 people currently caring for relatives, friends and neighbours in Shropshire, there are over a third who spend more than 20 hours a week caring, and over a fifth dedicate 50 hours or more a week to their caring role. There are 3,457 carers who indicated they had bad or very bad health. Three in four carers are over the age of 54.

We know that carers in Shropshire Care for people with a variety of conditions.

- Physical Disability - 61%
- Long standing illness – 39%
- Problems connected to old age – 32%
- Sight or hearing loss – 30%
- Dementia – 24%
- Learning Disability - 20%
- Mental Health Problems -18%
- End of Life – 6%

Being a large rural county, a proportion of Shropshire's carers will also be living in isolated areas. We know that living in remote rural areas can contribute to feelings of carer isolation and depression. Likewise caring can also lead carers to feel cut off from family support and loss of contact with friends and neighbours (Carers UK, 2014).

What Carers have carers already told us?

National Carers Survey (Carers of Adults)

This survey of adult carers is run by all councils on a biennial basis. It forms part of a programme of national surveys and has been developed and tested by the Personal Social Services Research Unit, to identify the extent to which outcomes identified by carers receiving any type of services are met.

The survey covers informal, unpaid carers aged 18 and over, who are looking after an adult aged 18 or over, who have been assessed or reviewed during the past 12 months. The survey is conducted via a postal questionnaire.

In Shropshire a total of 811 surveys were issued from a sample group of 2002. The return rate for Shropshire was 51.5%. This is higher than the average for England 43.8%.

On the Quality of Life Indicators Shropshire performs above average. Two key areas for improvement highlighted through the survey were:

- Access to Information and Advice
- Feeling 'Involved' or 'Consulted'

The Shropshire Health and Wellbeing Strategy puts carers into focus by calling for joint work to support those in a caring role. Through the strategy consultation, the following themes were highlighted as important for supporting carers in Shropshire:

- Support - family, friend, groups
- Flexible working/supportive employers
- Time to themselves and Respite
- Easy to access information and advice
- Health checks and care for the Carer

THE SURVEY

Personal Details

If you feel comfortable please complete details about you and the person(s) you care for (you can skip these questions if you would like). For the purpose of this strategy we have defined a carer as the following - -

"Someone who provides support to family or friends who could not manage without this help. This could be a parent caring for their child, caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems".

Please tell us about you:

1. Are you currently involved in a caring role? Y _ N_ (we will value your contribution either way), If no, have you been in a caring role in the past?
2. Postcode (3-4 digits) _____
3. Your age _____
4. Are you working, retired, or in education/ training? Tick all that apply

Please tell us a little bit about the people you care for:

5. Person you care for age _____
6. Condition (drop down list) tick all that apply
7. Your relationship with the person(s) you care for (drop down list)
8. Are you the sole carer? Y/N
9. Are there others in your network who care for this person? Who? (Drop down list) tick all that apply
10. Do those you care for receive paid support?
Repeat for more than one person cared for

Priorities

From what carers have already told us, we have highlighted 6 priority areas. We would like to understand if we have got the priority areas right, and if so, what these priority areas mean to carers and what needs to happen locally for carers. **We understand that improvements are required in each of these priority areas.**

Please rank the priorities in order of important to you (completed in a table):

1. **Carers are listened to, valued and respected**
2. **Carers receive timely access to up to date information and advice which promote choice and good decision making**
3. **Carers receive support to enable them to have time for themselves**
4. **Carers are supported to remain emotionally, mentally and physically well**
5. **Carers are supported in planning for the future**
6. **Carers are able to fulfil their educational, training or employment potential**
7. Other _____

In order to help us develop actions under each of these priority areas, please tell us what they mean to you and what we need to do locally to make improvements.

1. 'Carers are be listened to, valued and respected'

- a) What does it mean to you/ how does this apply to your circumstances?
- b) What needs to happen locally to achieve this?

2. 'Carers receive timely access to up to date information and advice which promote choice and good decision making'

- a) What does it mean to you/ how does this apply to your circumstances?
- b) What needs to happen locally to achieve this?

3. 'Carers are supported to enable them to have time for themselves'

- a) What does it mean to you/ how does this apply to your circumstances?
- b) What needs to happen locally to achieve this?

4. 'Carers are supported to remain emotionally, mentally and physically well'

- a) What does it mean to you/ how does this apply to your circumstances?
- b) What needs to happen locally to achieve this?

5. 'Carers are supported in planning for the future'

- a) What does it mean to you/ how does this apply to your circumstances?
- b) What needs to happen locally to achieve this?

6. 'Carers are able to fulfil their educational, training or employment potential'

- a) What does it mean to you/ how does this apply to your circumstances?
- b) What needs to happen locally to achieve this?

7. Any other comments/ suggestions you would like to make