



<u>Committee and Date</u> Health and Social Care Scrutiny Committee	<u>Item</u>
27 March 2017	
10.00 am	<u>Public</u>

Update for Scrutiny - Young Carers in Shropshire

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1. Summary

- 1.1 This paper identifies measures that are currently in place to support young carers in Shropshire, and describes work that has been happening to listen to their voices and to embed into the new All Age Carers strategy and Action Plan.

2. Background

- 2.1 The 2011 census shows us that there are around 34,000 carers in Shropshire. Of these, it is estimated that there around 650 young carers. However, we know that there are many 'hidden' young carers, who may feel that they are simply carrying out ordinary responsibilities as part of a family, or be caring for someone with stigmatised conditions such as drugs and alcohol and be reluctant to make their needs known.¹
- 2.2 The Local Authority response to a freedom of information request from the Children's Commissioner for England² showed that between the 01/04/15 and 31/3/16, 55 young people were referred to the young carer support provider and 198 individuals were being supported. Out of this 198, over 75% were supporting someone with mental health problems and between 50 and 75% with drug or alcohol issues. Between 10 and 49% were caring for someone with physical health difficulties or learning difficulties. The majority of young carers were in the 10-15 year age group, and 28 fell into the 5 – 9 year age group.
- 2.3 This report provides an update on services available to young carers and young adult carers in Shropshire.

3 Recommendations

An All Age Carers Strategy update is provided to Scrutiny in 18 months' time to evaluate progress, particularly in relation to young carers

4 Risk Assessment and Opportunities Appraisal

¹ <http://www.scie.org.uk/publications/guides/guide09/section1/hidden.asp>

² Children's Commissioner Young Carers The support provided to young carers in England December 2016

- 4.1 Risk Assessment has identified potential threats as;
- 4.1.1 Financial constraints across the whole system has been kept in mind when formulating the Action Plan for the Carers Strategy, and outcomes focus more on changing ways of working, reviewing policies and pathways and making information available.
- 4.1.2 Opportunities exist through implementation of the Carers Strategy and Action Plan, for health and social care services to work more closely together and collectively improve the early identification and improved outcomes for young carers.

REPORT

5.0 This report identifies measures that are currently in place to support young carers in Shropshire, and describes work that has been happening to listen to their voices and to embed into the new All Age Carers strategy and Action Plan.

5.1 *New All-Age Carers Strategy for Shropshire 2017-2021*

5.1.1 A new carers strategy has been produced for Shropshire, which now covers all ages including young carers and young adult carers. The Family Carer Partnership Board and the Health and Wellbeing Board have approved this.

5.1.2 The priorities identified are:

1. Carers are listened to, valued and respected.
2. Carers are enabled to have time for themselves.
3. Carers can access timely, to up to date information and advice.
4. Carers are enabled to plan for the future.
5. Carers are able to fulfil their educational, training or employment potential

5.1.3 The Strategy and Action Plan has been developed by using information from local and national sources, legislation, (The Care Act 2014 and the Children and Families Act 2014) local surveys and by talking to carers, including young carers and young adult carers. A multi-agency strategy group agreed the content and priorities.

5.1.4 Identified leads for the four out of the five priority areas have been allocated, with a fifth to be identified from Children's Services. The leads will meet bi-monthly, then report on progress at each Family Carer Partnership Board meeting.

5.1.5 Examples of actions being progressed are; a system being in place, to ensure the carer is able to care for the person they look after upon hospital discharge. - This includes if that person is a child or young person, and carer involvement in medication discussions, so side effects etc. are understood.

5.2 *Young Carer Health Assessments with school nurse – Pilot project*

5.2.1 This assessment tool has been developed by the Shropshire and Telford and Wrekin School Nurse Team and with input from young carers themselves. Currently, known young carers seeking support are offered an assessment from a school nurse.

5.2.2 The assessment is a three part process;

- Consent to share information
- The assessment itself, which contains questions to which responses are rated red, amber or green. Safeguarding is embedded throughout. Questions focus around whom the young person is caring for and responsibilities they undertake, any effect on school and education, specific caring activities carried out such as lifting or carrying heavy things. (A Multidimensional Assessment of Caring Activities (MACA-YC18) score for this section is allocated), and emotional welfare and physical health including checking the young person is registered with a GP and dentist.
- A Young Carers Individual Health Care Plan is put in place following the assessment outcome.

5.3 Commissioned provider – Carers Trust 4 All

5.3.1 Carers Trust 4 All (CT4A) provide:

- Monthly young carer peer support meetings in Oswestry, Ludlow, Whitchurch and two in Shrewsbury (one Junior and one Senior)
- One to one young carer support and advocacy
- Large activities and residentials throughout the year.
- A new resource around young carers has just been developed and distributed to all Shropshire Primary schools. CT4A are able to support schools to deliver this.
- Linked to Secondary Schools through PSHE lessons and through assembly delivery.

5.4 Consultation with young carers

5.4.1 Consultation was carried out with young carers, young adult carers and young people between November 2016 and January 2017. This was a joint piece of work between Shropshire Council and Telford and Wrekin Council.

5.4.2 The purpose was to inform the new 2016-2021 All Age Carers Strategy and Action Plan for Shropshire, which had previously been an Adult Carers Strategy only.

5.4.3 It was important to gather the views of young carers and young adult carers, and ensure their needs were included, as this group were under-represented in surveys and consultation.

5.4.4 Although Telford and Wrekin's strategy is already in place, the consultation was equally beneficial to identify any potential gaps in young carer work.

- 5.4.5 The work was also part of the NHS England 'Carer Voice' pilot, which is collecting the views of all carers to inform national strategies. More information on this is further in this report.
- 5.4.5 Two focus groups were facilitated, and views were collected during young peoples' youth sessions. The themes focussed on assessments, education and accessing information and support.
- 5.4.6 Approximately 45 young people were involved; At least 19 were known to be young carers. Young people who weren't young carers were included to gauge their knowledge and raise awareness of young carers as their peer group.

5.4.7 Key findings were:

- Young carers want to understand more about the medication the person they care for takes, and any side effects.
- Many young carers are still not having assessments
- Young people who were not carers, felt awareness should start in primary schools – year 5/6, and support in school was important such as mentoring programmes (including at sixth form) and good support in school in general.
Schools should be made aware of who their young carers are- if YP don't get help and support from school, they are not going to do well at school!
- Where appropriate young people want to be involved in assessments of the person they are caring for, and it should be done when they are there if possible.
There is a lot we don't know about, and should.
Care assessment should listen to what we have to say
- The importance of treating young carers as a young person first and an individual in his or her own right. What support may be appropriate to one may not be for another.
- The importance of a consistent approach to young carers in schools, to enable a better understanding of managing schoolwork and access to further support as needed. Some young people spoke of having a trusted member of staff they could approach whereas others did not.
- People were cited as the main source of information, young carer staff in particular.

- 5.4.8 The Information gathered will now inform action plans to take forward.

5.5 NHS England Carer Voice project

- 5.5.1 Shropshire and Telford and Wrekin have been involved in an NHS England pilot called the 'Carer Voice'. This project has been gathering views of all carers to feed into a national report and to influence national strategies.
- 5.5.2 Joint working has taken place to gather the voices of young carers and young adult carers, and the young people will be presenting at the conference to celebrate this work on the 25th May 2017.

5.6 Referral processes

5.6.1 Examples of referral routes include to Carers Trust4All and via the Early Help referral process

5.6.2 Schools offer pastoral support, but young carers experiences of this were mixed.

5.7 Transition process at 16 to 18 years

5.7.1 Between 16 and 18 years of age, Adult Social Care works jointly with colleagues in the Children and Young People's Directorate to ensure young carers receive the appropriate support. At this stage, Adult Services also start the transition assessments where young people support siblings.

5.7.2 When reaching 18, the young person will be entitled to a Carers Assessment and any identified eligible needs met, which may result in a personal budget for the young person. Adult services would also signpost to relevant services provided by Carers Trust 4 All.

6. Conclusions

6.1 Measures are in place for young carers in Shropshire, but there is still more to do. The new Carers Strategy and Action Plan is an opportunity for services to work together and take joint responsibility to improve outcomes for young carers Caring has a known emotional, physical and life chances impact on young people and any steps to alleviate this are vital.

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)

Councillor David Minnery – Portfolio Holder for Children and Young People

Local Member

All – this is a countywide matter.

Appendices

None