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2016 –
2018

CARING TOGETHER SUPPORTING CARERS' IN
ROTHERHAM

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| PARTNER LOGOS?

CONTENTS

1. Introduction
2. what do we know about Carers
3. Carers Rights
4. Carers support in Rotherham
5. What Rotherham Carers have said
6. The Outcomes
 - a. *Carers in Rotherham are more resilient*
 - b. *The caring role is manageable and sustainable*
 - c. *Carers in Rotherham have their needs understood and their well-being promoted.*

The Care Act has a strong focus on carers, recognising the caring role as fundamental to the whole adult social care system. Carers have increased rights and status within the Act with enhanced rights to promotion of well-being, earlier support and personalised support.

Image



IMAGE



1. Introduction

Who is a Carer?

A Carer is anyone who provides unpaid support to a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support

In Rotherham we recognise that informal carers are the backbone of the health and social care economy and that enabling them to continue this role is vital.

To achieve this pledge we need to build stronger collaboration between carers, the Council and other partners and recognise the importance of the whole family relationships.

We want to lay the foundations for achieving these partnerships and set the intention for future working arrangements

We want to do something that makes a difference now...whilst setting up the right co-produced options for the future.

2016 marks the start of a renewed partnership to support carers in the borough. This document sets out our commitment to working together so that collectively over the next two years we can work towards the following agreed outcomes:

- **Outcome One:** - Carers in Rotherham are more resilient and empowered
- **Outcome Two:-** The caring role is manageable and sustainable
- **Outcome Three:-** Carers in Rotherham have their needs understood and their well-being promoted

Our pledge.....

- ***That every carer in Rotherham is recognised and supported to maintain their health, wellbeing and personal outcomes***
- ***That carers in Rotherham are not financially disadvantaged as a result of their caring role***
- ***That carers in Rotherham are recognised and respected as partners in care***
- ***That carers can enjoy a life outside caring***

2. What do we know about Carers?

Young carers undertake full range of care tasks on a regular and sustained basis¹ which can seriously impact on mental well-being (Abraham & Aldridge 2010).

Nationally

5.8million people nationally are providing informal care, with 24% of these people providing in excess of 50 hours per week¹.

The estimated financial value of this care annually is £119billion and that this has risen by 37% since 2007 (Buckner & Yeadle, 2011).

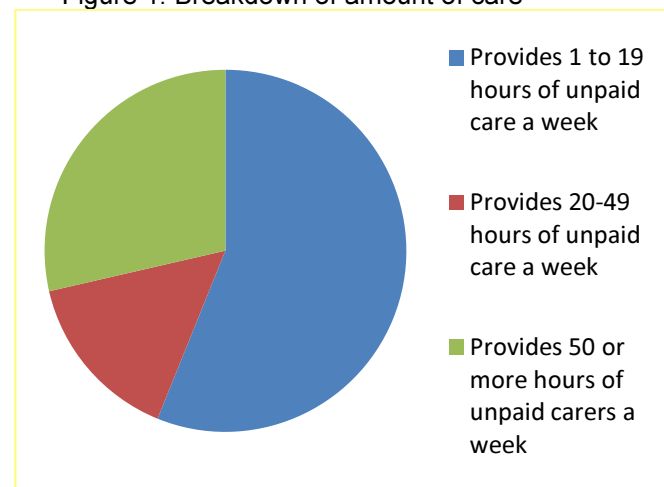
35% rise in the number of older carers between 2001 and 2011 and evidence that many of these carers providing over 60 hours a week of care.

Mutual caring is a way of life for many older couples but also in families where there is a family member who has a disability. It is estimated that one in four people with a learning disability live with a parent over the age of 70 and the mutual caring remains hidden until the family experiences a crisis¹.

In Rotherham

In Rotherham there are an estimated 31,000 people providing care. This equates to 12% of the population, compared to the national average of 10.3%. Of these carers 28% are providing more than 50 hours per week, again this is slightly higher than the national average. A breakdown of carers in Rotherham can be seen in figure one

Figure 1: Breakdown of amount of care



provided by carers in Rotherham

In 2013 / 2014 2375 assessments of carers needs undertaken were undertaken with 72% of these taking place jointly as part of the cared for persons assessments. 105 carers assessments are recorded as refused during this period. Estimates for 2015/2016 are for 2378 carers assessments to be completed with a further 2404 carers offered information advice and signposting¹

Carers in Rotherham receive similar levels of benefits¹, assessments¹ and reviews to other local areas

3. Carers Rights

Changes in policy and law over the last few years have meant that carers have more rights than they did in the past

The Care Act (2014)

- A strong focus on carers with carers entitled to the same recognition, respect and parity of esteem as the person they are caring for

Children and Family Act (2014)

- stipulates the duty to assess young carers

The introduction of the “family test” (DOH, 2014)

- brings a need to consider the impact on family life when making policy decisions.

Practical guidance on planning with families in holistic way focuses on the natural support networks in place and the outcomes that the family want to achieve rather than the traditional split between “carers” and cared for people.

Equality Duty

Four key priorities for supporting carers:

- ✓ identification & recognition,
- ✓ realising & releasing potential,
- ✓ A life alongside caring,
- ✓ Supporting carers to stay healthy

National Carers Strategy (DOH, 2014)

- ✓ Changes in employment law mean that since 2007 carers have the right to request flexible working

4. Partnership Contributions to Supporting Carers in Rotherham

The NHS does not have dedicated carers budget but supports a range of dedicated carers services such as social prescribing, and carer respite. Carers are also entitled to free flu jabs and health checks

Carers resilience work is now taking place in 17 GP practice across the Borough

The Carers forum has recently re-launched. As a carers led organisation which is completely independent of statutory services it aims to provide a single voice for Carers in Rotherham

The partners in Rotherham all contribute to supporting carers, however this support is fragmented and many carers are not aware of what is available and how to access this



Rotherham Metropolitan Borough Council spends over seven million pounds a year on carers' related services, however most of this money is spent on services to the cared for person.

The biggest area of spend (£5.07 million) is day services and whilst day care may provide carers with a break, it is also used by customers for other purposes.

Formal respite services account for 1.78 million of this spend and approximately £320k is spent on carers specific teams and service provision.

Crossroads have just been awarded lottery funding to implement a befriending scheme for carers

The Rotherham Hospice offers 24 advice line for carers and well as targeted carers support and wellbeing support

The Rotherham, Doncaster and South Humberside NHS Trust (RDASH)



was one of six pilot sites to sign up for the Triangle of Care

5. What Carers have told us?

to be
Involved

As part of developing this plan we asked carers to tell us what things would make a positive difference to their caring role.

some of these were extremely personal examples however most of this feedback can be grouped into a number of themes

Financial
Help

A break

Information and
Advice

Valued

Consistent
support

Time for Me

A voice

Quality Care

Understanding

learning and about
the illness the
person I care for
has so I can
understand

Time out

someone to talk to

being able to
socialise with other
Young Carers

meeting
other
Young
Carers

We also had responses from a group of young Carers, and the feedback from

Barnardos is that these responses are reflective of other young carers.



6. The Outcomes

Outcome One: Carer's in Rotherham are more resilient and empowered

Carers need to be enabled to continue in their caring role. At times carers may need support to build, maintain or regain their resilience in relation to the caring role.



BUT....some carers are worried.

Changes to service models in particular day service and respite is causing lots of anxieties, this can reduce carer resilience and add extra pressures to the caring role

What we plan to do to support this outcome:

We (the partners) need to develop a culture and reality of collaboration and co-production to deliver:

- Co-produced and delivered training package for agencies on carers' issues.

- Integration of current carers support services
- Partnership support for developing fundraising and match funding opportunities to build carers resilience within Rotherham

We Will:

- ✓ Raise the profile of carers within the wider health and social care economy
- ✓ Offer opportunities for support and a voice within the Council for Carers and self-advocacy groups
- ✓ Involve carers in the planning of services.
- ✓ Develop a family assessment that focuses on whole family approaches that can be used interchangeably with individual assessments as appropriate
- ✓ Enable carers assessments to be undertaken in more flexible ways, e.g. online or through carers support services
- ✓ promote carers right to have an assessment
- ✓ Create and maintain strong links between children's and adult services and ensure that there are systems in place to identify young carers.
- ✓ Strive to ensure carers can access proportionate advice, in the right way at the right time.

YOUNG CARERS

Outcome Two – The caring role is manageable and sustainable

Carers need to be enabled to manage their current caring role. If we achieve the first outcome and carers are more resilient then this will help, but carers may also need breaks from the caring role. Carers need access to a level of support for their cared for person that makes the caring role sustainable, the amount and intensity of this support will vary and this support needs to work both for the carer and the person requiring support.

Carers need to be assured that there are good plans in place to continue the caring role if they are unable to do so. This could be an emergency plan or a longer term plan.

Image



We will:

- ✓ treat carers as equal partners with professionals when supporting the cared for person
- ✓ develop “shared care” models for people with the most complex needs as an alternative to traditional care models
- ✓ Increase the amount of community based, local support and networking opportunities for provision of support
- ✓ Improve the information, advice and guidance offer for carers and link this up to immediate support during periods of crisis.
- ✓ review the carers emergency scheme to make sure that it works for carers of all people with support needs in Rotherham
- ✓ develop a supporting families planning project that enables early planning to take place in families where an adult with support needs is living with older family carers
- ✓ develop a carers pathway

Something about planning support for young carers around key times, e.g exams

Outcome Three – Carers in Rotherham have their needs understood and their well-being promoted.

The steps identified to achieving the first two outcomes will support with making the caring role more manageable but in addition to this carers in Rotherham need to be recognised outside of their caring role.

There needs to be a recognition that:

- For some carers do not recognise or accept this label and see the caring relationship as part of family life.
- not all carers want to be carers
- Trust needs to be fostered between carers and statutory services

Image



we will

- ✓ Develop a well-being budget and resource allocation system that supports carers independently of the support for the cared for person
- ✓ Develop carers assessments and devolved carers budgets to voluntary sector support services
- ✓ encourage the development of a range of circles of support around carers within their community including hard to reach communities (support people where they live)
- ✓ work proactively with the carers of young people with care and support needs transitioning to adulthood.
- ✓ ensure information and advice is available in appropriate formats and venues and is sensitive to the diverse range of needs in Rotherham
- ✓ ensure Carers are supported to maximise their financial resources by:
 - ✓ working with partners to encourage Rotherham employers to become carer friendly
 - ✓ ensuring benefit advice is available to support carers
- ✓ strive to work closely with parent carers

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