

2016–2018



Caring Together
Supporting Carers in Rotherham

Contents

1. Introduction
2. What do we know about carers
3. Carers' rights
4. Partnership contributions to supporting carers in Rotherham
5. What Rotherham carers have told us
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.
7. Making it happen



The Care Act has a strong focus on carers. It acknowledges the value of the support provided by unpaid carers which underpins the whole adult social care system. It also recognises a carer's right to choose to care, and to a life outside caring. The Act gives increased rights to assessments and support and ensures carers will be recognised in law in the same way as the person they care for.

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.

It is important that we identify and support all carers, including young and hidden carers.

Our Ambitions are:

To achieve this pledge we need to build stronger collaboration between carers, and other partners in Rotherham, and recognise the importance of 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.

Co-production means services working together with people who use services and carers.

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 2 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
- That young carers in Rotherham are identified, supported, nurtured to forward plan for their own lives



2. What do we know about Carers?

Nationally

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

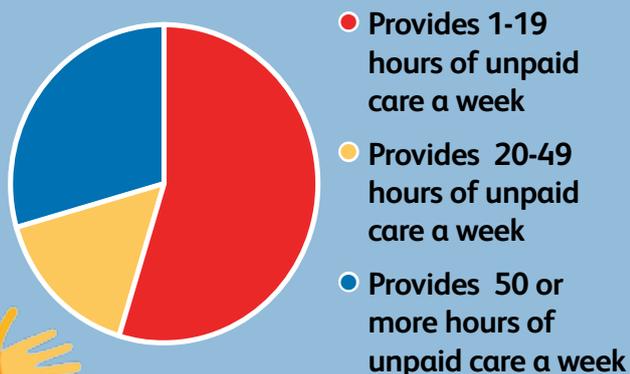
The estimated financial value of this care annually is £119 billion and this has risen by 37% since 2007 (Buckner & Yeadle, 2011).

35% rise in the number of older carers between 2001, and 2011 and evidence that many of these carers are 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 1 in 4 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 crisis.

In Rotherham there are around 31,000 unpaid carers, of which 1,619 (5.2%) are BME. 12% of the total population are carers, compared to the national average of 10.3%. 7.8% of all BME residents are carers (reflecting a younger age profile). The highest proportion by ethnicity is in the Irish community where 14.6% are carers (reflecting an older age profile). 42% of BME carers are Pakistani. 28% of Rotherham carers are providing 50+ hours of care per week which is, again, slightly higher than the national average. (Information from the 2011 Census)

Figure 1 below shows a breakdown of the amount care provided by Rotherham carers:



Carers in Rotherham receive similar levels of benefits, assessments and reviews to other local areas.

In 2013/2014 2,375 assessments of carers' needs 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 2,378 carer assessments to be completed with a further 2,404 carers offered information advice and signposting.

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



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)

Black & Minority Ethnic Groups:

Once the Black & Minority Ethnic Groups (BME) community had a younger profile but are now becoming an ageing population, especially the Pakistani and Yemeni community.

The current statistics on BME carers in Rotherham show only those carers who have registered as a carer or are already known to services.

There is a significant number of hidden carers who due to their cultural background do not see themselves as carers. They see it as their duty to look after their elderly, along with parents/carers of children with disabilities who are adults now, There is a culture amongst certain communities not to ask for help, which is having a long term impact on the health of carers trying to do it alone.

Impact of Caring:

Research findings show that caring can have impact on the physical health and mental wellbeing of carers. Caring can:

- Make you physically exhausted – if you need to get up in the night as well as caring in the day, if you have to lift or support someone, if you are also looking after your family and have a job.
- Leave you emotionally exhausted - stressed, depressed or with another mental health issue.
- Affect relationships - with your partner or other family members.
- Lead to isolation – difficulties in keeping or developing friendships, keeping up interests and hobbies, leaving the house.
- Lead to financial difficulties – giving up work to care, managing on benefits, cost of aids and equipment to help care, not having enough money to do “normal” things such as buying new/warm clothes, heating the house, house repairs, holidays, etc.

Carers need to be able to balance their caring roles with other parts of their lives – such as jobs and educational opportunities. They need time to keep up relationships and pursue their own hobbies and interests. Young carers can find it difficult to manage education, training or employment if they also have a caring role.

Nationally Add stats:

3 in 5 people will be carers at some point in their lives

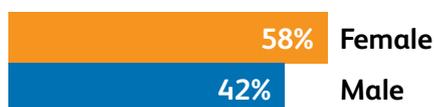
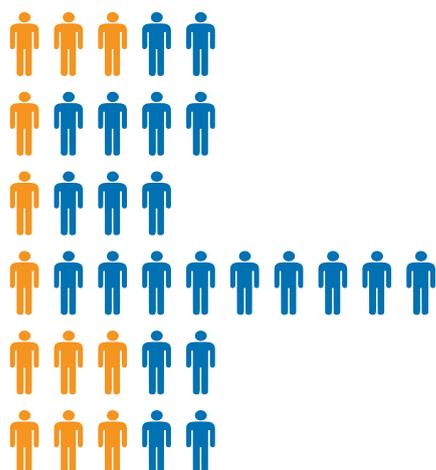
1 in 5 people aged 50-64 are carers in the UK

1 in 4 carers are caring for someone with a mental health need up to 1.5 million carers, of which 50,000 are children/young people

1 in 10 carers are caring for someone with dementia – this is 11% of all UK's carers

3 in 5 people will be carers at some point in their lives

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Care Gender

(Source: Carers Trust)

It is estimated there could be around 166,000+ young carers in the UK, with 13,000 caring for 50+ hours per week

There are around 350,000 young adult carers aged 16-25, with 56,000 caring for 20+ hours per week and 27,000 providing 50+ hours care each week 65% of older carers (60-94) have long-term health problems / disability themselves

By 2030 the number of carers will increase by 3.4 million (around 60%)



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)

The Care Act has a strong focus on carers. Local Authorities now have a responsibility to assess a carer's need for support, which includes considering the impact of caring on the carer. The Act also contains new rules about working with young carers or adult carers of disabled children to plan an effective and timely move to adult care and support.

Children and Family Act (2014)

The Act introduces new rights for young carers to improve how they and their families are identified and supported. All young carers are entitled to have an assessment of their needs from the Local Authority. This can be requested by the young carer or their parent. This Act links to the Care Act 2014 which states Local Authorities are required to take "reasonable steps" to identify young carers in their area.

The introduction of the "family test" (DOH, 2014)

Brings the need to consider impact on family life when making policy decisions.

Practical guidance on planning which considers the needs of the whole family. This includes looking at natural support networks in place and the outcomes that the family want to achieve. This whole-family approach moves away from the traditional split between carers and the person they care for.

Equalities

In preparing the Carers' Strategy we have ensured that the strategy complies with Section 149 of the Equality Act 2010. This is about protecting and promoting the welfare and interests of carers who share a relevant protected characteristic - such as age; disability; gender re-assignment; marriage and civil partnership; pregnancy and maternity; race; religion or belief; sex and sexual orientation.

Changes in employment law, under the Work and Family Act, mean that since 2007 carers have the right to request flexible working.



4. Partnership contributions to supporting carers in Rotherham

NHS Rotherham Clinical Commissioning Group commission a range of dedicated carer services

Carers' resilience work is now taking place in all GP practices across the Borough, with 7 surgeries now having carer clinics

Rotherham Metropolitan Borough Council spends approximately £2million a year on services and support which are specifically targeted at carers (this includes support for young carers).

The Carers Forum has recently been re-launched. It is a carer-led organisation, completely independent of statutory services. It aims to provide a "single voice" for Rotherham carers

The partners in Rotherham all contribute to supporting carers, however we need to get better at working together and reaching more carers. A full list of services available in Rotherham is at Appendix 1

Rotherham Doncaster and South Humber NHS Foundation Trust (RDASH) was one of six pilot sites to sign up for the Triangle of Care.

In addition to Council and NHS funded services, the voluntary sector offer a range of support for carers

Rotherham Hospice offers a 24 hour a day advice line for carers using the service. It also has targeted support for carers and wellbeing support



5. What carers have told us?

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:



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:

Carers in Rotherham are more able to withstand or recover quickly from difficult conditions and feel empowered.

Carers need to be enabled to continue in their caring role for as long as they choose to, or are able to do so. At times carers may need support to build, maintain or regain their caring role. Carers' ability to cope can be challenged in times of changes and, therefore, any changes need to be made in partnership with carers



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
- ✓ Ensure young carers' assessments are age appropriate and the process is meaningful to them. The assessment should focus on the IMPACT caring can have on the individual child, as this may be different from one child to another
- ✓ 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.

Outcome Two:

The caring role is manageable and sustainable

Carers may at times need support 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 their caring role. The amount and intensity of this support will vary and needs to work for both the carer and the person they care for.

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.



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
- ✓ Undertake a review of the transition of young carers into adult provision
- ✓ Develop a carers’ pathway

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. In addition to this carers in Rotherham need to be recognised outside of their caring role.

There needs to be a recognition that:

- 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

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 in relation to their care and support needs whilst transitioning to adulthood.
- ✓ Ensure information and advice is available in appropriate formats and venues, that 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

