

Title: Carers update

Wards Affected: All

To: Torbay Health and Wellbeing Board **On:** 13th October 2016

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1. Purpose

- 1.1 To update the Board on key issues for Carers and progress against Measure Up - Torbay's multi-agency Strategy for unpaid Carers (Appendix 1).

2. Recommendation

- 2.1 To note the progress against the Measure Up Action Plan.
- 2.2 When the Health and Wellbeing Board responds to consultation regarding the new model of care and plans such the Sustainability and Transformation Plan – 'Think Person and their Carer' the board carefully considers the impact on carers.

3. Supporting Information

- 3.1 The six key priorities within Torbay's Measure Up Strategy 2015-17 were endorsed by the Health and Wellbeing Board in December 2014. The Action Plan was authorised in April 2015 by the multi-agency Steering Group set up to monitor progress against the Strategy. Progress is shown at Appendix 2, with highlights below.
- 3.2 Identification of Carers at the First Opportunity. This is the key to prevention with Carers, enabling them to access support before crises arise. Significant work has been undertaken in GP practices, achieving an average of 5.9% increase in Carers against practice targets of 2 - 5%. Awareness campaigns have taken place and continue in Torbay Hospital, local pharmacies, with Mears and with Wellbeing Coordinators.
- 3.3 Information, Advice and Support Services available to all Carers. The Carers Register continues to grow, with 12.5% increase against target of 10%, enabling people to have support in an emergency, but also giving them access to Carers Courses, newsletter and discounts such as free hospital parking when supporting the person they care for.

- 3.4 Carers Assessments Proportionate to Needs. Since April 2015, GP-based Carer Support Workers have had a significant impact on the number of Carers Assessments, completing 525 against target of 500. Evaluation is underway as to the quality of assessments by them and health and social care teams.
- 3.5 Developing a Whole Family Approach to Supporting Carers. Apart from excellent work with Young Adult Carers (16-25) which includes transition work, this is the area with least progress, probably as it requires a change in culture/practice for all organisations involved. Ongoing awareness work is continuing across these organisations, which requires further promotion from senior management.
- 3.6 Involvement of Carers in service delivery, evaluation and commissioning. Linking with TSDFT's researcher in residence, we have recruited and are training additional Carer Evaluators. The previous evaluators' work has been shared as a baseline in the learning / evaluation of the ICO's success.
- 3.7 Carers and Employment. Besides offering Carers flexible paid opportunities as evaluators, job coaching is now being offered to any Carers by TSDFT.
- 3.8 The main concern for Carers is the impact of 'Care Closer to Home', as it inherently moves responsibility onto the Carer and the person they care for. TSDFT Board has given a commitment to putting Carers at the heart of the new care model, but making that a reality for Carers will be a challenge across the whole organisation. Carers' needs must be explicitly recognised within the Sustainability and Transformation plan across the wider Devon footprint. If support to the Carer is not addressed within plans that affect them, then the risk is that both the Carer and the person they care for end in crisis.

4. Relationship to Joint Strategic Needs Assessment

4.1 Understanding the Community – an ageing population / poverty

Torbay's significantly ageing population not only means that more family members / friends are caring for someone but also that they are older, with their own health needs. In Torbay the highest frequency of ages cared for is 75-84 (33%) and 85+ (28%). 25% of Carers have got a physical impairment or disability, 25% a long-term illness. All are higher than national average.¹

Caring has an impact on Carer's employment, employability and finances²

- 49% of carers had given up work to care
- Of those still working 50% had reduced their hours due to caring and
- 39% had turned down promotion or taken a less qualified job
- 52% had cut back on buying food.
- 65% of carers were in fuel poverty.
- 55% were in debt as a result of their caring responsibilities
- 73% say that worrying about their finances is affecting their health

4.2 Understanding the risks to Health and Wellbeing – School Outcomes

¹ 2014 National Carers Survey (biennial)

² Carers UK 'State of Caring' Survey

Torbay has a long history of working with young carers and mitigating the impact on their education. We have high levels who provide more than 50 hrs per week (13.3%, region 9.5%, national 10.9%), and significant growth in the numbers of younger Carers aged 5-9. There is a strong body of evidence on the negative impact of caring on health outcomes, social connectivity, educational engagement and employment opportunities for young carers.³

4.3 Promoting Health and Wellbeing – Care and Support

Carers play a significant part in the health and wellbeing of the person for whom they care, but this generally has an adverse effect on their own health and wellbeing. Professionals who assess or support people must also consider the needs of their Carers. The Measure Up Strategy promotes whole family working, plus easy access to information, assessments and support.

4.4 Understanding Health and Wellbeing Outcomes – Isolation / self-harm

Carers often become isolated from friends/ family as their caring roles increase, especially Carers of people with dementia or substance misuse issues where there is also stigma attached. Ageing Well has two Carers projects – Circles of Support for isolated Carers and Growing Older Together for people with learning disabilities now mutually caring for ageing parents.

Mental health issues including self-harm are highly relevant especially for Young Carers under 25. Our Young Adult Carers workers are trained in Mental Health First Aid, in spotting and supporting signs of mental ill health, and are undertaking ASSIST training - helping people at risk of suicide.

5. Relationship to Joint Health and Wellbeing Strategy

- 5.1 Measure Up is an interagency strategy with all partners committed to prevention and early intervention, to support Carers Health and Wellbeing.

6. Implications for future iterations of the Joint Strategic Needs Assessment and/or Joint Health and Wellbeing Strategy

- 6.1 To improve the efficacy of work with targeted groups, their Carers should be explicitly included. For example, if mental health is a priority, then Carers of people with mental health issues must be targeted in tandem.

Appendices

Appendix 1 Measure Up Carers Strategy 2015-17

Appendix 2 Measure Up Action Plan RAG-rated Oct 16

Appendix 3 Torbay Young Carers Health Needs assessment 2016

Background Papers: 2014 National Carers Survey

³ Torbay Young Carer Health Needs Assessment 2016 (Appendix 3)