

Carers Strategy 2016-2021

Bitesize



"I know that I am a carer, I have a positive relationship with the person I care for and have a healthy and fulfilling life outside of my caring role. I am recognised and valued as a carer by my community and I know where to go to get the right support when I need it."

What is a Carer?

Most people will become a carer at some point in their lives or will know someone that will be caring. Caring might happen suddenly or gradually over a period of time with a slow deterioration in the health of the cared for person.

The Care Act 2014 defines a 'carer' as an adult who provides or intends to provide care for another adult needing care. A 'carer' should not be confused with "care worker" or "care staff" undertaking a caring role as part of paid employment or as a volunteer attached to a voluntary organisation.

Carers help and support others with a range of problems including illness, disability, dementia, and substance or alcohol abuse. They keep those they care for safe by giving physical, practical and emotional support. This could be for short periods, a lifetime, on a daily basis or from a distance.



A parent carer of a disabled child will be providing substantial and regular care beyond what is usually expected for a child of a similar age. When a disabled young person reaches age 18, the parent is considered to be the carer of an adult.

A young carer is defined in the Children and Families Act as "a person under 18 who provides or intends to provide care for another person." This includes both practical and emotional support to a family member who is physically or mentally ill, disabled, or misuses substances.

The value of carers

Carers make a vital contribution to communities by helping the people they care for to live in their own homes for as long as possible. They also make a significant economic contribution to the UK economy; an estimate in 2011 put this at approximately £119 billion per year. Carers help reduce the ever increasing pressures on both health and social care budgets by limiting numbers of hospital and residential admissions. There are significant economic benefits to support carers as well as legal and moral duties. A 2013 report by the Royal College of General Practitioners estimates in a population of 200,000 people, the average number of Carers is 20,000.

National picture

Over the last two decades, Governments have recognised the important contributions carers make by maintaining the wellbeing and independence of others. This is demonstrated in key legislation, guidance and strategies.

The National Carers Strategy has set out the following priorities which the Government, working in partnership with Local Authorities, the NHS, employers, the voluntary sector, local communities and carers should focus on:

1. Identification and recognition
2. Realising and releasing potential
3. A life outside of caring
4. Supporting carers to stay healthy

The Care Act 2014

The overarching principle of the Care Act is that of promoting wellbeing. It introduced major changes for local authorities in how it delivers care and support for adults with care needs and carers. The Act and statutory guidance aim to achieve:

- Clearer and fairer care and support to both service users and carers
- Improved physical, mental and emotional wellbeing of both the person needing care and their carer
- Preventing and delaying the need for care and support

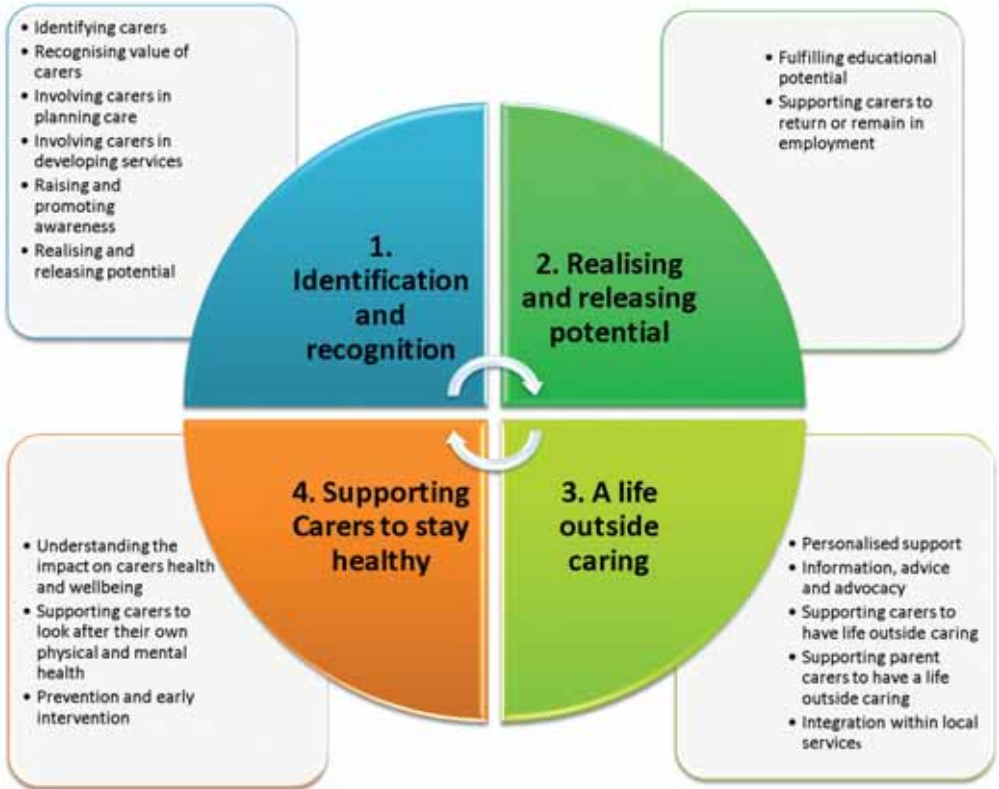
- Putting people in control of their lives
- Improved and more personalised approaches to safeguarding for both the carer and the cared for person.

It adopts a whole-family approach as well as more personalised support tailored to the carer and the person they support using a new national eligibility criteria. Carers are now recognised in law as having the same legal right to an assessment and support as the person they care for. The assessment must consider whether the carer is able or willing to carry on caring, their own needs, the impact caring has on their lives and what they want to achieve such as working, studying or doing more socially. The local authority then has a duty to agree a support plan with the carer which sets out how the carers eligible support needs will be met.



Local priorities

After working extensively with carers, the diagram below outlines the local priorities for Slough:



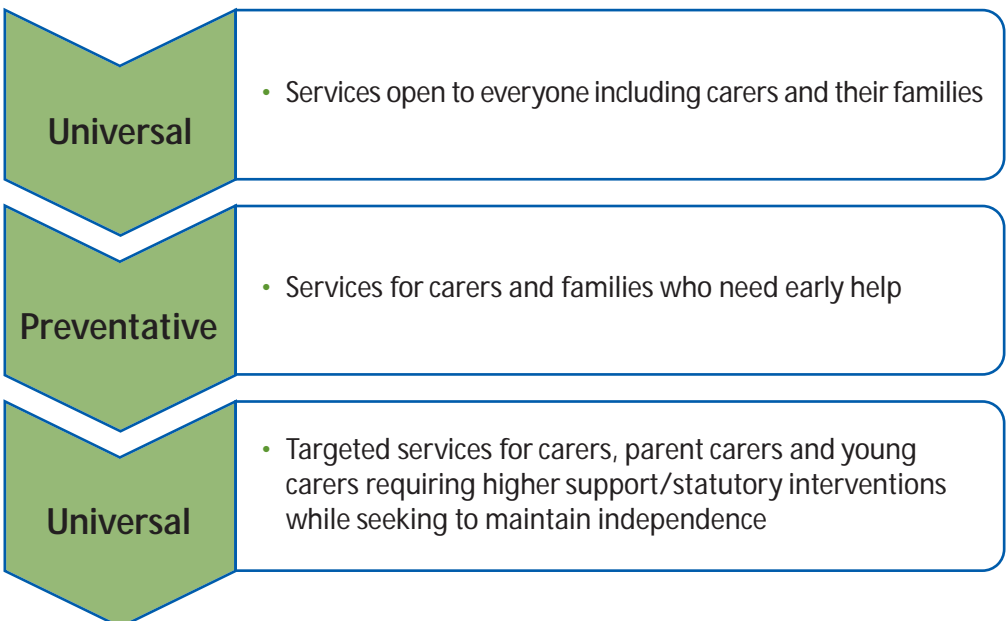
Support for carers

Caring can be very rewarding but it can also be both financially and emotionally demanding. It can impact on a carer's health, employment, education, and relationships. The extent of the impact depends on many factors such as the amount of caring undertaken, the age and health of the carer, their other responsibilities as well the needs of the person they support. Carers often ignore their own needs, putting those of the person they care for before themselves.

Commissioning activity to support carers in Slough will be in line with national and local drivers as well as our vision. This will require doing things differently through improved integration between health, social care and local providers as well listening to our carers.

It will involve further shaping of the market to promote carer wellbeing as well as delay and prevent the need for intensive health and support services of those they support.

Local services will be commissioned to ensure the early identification of all carers. Services will support carers to use their knowledge, strengths and abilities to help them to continue caring for as long as they choose to do so. Newly commissioned services will be innovative, integrated, responsive to needs, promote active communities and real choices to people including targeted services when needed. They must be able to deliver value for money and demonstrate improvements in local outcomes for residents.



Young Carers

The latest census which includes data on young carers recorded that there are 377 young people under the age of 15 and 976 aged 16-24 providing regular care in Slough. A mapping activity exercise undertaken by SBC in late 2014 identified a total of 448 young carers living in the Borough. A further 7 have subsequently been identified totalling 455.

A report, "Hidden from view: The experiences of young Carers in England" (Children's Society, 2013) looking at the census 2011 data on young carers commented:

"There is growing evidence pointing to the adverse impact on the health, future employment opportunities and social and leisure activities of those providing unpaid care, particularly in young carers".

It states numbers of young carers identified in census are "the tip of the iceberg" as they fail to capture those caring for family members with mental illness or substance misuse. It also states that many young carers are marginalised and hidden from professionals for fear of stigma. Other key findings from this report are that:

- One in twelve young people undertake caring for more than 15 hours per week.
- Around one in twenty misses school because of their caring responsibilities.
- Young carers are 1.5 times more likely than their peers to be from BME communities, and are twice as likely to not speak English as their first language.
- Young carers are 1.5 times more likely than their peers to have special educational needs or a disability.
- The average annual income for families with a young carer is £5000 less than families who do not have a young carer.
- Young carers have significantly lower educational attainment at GCSE level, the equivalent to nine grades lower overall than their peers e.g. the difference between nine B's and nine C's.
- Young carers are more likely than the national average to be not in education, employment or training (NEET) between the ages of 16 and 19.



Summary

This Joint Carers Strategy outlines our vision of how carers will be supported in Slough. It describes how the local market will be shaped over the next three years through developing universal, preventive and targeted services as well as the response to the new legislation. It is anticipated that there will be increased demand for support from carers and therefore vitally important that support services are accessible, affordable, responsive and targeted.

We will deliver this strategy by developing a local market with a wide range of sustainable, high-quality care and support services for carers.

We will know we are successful in delivering this strategy when, using words of some of our local adult and young carers we have achieved the following:

I know that I am a carer/young carer

I have a positive relationship with the person I care for

I have a healthy and fulfilling life outside of my caring role

I am happy to be a carer



I KNOW WHERE TO GO TO GET THE RIGHT SUPPORT WHEN I NEED IT

I am recognised and valued as a carer by my community including my GP

I have time to relax, meet with my friends and have time to do all my school work

I am able to share what I know as a carer with others

Further information

You can read the strategy in full at:
www.slough.gov.uk/council/strategies-plans-and-policies/adult-social-care-strategies.aspx

To find out more about the Carers Strategy please contact the adult social care commissioning team on 01753 690421 or at beinvolved@slough.gov.uk



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Help and support

Local support for carers

- **Young carers**
Family Information Service: 01753 476589
Email: youngcarers@slough.gov.uk
- **Adult carers**
Slough carers hub: 01753 303428
Email: sloughcarers@gmail.com
Address: 27 Church Street Slough SL1 1P1
Website: www.sloughadvicecentre.co.uk

National support for carers

- **Carers UK**
Website: www.carersuk.org
Telephone: 0808 808 7777
Address: Carers UK, 20 Great Dover Street, London SE1 4LX
Email: info@carersuk.org
- **Carers Trust**
Website: www.carers.org
Online community for young carers: www.babble.carers.org
Online community for carers aged 16-25: www.matter.carers.org
Online community for adult carers: www.carers.org/carers-space

GOV.UK

- Website: www.gov.uk/browse/disabilities/carers
- **Children's Society**
Website: www.youngcarer.com
Telephone: 01962 711511

This bitesize version of Slough's Carers Strategy 2016-2021 was designed by local carers.