

Carers Strategy

2018 - 2021



WARRINGTON
Borough Council

Foreword

Many of us at some point in our lives will care for a relative, friend or neighbour who needs support in their daily lives. Carers come from all backgrounds and can be any age. They may be working or in education, and they may also have support needs themselves. The ever increasing population of people with care and support needs will impact on the number of family carers there will be in the future. Every year it is estimated that around 2.1 million people take on a new caring role¹, many of these not even seeing themselves as carers, just helping those that need it.

Informal carers are the largest source of care and support in the UK; they have a vital role in the lives of the people they care for and their caring input brings value to the local economy. A report published by Carers UK has indicated that the economic value of the contribution made by carers in the UK is £132 billion per year, which is almost double its value from 2011 (£68 billion)².

Caring can be rewarding and fulfilling, but it can also be challenging and demanding and can have a negative impact on a carer's physical and mental health. Some carers may face financial, social and health disadvantages because of their caring role.

The national picture suggests there are around 6.5 million carers in the UK, with 1 in 6 caring for more than one person. In the 2011 Census, more than 21,000 unpaid carers were identified as living in Warrington³. Warrington Borough Council works in partnership

with the Carer's Partnership Board to identify and support all family, informal or unpaid carers in Warrington. We recognise the crucial role that carers play in the lives of those they care for, and we want to enable carers in Warrington to have the information, advice and support they need and to have a life of their own alongside their caring roles.

Safeguarding is also of great importance. We will work with partners to actively identify and take action where carers have inappropriate caring roles, with possible safeguarding concerns.

We are committed to identifying carers and supporting them with their own health and wellbeing needs. We have developed this strategy to ensure the Carers Partnership Board's focus remains on delivering achievable outcomes and continually improve the experience of being a carer in Warrington.

Cllr Pat Wright - Executive Board Member for Statutory Health and Adult Social Care

Steve Peddie - Executive Director, Families and Wellbeing

Andrew Davies - Clinical Chief Officer, NHS Warrington Clinical Commissioning Group

¹ Facts about Carers

² Valuing Carers 2015

³ Warrington 2011 Census

Introduction

The 2018-2021 Carers Strategy sets out our commitment to carers and describes how Warrington's Carers Partnership Board will support carers of all ages during 2018-2021.

The strategy covers adult carers, young carers and parents of children with disabilities and sets out how we respond to our responsibilities and duties to carers.

A carer is someone who spends a significant proportion of their life providing unpaid support to family or friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse issues.

A young carer is a child or young person aged 18 years or under who helps to look after a family member who has a disability, mental health condition, illness or a substance misuse problem.



The Warrington Carers Partnership Board has a strategic role in overseeing the development, joint commissioning and implementation of services for people who are unpaid carers irrespective of their age, to achieve the vision for carers.

The purpose of the Carers Partnership Board is to promote the interests and wellbeing of carers by:

- Ensuring the implementation of the action plans derived from the national and local carers strategies.
- Supporting and promoting the involvement of carers in the design and commissioning, redesign and delivery of services.
- Promoting a culture where carers are expert partners in care and where the needs of carers are considered by all statutory, third sector and independent organisations in planning and delivering services.
- Directing and supporting the work of subgroups formed to deliver objectives set by the board.

Membership is made up of representatives from key statutory agencies and a third of the members are carer representatives. The Carers Partnership Board reports to the council's Health and Wellbeing Board which is the strategic joint commissioning board for all health and social care.

For more information about the Carers Partnership Board, visit the website at: warrington.gov.uk/carers

The National Picture

Since the publication of the previous Carers Strategy in 2012, there have been changes to legislation with the introduction of the Care Act 2014 and The Children and Families Act 2014. Care Act legislation introduced in April 2015 was designed to improve the support for carers and put them on the same footing as the people they care for. The legislation specifies that councils have a legal duty to meet eligible needs for carers following an assessment.

The Care Act 2014

Under the Care Act, local authorities have new functions. This is to make sure that residents are able to:

- Access services that prevent their care needs from becoming more serious, or delay the impact of their needs
- Get the information and advice they need to make good decisions about care and support
- Receive a range of provision of high quality, appropriate services to choose from.

This means local authorities now have a responsibility to assess a carer's need for support. These assessments will look at the carer's needs, consider the impact caring has on the carer and what is it the carer wants to achieve in their own life. It is possible for a joint assessment to be done with both the carer and the person they care for. Further information can be found in the government factsheets on the [Care Act 2014](#).

The Children and Families Act 2014

The Children and Families Act 2014 gives young carers and parent carers similar rights to assessment as other carers have under the Care Act. The regulations set out in the act require local authorities to consider the family needs of the person being cared for.

For example, this could be via an assessment of a young person to ensure they are not undertaking an inappropriate caring role, or assessing whether a parent is able to fulfil their own parental responsibilities. Further information about the Children and Families Act 2014 can be found at legislation.gov.uk.



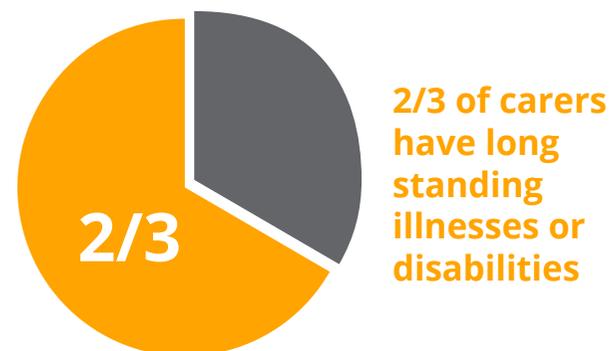
The local picture



46% Don't have enough social contact



45% have cared for more than **10 YEARS**



Young carers



50% felt sad or depressed
43% felt stressed
34% missed social events
31% lacked sleep

But through caring ...



1/3 felt more confident
6/10 felt closer to family
5/10 learnt new skills

Carers Strategy 2018-2021

The Carers Strategy 2018-2021 has been developed using the findings from key national surveys as well as our own specific consultations with Warrington carers. It identifies the vision for carers, the outcomes it hopes to achieve and the priority areas for 2018-2021. Improvements for each priority area will be outlined in an action plan delivered by the Carers Partnership Board.

Vision

To recognise, value and support every carer in Warrington

Warrington's vision for carers is in line with the Government's 'Recognised, Valued and Supported: Next steps for the Carers Strategy' document.

Our priorities 2018-2021

The Carers Partnership Board has identified the following six priorities to be the focus for 2018-21:

1. Support carers who are socially isolated and recognise the impact it has on them
2. Promote good physical and mental wellbeing and recognise the impact caring can have on the health of carers
3. Identify and support carers in primary care and through the hospital discharge process
4. Support carers to manage the financial impact of a caring role and help carers who are in work or want to return to work
5. Identify and support young carers
6. Support family carers of children

Our aims 2018-2021

We want to ensure all carers in Warrington:

- are valued, respected and their rights promoted
- are identified by the council and carer's organisations
- have opportunities to meet and support each other
- receive care and support to stay mentally and physically well
- get the chance to take a break from their caring responsibilities
- are supported to have a life outside of caring
- are identified and supported in primary care and hospital discharge
- are supported if they decide to stop caring or their caring role ends
- can access information and services for advice and support
- co-produce carer services with the council and partner organisations
- are supported to learn, develop and grow
- understand local safeguarding procedures and policies
- receive financial advice and support to prevent hardship as a result of their caring role
- are supported to gain or maintain employment and training

Action Plan

The action plan outlines the various projects and work programmes that are planned to deliver improvements and monitor how services will be developed to support carers in line with local priorities. The Carers Partnership Board will monitor the implementation of the action plan; regular progress reports will be reported to the Board.

Priority	Improvement
1. Support carers who are socially isolated and recognise the impact it has on them and their cared for	Support for carers and their cared for, enabling both parties to have a life in the community as well as within their own family unit.
	Promote independence through a greater range of equipment and assistive technology.
	Promote accessible support services from partners.
	Explore social media and online communication methods to link carers to support.
	Develop links between local services to maximise the offer for carers.
	Offer routine Carers Assessments either independently or jointly with the cared for person.
2. Promote good physical and mental wellbeing and recognise the impact caring can have on the health of carers	Provide preventative support services for carers to support them to stay healthy in their caring role
	Promote health activities aimed at carers to ensure their own health and wellbeing is not neglected.
	Support carers to ensure they can access their own health checks and appointments.
	Ensure carers get a break from their caring role and a variety of types of breaks are offered.
	Support carers through their decision to no longer continue in a caring role or if their caring role ends
	Provide counselling services for carers.

Priority	Improvement
3. Identify and support carers in primary care and through the hospital discharge process	Review community based support for carers to help reduce hospital admissions or emergency care.
	Support planning for emergency situations as well as accessing the right support in a crisis.
	Work with Health services to raise awareness of carers support services.
4. Support carers to manage the financial impact of a caring role and help carers who are in work or want to return to work	Support and guidance will be available for carers who wish to gain or maintain employment.
	Consider work, training and study provision when assessing carer's needs.
	Promote and support employers to be carer friendly and provide effective support as a member of Employers for Carers.
5. Identify and support young carers	Young carers will be identified and supported, particularly in schools.
	Young carers will be able to access education, training and employment.
	Support young carers through transition.
	Protect young carers from inappropriate levels of caring.
6. Support family carers of children	Provide parent carers with access to information and advice at the right time.
	Engage and consult with parent carers to design local services for children and young people.
	Ensure all carer events involve family carers to raise awareness of their role as a carer as well as a family member.

What have we already achieved?

In 2012, the Carers Partnership Board published the Warrington Carers Strategy 2012 – 2015. This strategy set out the key priority areas that all agencies needed to work on together to continue to improve outcomes for carers.

The purpose of the strategy was to ensure that there was a joint approach to meeting the needs for all types of carers in Warrington through a collaborative and collective approach. It reflected the four national priorities set out by the Government which were based on early identification and involvement, fulfilling potential, personalised support and maintaining health.

These priorities will continue to be of fundamental importance to the Carers Partnership Board and we will reflect on the achievements that have been made from having the 2012-2015 strategy. Our refreshed 2018-2021 action plan will focus on new priority areas for the Carers Partnership Board and representative organisations.

Warrington's Carers Strategy 2012-15 identified four priority areas; following are some examples of successes and accomplishments since the strategy, broken down by priority area.



Early identification and involvement

Ask Away sessions

Warrington Parents and Carers (WarrPac) have supported a range of events to bring parents and carers together to meet, share ideas and reduce the feeling of isolation.

“Ask Away Sessions” have been very successful; they have covered specific topics like health and short breaks.

These sessions have given parents and carers the opportunity to meet and chat directly with professionals about any concerns they may have or particular advice they may require.



Carers Charter

Warrington and Halton Hospital Foundation Trust (WHHF) created their own carers charter which ensured staff recognised the importance of involving carers in plans for hospital admissions and discharges. As a result Carers Champions have been identified on wards within the hospital.

Carer's Information Support Programme (CrISP)

The Alzheimer's Society have delivered a Carer's Information Support Programme (CrISP) that provides evidence based carer information in a group environment. Carers are able to share their experiences of caring for people with dementia and find out about local and national services that may be of help.

Carers reported feeling more confident about their skills to support their cared for at home for longer. Many made friends with other carers and said their feelings of isolation have reduced.

Fulfilling potential

The Positive Careers Choices

The Positive Careers Choices for Young Carers pilot, supported by the Learning and Work Institute, aims to develop, test and roll out new models of personalised and holistic careers support that will enable young adult carers to make informed decisions about their futures.

Research suggests that Young Carers prefer to receive information and guidance around careers from professionals with whom they are already working with.

Evening Support Groups

Wired Carers Centre have developed evening peer support sessions to support carers who are working during the day and would not be able to access help during office hours.

The groups provide a place for carers to meet, to have a chat and a drink, to have a little respite, and to see any support staff if they need to. The groups also invite speakers and visitors and have information and awareness sessions regularly.

Supporting Young Adult Carers

Cheshire and Warrington Carers Trust (CWCT) ran a project focusing on supporting young adult carers aged 16-25 who were not in employment, education or training (NEET).

Within the first 18 months, 89 Young Adult Carers were identified and they enabled 36 of them to get back into employment, education or training.

CWCT provided support to Tom*. Tom cares for his mum who has long term depression, fibromyalgia and arthritis. He helps mum with all her day to day care and taking her appointments. Tom is seeking employment and with the support of CWCT was able to access funding from The Take Action and Support Young Adult Carers Fund and purchase suit for interviews.

Tom said: "I feel much more confident about attending interviews and hope that I will also be able to wear that suit at work when I get ab job".

(*Name changed)

Personalised support

Opportunities for Young Carers

Wired Young Carers have developed partnership working relationships with external organisations, charities and voluntary groups in order to increase the respite offer to Young Carers in Warrington.

These external organisations provide them with a range of opportunities outside of their caring role including joint sessions with the Scouts, Culture Warrington, St Johns Ambulance and The Princes Trust.

Volunteer Pledge Award

Warrington Voluntary Action (WVA) developed a Volunteer Pledge Award which has been awarded to a number of organisations.

The awards recognise the exceptionally high standard of volunteering provided by individuals, some of who are both carers and volunteers.

Many carers have said that having a volunteering role has given them a chance to socialise and learn new skills as well as giving them a break from their own caring responsibilities.

Respite Care Fund

The Marjorie Griffiths Respite Care Fund was set up in memory of Miss Marjorie Griffiths MBE who championed the importance of respite care locally and nationally, benefiting both carers and the people they care for.

Over 4 years, the fund issued 182 grants, which benefited 318 people.

Support was provided on an individual basis, for example: -
A young carer was supported to take some respite and try something new and challenging with a visit to the Chill Factory in Manchester- A carer was provided with walking boots and a few extra items to enable him to get to the person he cared for.

Maintaining health

Carer Leisure Pass

The provision of a Carer Leisure Pass has been set up in conjunction with LiveWire to provide carers with a complimentary 12 month leisure pass and is available for carers aged 16 and over to access gym, swimming or exercise classes at the local Livewire facilities.

This service ensures carers do not neglect their own health and have some valuable 'me time'.

Wired Carers Centre

Wired Carers Centre organised a range of sessions aimed at targeting Young Carers physical health such as activities at Jump Warehouse, specific sports sessions and healthy eating cookery courses. Mindfulness courses are also hosted by Wired Carers Centre throughout the year, giving carers the opportunity to learn how to develop coping mechanisms to support them in their caring role and also enable carers to deal with stress more effectively.

The Way We Think

Three Young Carers took part in a national 'Train the Trainer' style programme around mental health.

The trio took part in workshops around mental health, presentation skills and organising an event. They then put together a mental health awareness day called 'The Way We Think', in which they presented to 10 other Young Carers from Warrington about mental health and what you can do to take care of it.

After the experience, a young carer said *'this was a new experience for me. It was a good experience and I would definitely do it again.'*



Our safeguarding commitment

Safeguarding means protecting people's right to live in safety, free from abuse and neglect, and promoting their health, wellbeing and human rights.

The 2014 Care Act sets out clear responsibilities for organisations with a leading role for councils, the Police and NHS in overseeing local arrangements. These try to make sure that adults with care and support needs are at the centre of any plans to support them, and where they are at risk of abuse or neglect, taking action before harm occurs and working with them to develop a protection plan.

Carers are important partners in safeguarding because of the vital and every day role they have in supporting adults with care needs. They are often best placed to help protect against abuse, their unique knowledge about their loved one can help ensure that risks are managed in a proportionate, positive and personalised way and maximise wellbeing.

The Care Act recognises situations where carers may:

- experience intentional or unintentional harm from the adult they are trying to support (or from professionals and organisations they are in contact with)
- unintentionally or intentionally harm or neglect the adult they support on their own or with others
- Suspect or witness abuse or neglect of the adult

When carers do speak up about concerns it is important that they are listened to. When it is necessary a safeguarding enquiry will be undertaken to try to resolve concerns. All professionals should recognise the complex dynamics of a caring relationship and be aware of the pressure that carers may be under. This is why the carer's assessment is so important and key to identifying and addressing the issues and improving quality of life, reducing the risk both to carers and to the person they care for.

If a carer experiences intentional or unintentional harm from the person they are supporting, or if they unintentionally or intentionally harm or neglect the adult they support, help should be sought. Professionals should view any such situations sensitively and proportionately.

By responding early, this may prevent the situation deteriorating or breaking down. Information and advice about conditions and behaviours can often help. The local authority should arrange any necessary provision of information or support that can help minimise stress and the risk of abuse or neglect.

Are you a carer?

If you are in a caring role, or know someone who is, more information on support for carers here in Warrington can be found at warrington.gov.uk/carers

The online community directory, [My Life Warrington](http://MyLifeWarrington), also lists a range of local services that can support you in your caring role and is available at mylifewarrington.co.uk

Report a concern

Are you worried about the welfare of a vulnerable child, young person or adult?

Find out more information about how to report a concern at warrington.gov.uk/reportabuse, or call the council's safeguarding teams on 01925 443322.



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