

Unpaid Carers – Recognition and Support in Plymouth



- Data and figures
- Pressures that carers face
- Who are carers?
- What are we doing in Plymouth to raise awareness, recognise and support carers?



Data and figures



- **2021 Census showed 23, 956 people in Plymouth provide care, as defined as follows:**

An unpaid carer may look after, give help or support to anyone who has long-term physical or mental health conditions, illness or problems related to old age. This does not include any activities as part of paid employment, this help can be within or outside of the carers household

- Census figures show numbers of hours of unpaid care per week has increased
- Every year carers save the UK around £162 billion, more than the NHS budget
- Workforce shortages in care sectors mean the role of informal carers is vital to the health and social care economy

Plymouth Unpaid Carers data 2022-23



Age group	18-25	1.7%
	26-64	58.1%
	65-84	35.4%
	85+	4.4%
	Unknown	0.4%
Ethnicity	Asian / Asian British	0.4%
	Black / African / Caribbean / Black British	0.1%
	Mixed / multiple ethnic groups	0.3%
	No data	7.2%
	Other ethnic group	0.8%
	White	91.2%
Sex	Female	68.1%
	Male	31.8%
	Unknown	0.1%

Pressures Carers Face



- Many people are willing and happy to undertake a caring role
- However evidence including surveys show carers are disadvantaged in comparison to the general population
- Public Health England evidenced Caring as a Social Determinant of Health
- More likely to suffer depression, anxiety, stress, long-standing health condition, unable to find time for own medical check-ups or treatment
- Personal relationships can also suffer and carers are more likely to be socially isolated
- Cost of living crises – special equipment, heating

Who are carers

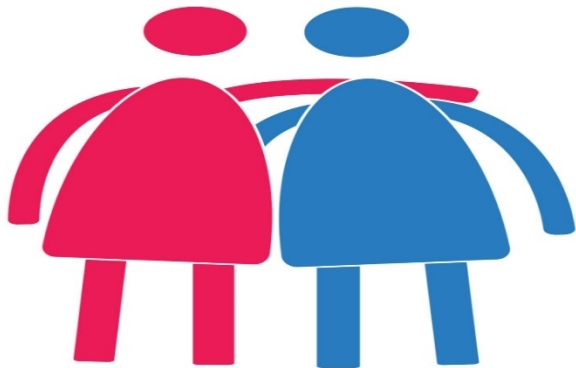


- Person who provides unpaid help and support, on a regular basis, to a partner, family member or friend, practical help, physical and/or emotional support
- 3 in 5 people in the UK will become carers at some point in their lives
- Carers can sometimes be described as 'unpaid carers' or 'friend and family carers'
- Do not confuse the term carer with care workers
- Some spent many years caring, others find themselves in this role suddenly, - stroke, road accident, head injury or mental health crisis

Who are carers



- Many family members and friends not describe themselves as carers
- Need help recognising themselves as such to ensure their own needs are met.
- Often only constant support in cared for person life and know them best
- **THINK CARER!**



Why identify Carers?



It is important to identify carers, and their families, so that they can be offered appropriate support. This helps carers to stay happy and healthy so that they are better able to carry on caring for as long as they want to.

Support for carers benefits the whole family and the person who is being cared for.

Identifying carers helps to reduce carers' loneliness and isolation, carers' poverty and housing problems, hospital admissions and carers' mental ill health.

Who is a young carer?



- *'A young carer means a person under 18 who provides or intends to provide care for another person' and 'Providing practical or emotional support'*
 - section 17ZA(3) Children Act 1989 as inserted by section 96 Children and Families Act 2014
- *'A young carer becomes vulnerable when their caring role risks impacting upon their emotional or physical wellbeing or their prospects in education and life'*
 - Care Act Statutory Guidance 6.48 2014
- The Department for Education (DfE) recognises young carers as a vulnerable group within the review of support for '[Children in need](#)'
- The highest number recorded for young carers in Plymouth schools was over 900 in 2020.

Law and National Guidance



- The Care Act 2014 Local Authorities' duties in assessing people's needs and eligibility for care and support; carers of an adult on the same legal footing
- Young carers and parent carers have additional protection under the Children's and Families Act (2014) which identifies the need for a whole family approach.
- The NHS Long Term Plan set actions for how carers will benefit from greater recognition and support
- NICE published quality standard for supporting adult carers in 2021
- The provisions of The Health & Care Act 2022 include Powers for Care Quality Commission to assess performance of local authorities which will include their duties to carers


What are we doing in Plymouth to raise awareness, recognition and support for our carers?



- Carers Strategic Partnership Board (CSPB) –engaging with carers and carer organisations and other key stakeholders in the strategic planning and development of carer services across Plymouth.
- Support the creation and oversee the implementation of the Plymouth Carers Action Plan
- Devon ICS Carers Leads Group – working with key stakeholders across system to implement NHS LTP actions related to carers and encourage sign up of Devon Commitment to Carers

CSPB Action Plan Achievements



- Creation of Carers Passport 
- Hospital based carers support service developed and delivered jointly by Caring for carers, Devon Carers and Cornwall carers, to support carers
- Contingency planning has been created and embedded into the new adult social care database system
- Mind the Gap programme working to increase reach to carers from ethnic minority communities
- Review of carers breaks and provision has taken place, new policy is in place and work on updating POD to reflect what's available in Plymouth and beyond in progress

Priorities



- Supporting PCN's so all GP practices work towards starting their Carers Quality Marker self-assessment and action plan and aware of using SNOMED carers code
- NEET task force – developing process to link with Time 4 U, young carers assessments to the NEET task force to help identify and support young carers in their transition to adulthood
- Caring for carers develop a carers ambassadors reference group
- Ensure more organisations sign up to the Commitment to Carers

Recognising and Supporting Carers - Services



- The Caring for Carers Service - provided by the charity Improving Lives Plymouth
- Supports carers who are over 18 who look after a partner, family member, or friend with an illness or disability
- Support carers in all areas of their caring journey and this includes: before caring, becoming a carer, living as a carer, working and caring and when caring ends
- The service is delivered in a co-productive way, and includes deliverance of statutory assessments, reviews and support planning for carers, that are Care Act 2014 compliant.
- Raises awareness and recognition of carers and the value they provide
- Works in partnership with Devon Carers and Cornwall Carers services and University Hospitals Plymouth (UHP) to deliver the Carers Hospital Service at Derriford Hospital.

Recognising & Supporting Carers – Services 22-23



Received 107 referrals for support for carers from 23 GP practices

Supported 1182 carers to access £195,790.00 through carers personal budgets

Offered 164 carers, 6 free counselling sessions each, to support their wellbeing

Undertook 1447 carers support needs reviews

Undertook 400 carers support needs assessments

Received 1428 referrals for support

Supported 123 carers to access 170 training activities

Accessed £28,824 of funding through grants to support carers

Led 13 Carer Awareness Training Sessions for 82 professionals

Undertook 806 advice and information enquiries

Supported 408 carers at Derriford Hospital through the Carers Hospital Services Team

supported 213 carers to access 89 support groups 658 times

Recognising and Supporting Carers - Services



- Livewell Southwest CIC provides health and social care services for the City of Plymouth. This includes mental health, physical health and adult social care. In addition, we provide some community nursing and community therapy services in the South Hams and West Devon.
- Livewell Southwest CIC (LSW) believes that the support that carers provide, the expertise they bring and the needs they have in terms of their own health and welfare, deserve to be recognised and supported.

Recognising & Supporting Young Carers - Services



Hamoaze House
Take drugs out of your life



There are a range of services for Young Carers ([Time4U partnership](#)) available in Plymouth including:

- 1. Plymouth City Council - Plymouth Young Carers** - A citywide project providing weekly youth work group sessions young carers aged 8 – 19.
- 2. Barnardo's Young Carers Service** - Working with young carers on a one to one basis focusing on a whole family approach.
- 3. Hamoaze House - Hidden Harm** - Working with children aged 5-18 who are affected by alcohol and other substance use within their family

Recognising & Supporting Young Carers - Services



Young Adult Carers - Adult Carer Service (Caring For Carers)

- supports adult carers aged 18+
- can undertake a statutory carers assessment
- can also support other adult family members who may also be caring for the same person as the young carer.

Schools – PCC have a young carers's champion within education Young Carers Education Support Team

- works with schools to support the identification and support for young carers
- many schools in Plymouth have their own Young Carers lead who offer support and activities.

Case study

