

CARING PLYMOUTH - CARERS STRATEGY AND ACTION PLAN

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PLYMOUTH
CITY COUNCIL

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CARERS IN PLYMOUTH

Based on the national census 2011 there are 27,247 carers living in Plymouth and this will fluctuate each year with people who are new to caring and those whose caring role ends.

- There are 27,247 carers in Plymouth from a total population of people aged 16 plus of 211,502
- 13% of the total population aged 16 and over are carer in Plymouth
- 57% provide between 1 and 19 hours of care a week
- 15% provide between 20 and 49 hours of care a week
- 28% provide more than 50 hours of care a week.

Young Carers in Plymouth

The approximate total number of children and young people aged 18 years and younger in Plymouth is 56,155.

Using the national estimate that 1.5% of young people are carers, the profile for Plymouth suggests there are at least 840 children and young people with caring responsibilities in the city.

There are approximately 200 young carers under the age of 18 known to Plymouth City Council (PCC)

REFRESH OF PLYMOUTH'S JOINT CARERS STRATEGY

There has been a joint Plymouth City Council and Health Carers Strategy since 2006 and this was due to be refreshed in 2013.

The Plymouth Carers Strategy is based on the outcomes in the National Carers Strategy.

The National Carers Strategy, 'Carers at the Heart of 21st Century Families and Communities' (2008) sets out the vision that carers will be universally recognised and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals' needs, enabling carers to maintain a balance between their caring responsibilities and a life outside caring, while enabling the person they support to be a full and equal citizen. The objectives of the strategy are that by 2018 every carer should be:

1. Recognised and supported as an expert care partner
2. Enjoying a life outside caring
3. Not financially disadvantaged
4. Mentally and physically well; treated with dignity
5. Children will be thriving, protected from inappropriate caring roles.

CONSULTATION PROCESS

In 2013 a sub working group was devised from the membership of the Carers Strategic Partnership Board (CSPB) to look at the refresh and development of Plymouth Carers' Strategy 2014 -18. A workshop was held to look at the Strategy in depth and all members of the CSPB were invited.

The purpose of the workshop was to:

- Look at key achievements since the Carers Strategy 2010/13 was published
- Map the current services being provided for carers and how well these services are being delivered
- Identify any gaps in services for carers

- Identify the top priorities for carers for the next five years
- Confirm the next steps for the Strategy refresh

A number of priority areas were identified including: emergency planning and support, education, transitions for young carers into adult services, carers' involvement in decision making, advocacy services, whole family support, community and peer support, money and benefits advice and health and wellbeing.

A young carers workshop was also held and they identified the following priorities: more social life with more breaks, more regular sessions at the Youth Club, a permanent social worker, reassurance about what will happen when they 'move out', leaflets in schools about who to contact and being recognised as a young carer and getting discounts, for example, at swimming.

All of these priorities identified in the two workshops were incorporated into the draft refreshed Strategy.

Further consultation was then undertaken on the draft refreshed Strategy as follows:

- It was placed on the City Council portal for 12 weeks public consultation which ended in January 2014 and received 19 responses. These responses were: access to employment and training, improved domiciliary care, more support for young carers in schools, more training for carers, carers health checks and financial support and advice
- It was also sent out to all our social care and health partners and to Black and Minority Ethnic Groups via the Social Inclusion Unit.
- Hard copies of the strategy were placed at the Carers Hub Plymouth and sent out to young carers groups and organisations through the Youth Service.
- Details on how to comment were announced in a press release and on the City Council website.
- A consultation questionnaire was widely distributed at Carers Rights Day in December 2013. The responses from carers at this event were consistently about the need for financial advice and support
- PCC Portfolio Holders were consulted

The responses from all of the above consultation were collated and the draft 2014 – 18 Strategy was produced, which was then circulated for comment to the Young Carers Steering Group and the Carers Strategic Partnership Board.

Many of the Carers Strategic Partnership Board members sent in detailed comments on the draft Strategy and a final strategy has been produced following all of this consultation.

CARERS STRATEGIC PARTNERSHIP BOARD

The Plymouth Carers Strategic Partnership Board (CSPB) exists to monitor the progress of the Carers' Strategy, to agree and implement the Strategy Action Plan and to engage with carers and carer organisations in the strategic planning of carer services across Plymouth.

The CSPB membership is made up of representatives from Plymouth City Council, NEW Devon Clinical Commissioning Group, Plymouth Hospitals Trust (PHNT), Carers' Services, Voluntary Sector organisations that support carers and carers groups and organisations.

STRATEGY AND ACTION PLAN PROGRESS

A Carers Action Plan has been developed alongside the Strategy to ensure that the Carers Strategic Partnership Board can monitor the implementation of the Strategy. This action plan has been developed in partnership with key stakeholders and informed by the above consultation.

The Action Plan is based on the six outcome areas of the Strategy. The following highlights those actions where we have made progress since April 2014:

Outcome 1: Carers Are Recognised and Supported as an Expert Care Partner

- Carers to be consulted about the implementation of the Care Act 2014 – the CSPB carer representatives are being involved in the implementation of this legislation through updates and discussion at CSPB Board
- A review of advocacy services to include carer representatives – carers organisations views were taken into account
- For Health and Social Care professionals to keep carers, including young carers, informed relating to the care of the person they care for – Plymouth Community Healthcare are implementing the Triangle of Care across their services starting at Glenbourne; PHNT are recruiting Carers Champions on wards at Derriford Hospital

Outcome 2: Carers are mentally and physically well and treated with dignity

- A new Emergency Response Service for carers has been commissioned
- Carers health and wellbeing checks are implemented in GP surgeries – this has been rolled out to 13 practices so far with a target of 30% by September

Outcome 3 - Carers are not Financially Disadvantaged

- Provide specific advice for parent carers around accessing appropriate childcare and flexible working in line with the Equality Act – a review has been completed of the number of parent carers accessing the Family Information Service and this will be used to inform future proposals
- To promote the carers card and sign up more businesses to support the card – businesses are signing up and there are currently 14 out of a target of 15

Outcome 4 - Enjoying a Life Outside of Caring

- Comprehensive Carers Week delivered – the week was a success with most activities being fully subscribed
- Develop more group sessions as required – two new groups have been set up including a male carers group and a walking group for carers of people with dementia

Outcome 5 - Children Thriving, Protected from inappropriate caring roles

- Continue to develop the adult workforce in the city to ensure that professionals understand the impact inappropriate caring has on children and the need to take action to reduce this – a report by Barnados will be published in September and will inform future planning
- Develop knowledge about hidden harm to understand the impact of mental health and substance misuse on young carers and use this to develop services to meet need – a review of the needs of these young carers has been carried out and is being used to inform commissioning plans

Outcome 6 - Identify hidden carers

- Communication Plan for the CSPB – this will be updated at each CSPB meeting

The Draft Carers Strategy and Action Plan can be found on the following website:

<http://www.plymouth.gov.uk/homepage/socialcareandhealth/adultsocialcare/carersupport/carersstrategicpartnershipboard.htm>