



ANNEX 1

Sefton Council 



Sefton Carers Strategy 2014-2019

Draft

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Foreword



Councillor Paul Cummins

Cabinet Member for Older People and Health, Sefton Council

Being a carer for someone you love who needs extra help and support can be immensely rewarding but it can also be hard work. It is important that we all understand that a carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or experiencing mental health or substance misuse problems. Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age.

This draft strategy recognises that carers, and the people they care for, are valued members of our communities and that carers provide invaluable care and support to their families, and within local communities. The Council operates, like most Councils, the Fair Access to Care criteria at the levels of substantial and critical, and this strategy sets out how the Council and its partners will work with the most vulnerable carers in Sefton that meet these thresholds. The strategy focuses on sharing principles of good practice and promotes the ways in which organisations can work with carers to achieve a number of measurable outcomes to support their wellbeing and those who they care for.

The approach outlined within this strategy is based on the principle of supporting carers, and those they care for, to help themselves and to exercise their views and promotes choice to enable them to maintain independence and have more power and control over their lives.

This draft strategy has been written within the context of significant pressures on public sector budgets which will continue to impact up to 2017 and beyond. This requires the Council to prioritise what it can deliver in the future to support only the most vulnerable, and organisations are being challenged to work in very different ways, focusing on the most vulnerable in innovative and creative ways to promote community resilience by maximising the use of new technology.

This draft strategy has been co-produced with carers and young carers themselves and is based on extensive consultation; the strategy has been produced in partnership with

- Sefton Council
- South Sefton CCG
- Sefton CVS
- Healthwatch Sefton
- Sefton Young Advisers
- Southport & Formby CCG
- Sefton Carers Centre
- Person Shaped Support (PSS) – Sefton Young Carers Project
- Sefton & Liverpool Age Concern

Sefton Carers Strategy: Summary of Strategic Objectives

The following objectives have been developed through understanding the needs of carers in Sefton and what community organisations, groups, providers, carers and those they care for have told us are important.



Carer Involvement – carers in Sefton are involved in all stages of the planning of care for the person they care for ensuring that they have a voice and that care plans meet their needs.



Joined Up & In Partnership – organisations providing information and support to carers in Sefton and those that they care for are joined up to ensure that they deliver more consistent care and avoid duplication. Organisations that talk to each other, talk and listen to carers and those who they care for, promote independence, enable carers to help themselves and those that they care for.



Information – carers in Sefton and those that they care for know where to go for help and can access information. Information is accessible, up to date and is provided in a timely manner to enable carers and those they care for to be self sufficient, independent and take responsibility for their own health and wellbeing.



Whole Life Course – carers and those that they care for are supported during transitions of major life events including young people to adults, college to employment, women who undertake a caring role and become pregnant, family changes, retirement and bereavement.



Young Carers - young carers are identified and supported through schools, colleges and the voluntary sector so that they can live fulfilling lives and progress with their education, career and life aspirations.

The Sefton Carers Strategy 2010 - 2013

The Carers Strategy 2010-2013 was developed in collaboration with a number of partners across the borough. The strategy focused on achieving 13 strategic objectives and, over the past 3 years, agencies across Sefton have improved access to information for carers, provided carers with emotional support and helped improve their overall health. Additionally partners have worked together to ensure parent carers of children with disabilities have access to breaks from their caring role and that young carers in Sefton are supported to have a life outside of caring and continue with their education to achieve their aspirations.

The National Context

Data from the 2011 Office of National Statistics (ONS) self declared census, gives a national picture of carers in the UK today. Data from the census showed that:-



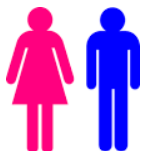
10% of people (5.4 million) declared themselves as **providing unpaid care** for someone with an illness or disability. Over **one third** were providing **20 hours or more** care per week, an increase of 5% on the 2001 figures.



However, the number of people declaring how many hours they provide in caring has changed with **37%** of carers in 2011 (2.1 million) giving **20 hours or more** of their time a week, up from 32% (1.7 million) in 2001.



Additionally those providing **over 50 hours** care per week, and very often **caring round-the-clock**, has risen by 270,000 from 1,088,000 in 2001 to 1,360,000 in 2011



From the census **females (57.7%)** were notably more likely to be unpaid carers than **males (42.3%)**, in England and Wales, with the greatest share of unpaid care provision falling most heavily on women aged 50-64.



The census found that there were over **166,000 young carers** aged 5-17 in England – an increase of over **26,000** since 2001. The majority were providing **1 to 19 hours** care, but **over 8%** were providing **50 or more hours** of care per week.



The **general health of carers** deteriorates incrementally with the increasing hours of care provided. **5.2% of carers** reported their own health as **'not good'** and this **rose to almost 16%** among those caring for **more than 50 hours per week**.



While **55% of female carers** and **44.9% of male adult carers** reported that they were **economically active**, only **12.1% of women** and **9.3% of men** were **working full-time alongside caring responsibilities**, and only **1.2% of women** and **1% of men** reported they were in **full-time employment whilst providing 50 hours or more of care per week**.

The Local Context

Data from the 2011 ONS self declared census, gives a local picture of carers in Sefton today.



The census found that despite a **reduction in the overall population of Sefton by 3.2%**, the number of Sefton residents stating they provide unpaid care has **increased by 5.7%** since 2001



The data suggests that **12.6% of Sefton residents** provide some level of **unpaid care** which is slightly higher than both the North West region of 11.1% and England & Wales average of 10.3%.



Victoria Ward has the **largest number of unpaid carers** with 2,110, which represents 6.1% of all Sefton carers



Manor Ward has the **largest proportion** of population that provides unpaid care at **14.7%** (1,310).



Many of the wards with the lowest proportion of the population providing unpaid care are in some of the most deprived areas with **Linacre ward having the lowest at 10.8%** of the population (1,269).

Links to National Strategies

This draft strategy is aligned with, but does not duplicate a number of local strategies.

Carers' Strategy (England) 2008-2018, refreshed 2010

The National Carers' Strategy was published in 2008 and has the following Vision for Carers:-

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

It has five objectives for carers to be achieved by 2018:

- Carers will be respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role.
- Carers will be able to have a life of their own alongside their caring role.
- Carers will be supported so that they are not forced into financial hardship by their caring role.

- Carers will be supported to stay mentally and physically well and treated with dignity.
- Children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive and to enjoy positive childhoods.

The Coalition Government refreshed this strategy retaining these aims but inserting four priority areas:

- Supporting those with caring responsibilities to identify themselves as carers at an early stage, recognising the value of their contribution and involving them from the outset both in designing local care provision and in planning individual care packages.
- Enabling those with caring responsibilities to fulfill their educational and employment potential.
- Personalised support both for carers and those they support, enabling them to have a family and community life.
- Supporting carers to remain mentally and physically well.

The Care Act 2014

The Care Act 2014 means that for the first time carers will be recognised in the law in the same way as those they care for. It simplifies, consolidates and improves existing legislation; “putting carers on an equal legal footing to those they care for and putting their needs at the centre of the legislation”.

The Act gives local authorities a responsibility to assess a carer’s own needs for support. This replaces the existing law, which says that the carer must be providing “a substantial amount of care on a regular basis” in order to qualify for an assessment. This will mean more carers are able to have an assessment. The carer will be entitled to support if:

- (a) they are assessed as having needs that meet the eligibility criteria
- (b) the person they care for lives in the local authority area (which means their established home is in that local authority area)

- (c) there is a charge (as there sometimes may be) and such a charge is accepted by the carer (or the adult being cared for, if it falls to them).

The Act relates mostly to adult carers – people over 18 who are caring for another adult. This is because young carers (aged under 18) and adults who care for disabled children can be assessed and supported under children’s law.

Links to Local Strategies

There are a number of local strategies that link to this draft strategy, but do not duplicate it. These include:



The Sefton Health & Wellbeing Strategy 2013 – 2018 (under refresh May 2014) which this draft strategy seeks to support in the delivery of the six strategic objectives for Health and Wellbeing:

1. Ensure all children have a positive start in life
2. Support people early to prevent and treat avoidable illnesses and reduce inequalities in health
3. Support older people and those with long term conditions and disabilities to remain independent and in their own homes
4. Promote positive mental health and wellbeing
5. Seek to address the wider social, environmental and economic issues that contribute to poor health and wellbeing
6. Build capacity and resilience to empower and strengthen communities



The Sefton Dementia Strategy, which is currently in the process of being refreshed. This draft strategy highlights that by 2016 around 4,500 people over the age of 65 years in

Sefton will have some form of dementia. The Department of Health – Projecting Older People Population Information system 2012 outlines a series of objectives that will help the borough achieve the goals set out in the National Dementia Strategy, ‘Living Well with Dementia’ 2009.

Sefton Strategy for Older Citizens 2014 – 2019 was published by Sefton Partnership for Older Citizens in February 2014 and sets out 6 strategic objectives along with how they hope to achieve them to support the delivery of the Health and Wellbeing strategic objectives. The Sefton Strategy for Older Citizens' Strategic Objectives are:



- To advocate that the voice of older citizens is reflected in the planning and delivery of services
- To reduce the level of loneliness and social isolation experienced by older people in Sefton
- To encourage the provision of health and wellbeing services for older people which are effective and of high quality
- To help older people to achieve financial security
- To work with local agencies to provide services which are of high quality, joined-up, and age-proofed
- To help older people to feel safe and secure within their communities
- To challenge providers to treat vulnerable older citizens with dignity and respect in all care settings
- To promote and respond to the impact that the new care bill will have on older citizens in Sefton

Carers in Sefton

A Definition of a Carer in Sefton

Sefton has adopted the nationally recognised definition of a carer from the Carers Trust (<http://www.carers.org/what-carer>):



A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or experiencing mental health or substance misuse problems.



Young carers are children and young people under the age of 18 who provide care to a family member who has a physical illness or disability, mental illness, sensory disability or problematic use of drugs or alcohol.

Types of carers in Sefton

Carers in Sefton wanted acknowledgement that caring responsibilities can occur at any point in the full life course, and this can be broken down into five main categories:



Parent Carers – someone who cares for a child with additional needs, this caring responsibility can be from birth or can occur at any point after birth. This caring role can last a lifetime.



Young Carers - children and young people who look after someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse.



Young Adult Carers – someone aged 18-25 years who cares for a family member or someone in their community with additional needs.



Adult Carers – someone over 18 years of age who cares for a family member or someone in their community with additional needs.



Older Adult Carer – someone in later life who cares for a family member or someone in their community with additional needs.

It should be recognised by organisations that caring responsibilities at different stages within the life course can result in different needs for the carer and those they care for.

Development of this draft strategy



A carers strategy development workshop was held in October 2013, and was attended by a number of carers and service providers. The aim of the workshop was to develop key themes for consultation which would lead to the development of a Carers Strategy for Sefton. The workshop included presentations on the national & local context and a discussion about the evidence and gaps that exist.

The workshop also included a discussion about what people would like to see in the strategy in the context of the difficult financial position of the Council, and the best ways to consult with carers to make sure we get things right.

The workshop led to the development of a set of draft strategic objectives for the draft Sefton Carers Strategy, together with the creation of a model of working with carers in Sefton, and a whole life course approach to defining carers in Sefton.

Following feedback from the workshop, a draft model of working with carers in Sefton was created. The model demonstrates that carers and those they care for are at the heart of the process and that those closest to “their world” are also very important. It also highlights that all organisations should talk to each other and where ever possible share appropriate data in a secure way to ensure that services, if needed to be provided by meeting the Fair Access to Care criteria, best meet the need. Further, the model also demonstrates that organisations should speak to - and importantly listen to - carers and service users to ensure their views and expert knowledge are considered.

Following the workshop an extensive consultation plan was created which included an event for young carers, world cafe style consultation events and a short questionnaire. The consultation and engagement process took place over a twelve week period from November 2013 until February 2014. In total, in excess of 600 people were engaged within the process. Regardless of whether people were old, young, disabled, living in the North or South of the Borough, there were common themes that emerged during the consultation and engagement process:

- Carers want to be involved in discussions with health professionals and other providers about the person they care for. A concern here is that “confidentiality issues” are deemed as being more important than making sure that the carer knows what the cared for person’s needs and requirements are. This is particularly the case for young carers where health professionals are reluctant to discuss issues with them.
- Carers need to know that there is appropriate support available for the person they care for during times of emergencies, particularly when the carer is unwell or unable to carry out their caring duties.

- The different services for carers and the people they care for should be joined up and closer to where people live.
- Carers need to be able to access information so that they know what is available, where to go for help and advice with regard to things such as benefits or medical advice.
- Young carers would like more support at school and college and understanding of the issues they face.
- Parents with disabled children are finding it difficult to get a diagnosis which means that they cannot access support services or benefits.

A full narrative of the consultation feedback can be seen in the Sefton Carers' Strategy 2014-2019 Consultation Report.

Vision for Carers in Sefton

Carers of all ages in Sefton will be involved in the design and delivery of flexible activities that meet the needs of the most vulnerable carers in a holistic way, enabling them to help themselves by allowing choice and independence, so that they can achieve and make a positive contribution to their community whilst enjoying a healthy lifestyle with improved overall wellbeing.

Aim for Carers in Sefton

We aim to ensure that vulnerable carers of all ages in Sefton are valued for the role they play, have access to information and support which allows them to be self sufficient, to gain the help they need to learn, develop and thrive in their communities, and have access to opportunities for a life outside caring resulting in a feeling of improved wellbeing. We aim to ensure that carers and those they care for have a voice and are listened to when services are designed to ensure they meet their needs.

Strategic Objectives

Following discussions at the carers' workshop, five Strategic objectives for carers in Sefton 2014 - 2019 have been developed.

- Carer Involvement
- Joined Up & in Partnership
- Information
- Whole Life Course
- Young Carers

Carer Involvement

We want...	Carers in Sefton are involved in all stages of the planning of care for the person they care for ensuring that they have a voice and that care plans meet their needs.
We are seeking to...	Include carers in an early identification of the needs of the carer and the person they care for to ensure that where care plans are required these are developed through close working and sharing of information.
What will be the outcomes	Carers will be involved in discussions with health professionals regarding the person they care for.
	Professionals will ensure that carers have the knowledge of condition of the person they care for and the skills to ensure they can meet their care requirements.
	Carers of all ages will have a voice in Sefton.

Joined Up & In Partnership

We want...	Organisations providing information and support to carers in Sefton and those that they care for are joined up to ensure that they deliver more consistent care and avoid duplication. Organisations who talk to each other, talk and listen to carers and those who they care for, promotes independence, enabling carers to help themselves and those that they care for.
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We are seeking to...	Ensure that support and information services from the Council, Health and Community Voluntary Faith Sector work together, share information and provide support, when appropriate, in the community close to people's homes.
What will be the outcomes	Organisations will work together and share information to ensure support and services are joined up.
	Where appropriate there will be support in the community and close to home for carers and those they care for.
	Agencies and partners will understand the needs of carers as well as the person being cared for.
	All carers and their family members will know how to access mental health support services
	Employers in the borough will understand the needs of carers and develop appropriate policies to ensure they are supported.
	Where appropriate organisations will be integrated to ensure carers and those they care receive the support they require to improve their wellbeing.

Information

We want...	Carers in Sefton and those that they care for know where to go for help and can access information. That the information is accessible and is up to date, to enable carers and those they care for to be self sufficient, independent and take responsibility for their own health.
We are seeking to...	Provide information about healthy eating, exercise, social activities, support, services, finance and health in an accessible and easy to understand format to improve the health of wellbeing of both the carer and the people they care for.

What will be the outcomes	Information will be available about services, health, finance and support.
	Information will be presented and communicated in plain English.
	Carers will have an emergency contact card with key contact details.
	Carers will receive support, where appropriate, and information to allow them to look after themselves and ensure they have good health and wellbeing to carry on caring.

Whole Life Course

We want...	Carers and those that they care for are supported during transitions of major life events including young people to adults, college to employment, women who undertake a caring role and become pregnant, family changes, retirement and bereavement.
We are seeking to...	Support carers at all stages of their life and that of the person they care for to reduce the feelings of stress and improve general health and wellbeing.
What will be the outcomes	Parent carers will receive a timely diagnosis.
	Parent carers will receive appropriate support once a diagnosis has been given.
	Activities will be scheduled at a time that is appropriate for carers and those they care for.
	Organisations will schedule activities in accessible locations on accessible transport links allowing time for travel.
	Carers will have plans in place to ensure the person they care for is looked after when they are unable to.
	Carers will know what to do in cases of emergency and when they are unable to undertake their caring duties.

Young Carers

We want...	Young carers are identified and supported so that they can live fulfilling lives and progress with their education, career and life aspirations.
We are seeking to...	Provide young carers with information, support, an education and activities to ensure they can have a happy and fulfilled life, realising their ambitions.
What will be the outcomes	Young carers will be involved in discussions with health professionals regarding the person they care for.
	Young carers will be supported at school or college.
	Schools and colleges will understand the issues experienced by young carers.
	Schools and colleges will develop plans to allow young carers to be contacted during the school day by the person they care for.
	Young carers will live full lives realising their potential while carrying out their caring duties.
	Young carers will have the skills and knowledge to carry out their caring role including a knowledge of prescriptions and medication.
	Young carers will make a smooth transition to becoming adult carers if they choose to carry on in a caring role.

Conclusion

Due in part to the borough's ageing population, as well as medical advances in the treatment of long term conditions over recent years, the number of carers in Sefton has risen and will continue to increase in the future. From this strategy and its associated consultation report it can be seen that carers can be any age, studying, in employment, unemployed or retired, care full time or part time, be well or receiving care themselves. However, regardless of their circumstance they tell us they require similar things; to be listened to and involved in the design of care plans, for organisations to work better together, to have access to understandable information, to know someone is there to support them

at different and difficult times in their lives and for young carers to receive the support they need to live an enjoyable and fulfilled life. This aim needs to be considered within the financial constraints of the Council and other organisations. This draft strategy aims to set out how this will be achieved in Sefton from individuals taking an active role in looking after themselves to joined up integrated Health and Social Care services.

Partners of the Sefton Carers Strategy will seek to hold commissioners to account on the extent to which the strategic objectives for carers within this strategy are reflected in commissioning plans, and performance managed as appropriate

This strategy will be reviewed on an annual basis and carers and the people they care for, local people, partners and providers of services will be involved in this review.

For further information on the carers strategy please contact Nicola Beattie, Nicola.beattie@sefton.gov.uk 0151 934 4664

Copies of this document are available in large print and other formats on request. To request this service please call 0151 934 4664

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Contributors

We would like to acknowledge and thank the following Partners who contributed to the creation of Sefton Carers Strategy

- Sefton Council
- South Sefton CCG
- Sefton CVS
- Healthwatch Sefton
- Sefton Young Advisers
- Southport & Formby CCG
- Sefton Carers Centre
- Person Shaped Support (PSS) – Sefton Young Carers Project
- Sefton & Liverpool Age Concern

We would also like to thank the 600+ people from a wide range of partner organisations, Sefton communities, carers and the people they care for who contributed to the Sefton Carers Strategy development through consultation and engagement.