

EAST AYRSHIRE COMMUNITY HEALTH PARTNERSHIP FORUM

CARERS SUB GROUP UPDATE REPORT

20 APRIL 2011

1. PURPOSE OF REPORT

- 1.1 To update the Community Health Partnership Forum on the progress of the Carers Sub Group.

2. MEETINGS

- 2.1 The Carers Sub Group has now met twice since the last Community Health Partnership Forum meeting. The group has discussed a number of issues and attendance has been good with Carers from a wide range of backgrounds being represented.

3. CONTACT DETAILS

- 3.1 Doreen Boon has taken early retirement from East Ayrshire Council and the sub group would like to thank Doreen for all her support. Tommy Burns, Community Health & Wellbeing Coordinator, has taken over Doreen's role with the group and the contact details for the Sub Group have been updated.

4. CARERS ACTION PLAN 2011 - 2015

- 4.1 The Carers Sub Group has been focusing on completing the Carer's Action Plan. Two meetings have taken place outwith the Carers Sub Group meeting to complete a draft plan for circulation to all interested parties. It is hoped that a draft plan will be tabled for consideration at the next CHP Forum meeting on the 20th June 2011.

5. CHANGE OF NAME

- 5.1 At the last meeting of the sub group it was proposed that the name of the group be changed to the Carers Forum and this was agreed by those attending the meeting. The reason being that members felt it better reflected the terms of reference for the group.

6. GUEST SPEAKERS

- 6.1 Meetings of the group have been set for the forthcoming year and the group has invited a range of guest speakers to attend forthcoming meetings in order to inform and update members on current issues affecting Carers.

7. INSPIRING BREAKS MEETING – 12TH MAY 2011

- 7.1 The group have been promoting the upcoming Inspiring Breaks meeting in East Ayrshire on May 12th 2011 in the Carers Cottage Howard Park, Kilmarnock. The Inspiring Breaks programme has been designed and will be co-delivered by people with long term conditions, Carers and people with experience of short breaks.
- 7.2 With increasing pressure on public finances it is essential that all the available resources are used to achieve the best possible outcomes. As well as helping people make the most of existing breaks, the workshop will explore alternative ways that people can be supported, and look at ways that wider community resources can be utilised for short break purposes.

8. RECOMMENDATIONS

- i) The Community Health Partnership Forum is asked to note the contents of the report.
- ii) The Community Health Partnership Forum is asked to agree to the change of name from Carers Sub Group to the Carers Forum.

Brenda Emmerson
Chair
5 APRIL 2011

EAST AYRSHIRE COMMUNITY HEALTH PARTNERSHIP FORUM

CARERS SUB GROUP UPDATE REPORT

16 February 2011

1. Purpose of Report

- 1.1 To update the Community Health Partnership Forum on the Carers Sub Group meeting on 18 January and 3 February 2011.

2. Meetings

- 2.1 Eddie Fraser attended on 8 January 2011 to discuss respite and the EA budget. EA is currently meeting and exceeding additional respite demands required by the Single Outcome Agreement. After many questions and answers it was suggested that it might be a good idea to ask Jackie Kerr and Lynn MacPherson to come to the group to discuss some of the issues raised. After the discussion on the budget plans, the group felt they had a much more balanced view.
- 2.2 We also agreed we would try to have a paper ready regarding the work of the group before each CHP meeting rather than Brenda taking up so much time reading notes.
- 2.3 The current attendance at the group is not as healthy as we would like, even though many organisations have been contacted. We do have 15 names on the committee but like most Carers groups we rarely have everyone at the same meeting because of our caring duties.
- 2.4 It was agreed that we would have more meetings and they would be held on a monthly basis (first Thursday in the month 1pm – 3pm).

3. Guest Speakers

- 3.1 It was also agreed that we invite two representatives from East Ayrshire Carers Centre, a) from a strategic perspective and b) the young Carers workers. These representatives would be in attendance but non-voting. Two representatives attended the 3rd February meeting.

4. Relevant Documentation

- 4.1 At the original conference to decide whether Carers wanted to form a sub group of the CHP Forum, a Carer's pathway was produced. We now have this to guide us along the agreed route.

- 4.2 We now all have copies of the following documents which will give us the background and research on various topics before we divide the Scottish Government Carers Strategy up between us, to make comments.
- a. Scottish Government Debate on 28th October 2010 (Shona Robison on the Carers and Young Carers Strategy)
 - b. Scotland's Carers Manifesto 2011 – 2015 (Carers Scotland)
 - c. Charter of Rights for people with Dementia and their Carer's in Scotland October 2009.
 - d. East Ayrshire's Carers Action Plan 2009 – 2011.
 - e. Both Scottish Government Carers and Young Carers Strategies 2010.
 - f. DVD produced by Carers Scotland regarding Telehealth Care for Carers, 'A Weight Off My Mind'
 - g. Overview of Government Consultation on Reforming DLA
 - h. An extremely enlightening piece of research by Carers Scotland, 'Sick, Tired and Caring'. (Are you aware that in Scotland there are nearly 300 Carers in their 90s who are caring every hour of the day and night).

5. Inspiring Breaks Meeting

- 5.1 Shared Care Scotland have a programme of workshops taking place in various parts of Scotland called, 'Inspiring Breaks'. The workshops are for people with long term conditions and their Carers to help and inspire them to think differently about how they can shape their own short break / respite care so the experience is better able to meet their needs. Don Williamson, Chief Executive of Shared Care Scotland is a close friend and colleague of mine and has asked if we would like to run a workshop here in East Ayrshire on the 12th of May. It is free to all. Eddie Fraser and Don Williamson are co-ordinating this.

6. Recommendations

- 6.1
- i. The Community Health Partnership Forum is asked to note the contents of the report.
 - ii. The Community Health Partnership Forum is asked to agree to the change of name from Carers Sub Group to the Carers Forum.

Brenda Emmerson
Chair
16 February 2011

EAST AYRSHIRE COMMUNITY HEALTH PARTNERSHIP FORUM
CARERS SUB GROUP (Forum) PROPOSALS FOR IMPLEMENTATION

20 APRIL 2011

1. PURPOSE OF REPORT

The purpose of this report is to seek agreement for the immediate implementation of the following proposals prior to the East Ayrshire Carers Action Plan 2011-2015 is brought before the CHP Forum (refer to Paper 9 point 4).

- i. Implementation of Accessible Carer Training.
- ii. Investigation into the lack of appropriate Respite/Short Breaks Provision.
- iii. Investigation into a more Personalised approach to Current Carer Support Packages and Service Users Single Shared Assessments.

2. BACKGROUND

- 2.1 A small working group of the Carers Forum has been gathering information to be included in the East Ayrshire Carers Action Plan 2011 – 2015 as outlined in Paper 9. While discussing actions with organisations and individual Carers we have discovered an urgent need to implement the above 3 proposals before the full Action Plan is available.

3. CARERS TRAINING

- 3.1 The Carers' Forum has approached NHS A&A Carers Information Strategy as they are currently tendering out to companies to provide Carers Training and would like, with your approval, to work with them to address the lack of appropriate training, both for and by Carers.
- 3.2 We would also like to approach East Ayrshire's training department for advice and support in conducting further Carers' Training.

4. RESPITE/SHORT BREAK PROVISION

- 4.1 To find out more about the provision of respite and short breaks available, Don Williamson, Chief Executive of Shared Care Scotland, has agreed to hold a free 'Inspiring Breaks' workshop in East Ayrshire. This enables Carers and people with long term conditions to look more creatively at short break and respite alternatives. This workshop will take place on Thursday 12th May.
- 4.2 We would like to reinstate the East Ayrshire Respite Group as part of the Carers Forum to continue to look into local respite provision.

5. CHANGES TO SUPPORT PACKAGES

- 5.1 Carers' Forum is keen to pursue an investigation into the current provision of Individual Support Packages to service users and Carers. There are many families in East Ayrshire with more than one Carer and Service User and we feel

there may be a more cost effective way to provide Support to these families through the introduction of Personalised Family Support Packages. This would involve everyone's needs taken into account, the service users, the Carers and other family members. Then, instead of two or three different Individual Plans running together in the same house, an overall package of support could be introduced.

This would mean, for example, that hours currently used by individuals for shopping (perhaps 2 hours per week for one and 3 hours for another) could be combined and there would only be a need to finance 2 hours as opposed to 5 hours per week. This is just one example of many of how Personalised Family Support Packages could save the Council money. From the families point of view, having a more holistic approach to care in the home would allow them greater flexibility over how hours are used and how different individuals within the family home are helped in a more natural setting.

- 5.2 As this could result in major changes in how Carer Support Packages and Single Shared Assessments are carried out and maintained we obviously felt we would need the approval of the CHP Committee and CHP Forum before spending time researching options. We have been in touch with various individuals working for organisations in East Ayrshire and throughout Scotland who would be willing to help put together a proposal. As yet we have been unable to find another local authority that has this type of support in place but we will ensure that we will seek out the best advice available from experts both locally and nationally.
- 5.3 Having a Family Support Package instead of Individual Packages for people on Self Directed Support (Direct Payments) will also impact on how hours are monitored to ensure everyone is getting the help they need in an appropriate fashion. We have already been in contact with Alison Findlay and Ayrshire Independent Living Network and they are keen to work alongside us to ensure a relevant and person centred workable system is set in place for management of the scheme.

6. RECOMMENDATIONS

- 6.1 We seek the agreement of the Community Health Partnership Forum to allow the CHP Carers Forum:
- i. To work alongside NHS A&A Carer Information Strategy and EAC Training Department to ensure a quick introduction of appropriate Carers' Training.
 - ii. To reinstate the East Ayrshire Respite Group previously chaired by Lynn MacPherson as part of the Carers Forum.
 - iii. Approval to research the benefits of implementing Personalised Family Support Packages to replace Individual Support Packages in instances where there are family Carers caring for multiple service users living within the family home.

Brenda Emmerson
Chair
20 April 2011