

## EAST AYRSHIRE COMMUNITY HEALTH PARTNERSHIP FORUM

10 September 2010

### OVERVIEW OF THE NATIONAL CARERS AND YOUNG CARERS STRATEGIES AND UP-DATE ON PROGRESS OF THE CHP FORUM, CARERS SUB GROUP

#### 1. PURPOSE OF REPORT

- 1.1 To provide the CHP Forum with an overview of "Caring Together" a Strategy for Carers in Scotland 2010-2015 and "Getting it Right for Young Carers" a Strategy for Young Carers in Scotland 2010-2015
- 1.2 To provide information with respect to the development of the East Ayrshire CHP Carers Subgroup.

#### 2. "CARING TOGETHER"

- 2.1 The Scottish Government, COSLA and a range of stakeholders have developed the Caring Together strategy. It will build on the support already in place and take forward the recommendations of the previously published Care 21: The Future of Unpaid Care in Scotland.
- 2.2 Caring Together sets out 10 key actions to improve support to carers over the next five years with the focus on improved identification of carers, assessment, information and advice, health and well-being, carer support, participation and partnership.
- 2.3 The 10 key actions are:
  - We will develop a Carers Rights Charter
  - We will put in place measures to help professionals in the health and social care workforce identify carers
  - We will take steps to improve the uptake and quality of carers assessments/carer support plans
  - We will improve the provision of information and advice to carers
  - We will ensure carer representation on Community Health Partnerships
  - We will produce a bespoke resource on issues relating to stress and caring. We will continue to work with the Royal College of General Practitioners Scotland and the national carer organisations on carer identification and support. We will ensure that carers aged 40-64 have access to health checks
  - We will invest £281,000 in carer (and workforce) training this year through a grant to the national carer organisations
  - We will invest a further £1 million in 2010-11 to provide more innovative short breaks provision in Scotland to be delivered by the voluntary sector
  - We will encourage and promote carer-friendly employment practices
  - We will work to ensure this (*Better strategic planning and collaborative working between health and social care services*) happens so that carers do not have to negotiate the boundaries of different health and care services

- 2.4** All Action Points are relevant to ensuring better outcomes for carers as follows:
- Have improved emotional and physical well-being.
  - Have increased carer confidence in managing the caring role.
  - Have the ability to combine caring responsibilities with work, social, leisure and learning opportunities and retain a life outside of caring.
  - Not experience disadvantage or discrimination, including financial hardship, as a result of caring.
  - Be involved in planning and shaping the services required for the service user and the support for themselves.
- 2.5** The strategy sets out the shared vision for unpaid carers in Scotland and states that despite the extreme pressures on public finances, local authorities and Health Boards will commit to delivering incremental improvements to support for carers.
- 2.6** It also focuses on the need for all agencies to prioritise support to carers in greatest need ensuring *“An emphasis on preventative action and early intervention should be the default position rather than crises-led responses”*
- 2.7** Carer’s rights and the importance of carer involvement in the planning and delivery of services are reinforced within the strategy. As part of the requirements of the Patients Rights (Scotland) Bill if approved by Scottish parliament, there are expected to be Patient Rights Officers for Health Board areas. In addition the Scottish Government will ensure carer representation on Community Health Partnerships and within the Social Care Procurement Guidance requirements for carer involvement in the procurement process
- 2.8** The strategy emphasises the need for health and social care workforce training to ensure carer identification and highlights the importance of identifying and supporting carers of people with substance misuse problems.
- 2.9** The strategy outlines the right to quality carer’s assessments and advocates for the use of direct engagement with carers and those who use services through the “Talking Points” approach to assessment, care planning and review.
- 3. “GETTING IT RIGHT FOR YOUNG CARERS”**
- 3.1** This strategy is seen as the first ever national young carers” strategy in Europe and whilst recognising that many young people can benefit from providing care to a relative or friend affected by illness, disability or substance misuse the strategy is committed to ensuring that young carers are relieved of inappropriate caring roles and are supported to be children and young people first and foremost.
- 3.2** The Government’s 10 Headline Actions are as follows:
- The Scottish Government will fund a fourth Scottish Young Carers Festival in 2011

- We will put in place measures to help professionals in education, health and social care to identify young carers.
- We will introduce a classification of ‘young carers’ in the 2011 school census
- The Scottish Government will work with the Scottish Young Carers Services Alliance to produce a practice guide on young carers for teachers and schools.
- We will improve the provision of information and advice to young carers
- We will enhance our understanding of the impact of caring on young carers through the commissioning of research into the characteristics of young carers
- We will work with a range of partners to promote the further development of flexible, personalised short breaks.
- Skills Development Scotland will design and develop suitable materials and training opportunities to support young carers’ services’ contact with young adult carers.
- Skills Development Scotland will refresh their publicity materials for young carers
- We will progress a range of actions to improve support to young adult carers.

**3.3** The strategy highlights the strong and essential links between this Young Carers Strategy and other Scottish Government policy developments, with particular reference to the Getting it Right for Every Child (GIRFEC – Background paper 2) programme

**3.4** The strategy recognises that the young carer population’s caring role can impact on their:

- Educational attendance
- Attainment
- Achievement and ambition
- Physical, emotional and mental health
- Psychological well-being
- Social contact and relationships
- Financial security

**3.5** As with the “Caring Together” adult strategy, the Young Carer’s strategy highlights the need for identification of young carers and good, personalised carer’s assessments. It also highlights how this will be addressed through the universal approach of GIRFEC. It also emphasises the need for a preventative approach, where adequate support is provided before difficulties arise and highlights how important school based support is.

## **4. PROGRESS TO DATE**

**4.1** Team Manager (Community Capacity) has been nominated as lead for Carers in East Ayrshire with responsibility to progress the Carers Action Plan and the CHP Forum, Carers Sub Group

**4.2** The CHP Forum, Carers Sub Group has recently been established reaching an agreement on its terms of reference and membership. Chair and Vice Chair have still to be elected along with representatives (one of whom will be the chair) to attend regular CHP Forum meetings.

**4.3** It is envisaged that the Carers strategies (“Caring Together” and” Getting it Right for Young Carers”) will go to the Carers Sub Group for comment and suggestions for implementation locally in line with the group’s remit to provide the CHP Forum with expert advice and views of East Ayrshire carers in relation to the development of strategy, policy and services

**4.4** Carers Information Strategy Steering Group has developed a proposal for an Ayrshire-wide Carer Training Programme which will be going out to tender shortly.

## **5. FINANCIAL IMPLICATIONS**

**5.1** Identification and assessment of additional carers may impact on resources available within health and local authority services however at this stage this is not quantifiable.

## **6. POLICY/LEGAL IMPLICATIONS**

**6.1** Reference to and inclusion of these strategies within the implementation of the East Ayrshire Carers Action Plan will ensure East Ayrshire CHP addresses the needs of carers in line with Government policy

**6.2** Scottish Government have committed £1 million for the third sector to provide more short break provision

## **7. COMMUNITY PLANNING IMPLICATIONS**

**7.1** The provision of carer’s assessments, care plans and short breaks for carers links with the Improving Health and Wellbeing theme by ensuring carer’s needs are identified and measures are put in place to address them and reduce stress caused by the caring role

**7.2** Carers Training/WRAP provide opportunity for carers to develop new skills for learning, life and work and link to the Promoting Lifelong Learning theme

## **8. RISK IMPLICATIONS**

**8.1** Failure to identify and address the assessed needs of carers will increase the number of service users requiring statutory service intervention for longer periods.

## **9. RECOMMENDATIONS**

- 9.1** East Ayrshire CHP Committee approved this report on 23<sup>rd</sup> August and remitted the CHP Forum -Carers Sub group to outline suggestions and recommendations for the implementation of the strategy locally.
- 9.2** East Ayrshire CHP Forum are asked to endorse this report and receive a future representation from the Carers Sub group re the locally implementation of the strategy.

Eddie Fraser, Head of Service Community Care

(Updated by CHP Facilitator September 2010)

### **List of Background Papers:**

1. *Care 21: The Future of Unpaid Care in Scotland.*
2. CHP Forum, Carers Sub Group "Terms of Reference" Paper
3. East Ayrshire Carers Action Plan
4. Caring Together: The Carers Strategy for Scotland 2010 - 2015
5. Getting it Right for Young Carers: The Young Carers Strategy for Scotland 2010-2015