



## **Perth & Kinross Integration Joint Board**

**6 November 2019**

### **Carers and Young Carers Strategy for 2019-2022**

**Report by Head of Adult Social Work and Social Care (Report No. G/19/174)**

#### **PURPOSE OF REPORT**

This report presents the Carers and Young Carers Strategy 2019-2022 (Appendix 1), as required by the Carers (Scotland) Act 2016, for consideration and direction by the Integration Joint Board.

The strategy is also being presented to Lifelong Learning Committee of Perth and Kinross Council for their consideration.

## **1. RECOMMENDATIONS**

It is recommended that the Integration Joint Board:

- Consider, direct and approve the Strategy to further improve outcomes for carers living and caring in Perth & Kinross;
- Commit the Chief Officer to provide annual reports providing updates on performance on on progress in delivering the Action Plan.

## **2. BACKGROUND**

### **2.1 Introduction**

Unpaid carers make a vital contribution to the lives of the people they support and the communities they live in. This contribution is often overlooked or taken for granted, particularly as unpaid carers often do not identify, or recognise themselves as being carers. Carers often take on an informal caring role to support someone, a family member, friend or neighbour, due to disability, illness, age frailty, mental health or substance misuse. Carers can be of any age, providing support in a wide range of ways from practical support like shopping and household chores, to helping with medication or personal care. Many carers report on the positive and rewarding aspects of

their role and how it brings a family closer together. However, in undertaking a caring role, carers assume responsibility for the care of someone else, through compassion and selflessness, often at a cost to their own health and wellbeing.

For adult carers the impact of caring may include needing to reduce hours at work or ending employment leading to a loss of income, at the same time as financial pressures increase. Carers may experience an increase in isolation, loss of sleep and the resulting effect on health, a sense of guilt and the change in the dynamic of the relationship with the person being cared for. For young carers, caring can affect their childhood, making friends, and having similar opportunities as their peers. Their attendance at school, attainment and social development can be impacted, which can lead to experiences of isolation and bullying.

Perth and Kinross Health and Social Care Partnership's commitment to unpaid carers is demonstrated through the work of the Carers Strategy Group, which is to addressing the requirements of the relevant legislation, working collaboratively with carers and ensuring that carers are supported consistently, enabling them to sustain their caring roles for as long as they are willing and able. To this end, we worked with unpaid carers as equal partners in developing the commitments and the action plan in this Carers and Young Carers Strategy.

The Carers (Scotland) Act 2016 ('the Act'), which came into force in April 2018, gave the Health and Social Care Partnership and Perth and Kinross Council new responsibilities for supporting Young and Adult Carers.

These include:

- Development and publishing Eligibility Criteria Frameworks for young and adult carers, so that carers are supported on a consistent and transparent basis;
- Development of a Short Breaks Services Statement to enable carers to find out what services and supports are available to give them a break from their caring role;
- Giving carers, by offer or on request, either a Young Carer Statement or Adult Carer Support Plan, as applicable.
- Ensuring that carers services and hospital discharge planning has involvement of carers.
- Development of a Carers Strategy, making clear future plans to support carers, following consultation with carers.

The responsibility to offer carers an Adult Carer Support Plan lies with Perth and Kinross Council when the 'cared-for' person lives within Perth and Kinross, even if the carer lives outside of this area. The opposite is true for young carers, with Perth and Kinross Council generally being responsible for young carers living in our area, even if the person they care for lives outside this area. Where a carer cares for different people living across local authority areas, local authorities are advised to work together to support the carer.

Since the implementation of this legislation, Perth and Kinross HSCP has been effective in fulfilling the requirements in the timeframe required by the Act. The Strategy attached is the latest of these required changes.

## **2.2 Strategy Consultation**

Unpaid carers have been involved as equal partners throughout the development of this strategy, from developing the initial consultation survey, to the development of the commitments of the strategy underpinning the action plan.

The development of this strategy included a robust engagement and consultation process with young and adult carers, their families and the professionals who support them. Throughout the lifespan of this strategy, we have also had the involvement and input of:

- Unpaid carers of all ages, including Carer Voice representatives and Carer Public Partners.
- Carers and representatives from the HSCP who sit on the Carer Programme Board and the Carer Strategy Steering Group.
- Education and Children Services.
- Advice given by Legal and Equalities.
- Voluntary sector partners, including PKAVS, MECOPP, and Support in Mind.

The initial consultation took place for three weeks from 1 October 2018 and 324 responses were received through social media, emails, post, focus groups, consultation stalls and drop-in events. We received feedback from carers in different localities across Perth and Kinross. This was the most successful consultation of the views of carers undertaken in this area. Responses included the views of carers and their families from various backgrounds, cultures and community groups, such as gypsy/traveller carers, carers of people with drug and alcohol use issues, and ethnic minority carers.

We received a further 35 responses to a follow-up consultation survey at the Carers Conference in November 2018, which asked carers what they felt were important to them based on the key themes arising from the feedback to the first survey. The seven strategic outcomes of the strategy are our response to the consultation feedback, to which carers had told us what mattered most to them.

In December 2018, we held a workshop with carers and professionals from both the public and voluntary sectors who support carers to develop the six commitments, based on the EPiC (Equal Partners in Care) Principles.

The strategy has had continued input from carers and carer representatives from December 2018 to present, in reaching the final draft.

## 2.3 Strategic Outcomes

Our vision in Perth & Kinross is that carers are supported throughout their caring life. This includes firstly, carers recognising their caregiving role, so that they are aware of the information, advice and support available. Secondly, this involves ensuring that carers continue to be respected, and involved as equal partners in shaping and developing support that that would reduce the impact that caring has on different areas of their lives, including their health and wellbeing and life balance. This vision is incorporated within the strategic outcomes, against which we have set a number of actions which we commit to deliver over the next three years.

At the end of the three years, carers can expect:

1. Clear, reliable, accessible information about local and national support to made available across a range of locations within Perth & Kinross;
2. Promoted awareness in the community, schools and workplaces to improve early identification and support of carers;
3. To be listened to and have their opinions valued;
4. Opportunities to participate as active partners to the planning and shaping of carer services in their local areas, including services for the people who are cared for;
5. The development of wider carer networks including enriched peer support;
6. Improved provision of flexible and personalised support, to support their emotional/physical wellbeing and to have a life alongside caring.
7. In addition to the above, young carers will be supported to achieve their educational potential, to have similar opportunities as their peers, and to enjoy their childhood.

## 2.4 Strategic Commitments

To drive the achievement of the outcomes and to demonstrate our purpose for carers, we have developed six commitments, based on the Equal Partners in Care principles, as to how we will make changes to ensure that carers are involved in the development and planning of services and are supported as individuals caring for others, to be sustained in their caring role:

Commitment 1: Carers will be supported with clear information and consistent and flexible support to empower them to manage their caring role.

Commitment 2: Everyone will have the information, opportunities and support to be identified as a carer.

Commitment 3: Carers voices will be critical to influencing the planning, development and improvement of supports.

Commitment 4: Carers will be supported to actively participate in developing a course of supports within the local community to enable them to have a life out with their caring role.

Commitment 5: Carers will be valued, listened to and empowered to share their experiences.

Commitment 6: We will provide specialist and person centred support to avoid disadvantage to carers of all ages.

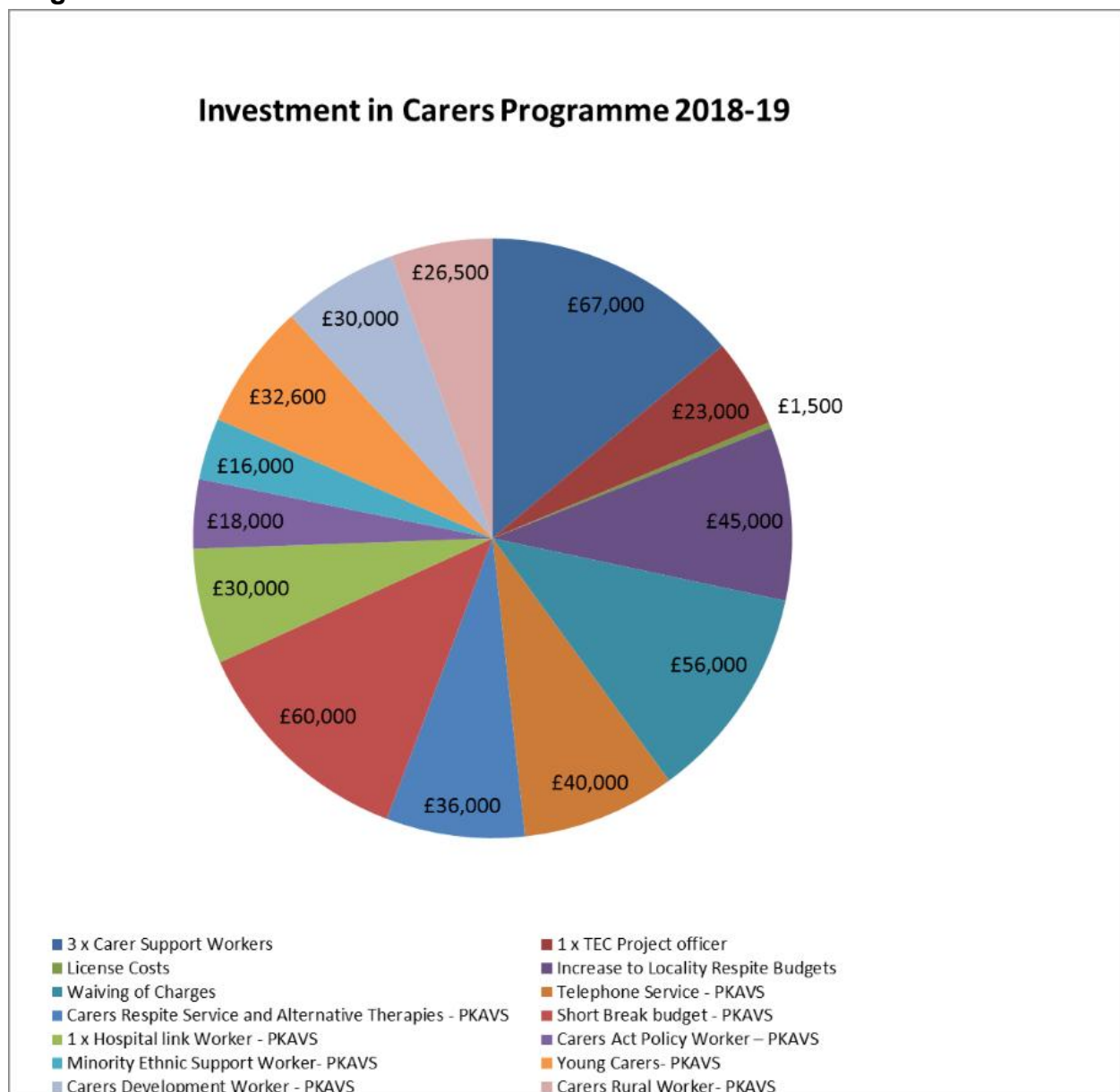
The strategy also includes an ambitious action plan which will ensure that carers are supported throughout their caring journey, enabling them to access the support they are entitled to, to reduce the impact of their caring role on their health and wellbeing, to empower them to have a life alongside caring, reducing carer breakdown and keeping families together.

## **2.5 Investment in Carers**

Key to the success of the implementation of the Act was our investment in capacity, ensuring that the necessary support was in place to meet the needs of carers in the area. To this end we commissioned services from the third sector, which includes the establishment of a Carers Support Telephone Service. The telephone befriending service has been very well received by those who benefit from regular telephone calls. We also recruited three additional Carer Support Workers who work across the different localities, supporting carers who are over 65 or who care for someone who is over 65. We continue to invest in support through a respite voucher scheme to help carers to take breaks from their caring role. In addition, we continue to provide to social care, health and commissioned voluntary sector professionals of our new responsibilities under the Act, and raising awareness of carers' rights.

Our investment for carers of all ages for 2018-19 to ensure that they are able to find the support that best meet their needs is shown in Diagram 1:

**Diagram 1**



## Monitoring

Throughout the lifetime of the strategy the achievement of its objectives and implementation of the Action Plan will be monitored by the Carers Strategy Group. Regular review of performance indicators will ensure that we are meeting our outcomes and will enable remedial action to be taken when appropriate. Annual reports of the progress of the implementation of the Strategy will be brought to the Integration Joint Board for information.

## 3. RECOMMENDATION

The Carer Strategy (2019-22) sets out how we plan to provide better support to carers of all ages, living in or providing care in Perth and Kinross. The strategy has been based on consultation with carers in the area which captured their views in respect of the support they currently receive and what

they would like to see to make a real difference in their lives. Key to this is to ensure that carers know what help and support is available and where to find information which will enable them to manage better, and have a life alongside caring.

The Carer Strategy is being presented to seek approval from the Integration Joint Board and this marks the latest stage in the implementation of the Carers (Scotland) Act 2016, by the Health and Social Care Partnership.

#### **4. CONCLUSION**

This report presents the draft Carers Strategy to the Integration Joint Board. The strategy represents the culmination of activity over the last twelve months; the strategy is shaped by unpaid carers who were central to its development. The strategy sets out the plans to ensure that unpaid carers, of all ages, living or caring in Perth and Kinross have the information and support, to enable them to sustain their caring role for as long as they are willing and able to do so and to have a life alongside caring.

##### **Author(s)**

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**NOTE:** No background papers, as defined by Section 50D of the Local Government (Scotland) Act 1973 (other than any containing confidential or exempt information), were relied on to any material extent in preparing this report.

## IMPLICATIONS, ASSESSMENTS, CONSULTATION AND COMMUNICATION

<b>Strategic Implications</b>	<b>Yes / None</b>
HSCP Strategic Commissioning Plan	<b>Yes</b>
Transformation Programme	<b>No</b>
<b>Resource Implications</b>	
Financial	<b>Yes</b>
Workforce	<b>Yes</b>
<b>Assessments</b>	
Equality Impact Assessment	<b>Yes</b>
Risk	<b>No</b>
Other assessments (enter here from para 3.3)	<b>No</b>
<b>Consultation</b>	
External	<b>Yes</b>
Internal	<b>Yes</b>
<b>Legal &amp; Governance</b>	
Legal	<b>Yes</b>
Clinical/Care/Professional Governance	<b>No</b>
Corporate Governance	<b>No</b>
<b>Directions</b>	<b>Yes</b>
<b>Communication</b>	
Communications Plan	<b>Yes</b>

### 1. STRATEGIC IMPLICATIONS

#### 1.1 Strategic Commissioning Plan

This report and its proposals relate to the achievement of the following Perth and Kinross Strategic Commissioning Plan themes:

1. Prevention and early intervention.
2. Person centred health, care and support.
3. Work together with communities.
4. Inequality, inequity and healthy living.
5. Best use of facilities, people and resources.

### 2. RESOURCE IMPLICATIONS

#### 2.1 Financial

Within the strategy, there is a focus on widening the provision of more holistic forms of support, supporting and encouraging peer support amongst carers and carer groups, to which there is expected to be none or very little financial implications. However, there may be financial implications where there are current gaps in provision, such as respite beds in care homes, to which we are exploring ways of addressing. We are also in the process of reviewing our range of current supports, ensuring that resources are used appropriately,



promoting early intervention and prevention. Further to this, we will develop financial planning so that this runs alongside the deliverables of the strategy throughout its lifetime. All related finances will be met through resources allocated by the annual budgeting processes, for 2019-20 of £811,488.

## **2.2 Workforce**

Finance from the Carers budget has been allocated for a workforce model to support the plan for 2019-20.

## **3. ASSESSMENTS**

### **3.1 Equalities & Fairness Impact Assessment**

Under the Equality Act 2010, PKC and NHS Tayside is required to eliminate discrimination, advance equality of opportunity, and foster good relations between equality groups. Carrying out Equality Impact Assessments for plans and policies allows the HSCP to demonstrate that it is meeting these duties.

The Equalities & Fairness Impact Assessment undertaken in relation to this report can be viewed (Appendix 2). This report has been considered under the Corporate Equalities & Fairness Impact Assessment process (EFIA) and assessed as relevant and the following positive outcomes are expected following implementation:

Carers with protected characteristics will be supported to have equal access to information and support, and to minimise discrimination.

### **3.2 Risk**

Not applicable. Legal obligations will be met by the introduction of this strategy as set out in the Carers (Scotland) Act 2016.

### **3.3 Other Assessments**

Not applicable.

## **4. CONSULTATION – PATIENT/SERVICE USER FIRST PRIORITY**

### **4.1 External**

As described in 2.2 of this report. A sincere thank you to Ina and James for sharing their life stories within the content of the strategy.

### **4.2 Internal**

As described in 2.2 of this report.

#### **4.3 Impact of Recommendation**

The implementation of the Carers (Scotland) Act 2016 is considered to have had a positive impact on service users, carers and the third sector. The implementation of the Act has been subject to ongoing engagement throughout, in accordance with the legislation and good practice, as described in Section 2.2.

### **5. LEGAL AND GOVERNANCE**

- 5.1 This report presents the Carers Strategy 2019-2022 to further implement statutory duties under the Carers (Scotland) Act 2016, to support carers in their caring role and to have a life alongside caring.
- 5.2 The Carers Programme Board has delegated responsibility for the implementation of the Act, to ensure the adequacy and monitoring of the arrangements for Carers and the management of risks.

### **6. DIRECTIONS**

Perth & Kinross Council and NHS Tayside are directed to make the necessary arrangements to implement the actions in the Carers Strategy 2019-2022.

### **7. COMMUNICATION**

- 7.1 A Communications Plan for the Carers Strategy 2019-2022 has been produced and will support the ongoing implementation of the Carers (Scotland) Act 2016.

### **8. BACKGROUND PAPERS/REFERENCES**

Not applicable.

### **9. APPENDICES**

Appendix 1 – Draft Carers Strategy 2019-22  
Appendix 2 – Equality and Fairness Impact Assessment  
Appendix 3 – Communications and Engagement Plan  
Appendix 4 – Direction PKC  
Appendix 5 – Direction NHST