



## **PERTH & KINROSS INTEGRATION JOINT BOARD**

**26 June 2019**

### **PROGRESS REPORT ON THE DEVELOPMENT OF JOINT CARERS' STRATEGY FOR 2019-2022**

**Report by Diane Fraser, Head of Adult Social Work and Social Care  
(Report No. G/19/115)**

#### **PURPOSE OF REPORT**

This report presents an update on the development of the Joint Carers' Strategy 2019-2022, for Young and Adult Carers which will be presented to a later meeting for consideration and direction by the Integration Joint Board.

The report also details the needs of our carers and the consultation activity undertaken to ensure that the views of carers were taken into consideration to inform the strategy.

The strategy will also be presented to the Lifelong Learning Committee of Perth and Kinross Council for their consideration.

#### **1. RECOMMENDATIONS**

It is recommended that the Integration Joint Board:

- Note the contents of the report regarding the development of the Carers' Strategy which will further improve outcomes for carers living and caring in Perth & Kinross;
- Directs Perth & Kinross Council & NHS Tayside to make the necessary arrangements to complete the Carers' Strategy 2019 – 2022.

#### **2. SITUATION / BACKGROUND / MAIN ISSUES**

- 2.1 The Carers Act requires each local authority and health board to develop a local carer strategy. The duty applies to local authorities and relevant health boards but is delegated to Integration Joint Boards.
- 2.2 In Perth and Kinross we have decided to have one carer strategy across all age groups. As a consequence there is collaboration between Health and

Social Care Partnership and Education and Children's Services to prepare the strategy. Further work is required to complete the young carers section within the strategy.

- 2.3 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. Carers take on their caring role to support someone, usually a family member, friend or neighbour, due to disability, illness, age, frailty, mental health or substance misuse. In undertaking a caring role, they assume responsibility for the care of someone else, through compassion and selflessness, often at a cost to their own health and wellbeing. The impacts of caring often result in a reduction in income as working hours are decreased or employment surrendered, 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, who may care for siblings, parents or other relatives this can impact on their life chances; the caring role can impact on school attendance and educational attainment, missing out on playing or having time out, being bullied and the resultant isolation and inhibitors to social development.
- 2.4 In Perth and Kinross there is a commitment to working in partnership to improve the health and wellbeing of all carers. A wide range of partners including unpaid carers, PKAVS, Health and Social Care Partnership, Education and Children's Services are collaborating in the preparation of the carers strategy and to make the best use of resources available. A carers single point of access has been developed through the Carers Hub to improve access.
- 2.5 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 providing specific supports to Young and Adult Carers. These are outlined in report 9.3.

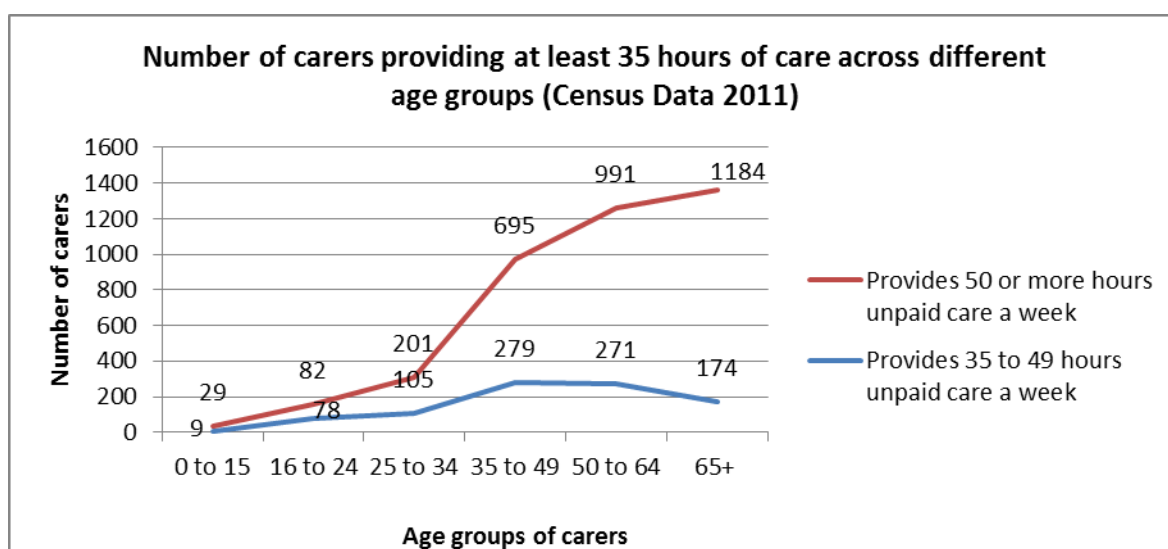
### **3. Carers in Perth & Kinross**

- 3.1 The strategy has been informed by needs assessment to understand who our carers are and what matters most to them and from this key strategic themes have been identified. The number of carers identified in the census is likely to be an underestimation, but is still significantly greater than those who have been referred through the Partnership or our commissioned services. We are working to ensure that the reported number of carers who are supported is accurate and reliable, this is challenging as the definition of carers has changed as a consequence of the legislation. Using current figures for those registered at PKAVS and who have been supported by the Partnership following the implementation of the Act, we estimate that there are approximately 2100 carers who are supported. This identifies that approximately 85% of carers providing unpaid care may be missing out on preventative support, information and advice that is available.

- 3.2 The projected increase in the numbers of carers in the area means that we need to work even harder to identify hidden carers and provide preventative support to those who need this. Perth & Kinross also had the largest gypsy/traveller population resident in Scotland on census day. We have made progress in supporting carers within the gypsy traveller community and we plan to make further progress in this new strategy.
- 3.3 The most recent national census in 2011, noted 13,308 of the 146,652 people who responded in Perth and Kinross (9%) identified themselves as carers. Of these people:
- 3.5% of these carers provide over 20 hours of care per week
  - 59% of these carers are female
  - 2% of these carers are under 16 and 23% are aged 65 or over
  - 54.5% of these carers are employed (excluding full-time students)
  - 16% of households have one or more carers resident

Diagram 1 shows the number of carers providing 35 hours or more of care per week across different age groups.

**Diagram 1**



- 3.4 The 2011 census data indicated that the health and wellbeing of carers who spent more hours caring was reported as bad or very bad. This may partly be the result of older carers providing longer hours of care when they themselves are becoming increasingly frail. Population projections noted that the proportion of the Perth & Kinross general population over 65 providing care will decline by 4% during the lifetime of the strategy, conversely, a projected growth of 8% in the number of carers aged 50-64 is estimated.
- 3.5 We have invested in a number of projects to provide information and support to carers, promoting equity of access. This has included supporting carers at the point of diagnosis for the cared-for person through our carer support workers and hospital link worker based in localities and in hospital.

#### 4. Consultation to inform the Carer Strategy

- 4.1 A robust consultation process was undertaken between October 2018 – January 2019. This was completed through social media, letter, email, focus groups, consultation stalls and events.
- 4.2 The consultation was developed by a group of carers and carer support professionals. We held three main events:
- The initial consultation took place for three weeks from 1 October 2018 and 324 responses were received from carers across the area; which was the most successful consultation of the views of carers undertaken in this area. Responses included the views of young and adult carers and groups who sometimes may be marginalised or suffer indirect discrimination.
  - A further event to identify the support that would be valued best took place at the Carers Conference in November 2018.
  - In December 2018, we held a workshop with carers and professionals from both the public and third sector who support carers to develop the Strategy, in line with the EPiC (Equal Partners in Care) Principles but addressing our key themes. In developing the strategy we also sought the views of carers, as critical readers to ensure that it met their needs.

The table below highlights what carers shared about the support they receive and how it could better meet their needs. From this information developments have been made to ensure their needs are met.

Carers Stated:	Strategic outcomes developed in response
	<b>By 2022, unpaid carers can expect:</b>
I want better support for the person I care for and to be more involved in the discussions around their care.	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
I want more specialist support for the person I care for.	
I want the same worker to provide care for the person I look after as much as possible.	
I want to be able to access clear information from one person or place	Clear, reliable and accessible information about local and national support to be made available across a range of locations within Perth and Kinross
I want to be supported to have a life outside of caring.	Promoted awareness about the Carers Act in the community, schools and workplaces to improve early identification and support of carers

I want to be able to contact someone for support in the evenings and at weekends.	Improved provision of flexible and personalised support, to support their emotional/physical wellbeing and to have a life alongside caring
I want to be updated when there are changes that affect my support.	To be listened to and have their opinions Valued by professionals
I want professionals to listen to me more.	
I want there to be a variety of support options in rural areas of Perth & Kinross.	The development of wider carer networks including enriched peer support.

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.

#### 4.3 Strategic Priorities

Taking into account the responses and experiences shared by carers, six priorities for the strategy have been identified and we are in the process of finalising these within the Carers Strategies. The feedback from the group is that they would like to turn the priorities into commitments to derive the necessary action:

- Carers will be supported with clear information and consistent and flexible support to empower them to manage their caring role.
- Everyone will have the information, opportunities and support to be identified as a carer.
- Carer's voices will be critical to influencing the planning, development and improvement of supports.
- Carers will be supported to actively participate in developing a course of supports within the local community to enable them to have a life alongside their caring role.
- Carers will be valued, listened to and empowered to share their experiences.
- We will provide specialist and person centred support to avoid disadvantage to the carer.

## 5. PROPOSALS

The Carers' Strategy (2019 – 2022) will present ambitious plan to provide better support to carers of all ages, living in or providing care in Perth and Kinross. Key to this is to ensure that carers are aware of 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 Carers Strategy (2019- 2022) will be completed and presented to Integration Joint Board and Lifelong Committee for consideration and approval.

## 6. CONCLUSION

This report presents progress in the development of the Carers' Strategy to the Integration Joint Board. The strategy will represent the culmination of activity over the last eight months, including ongoing consultation and engagement with local carers to ensure their views are listened to and represented. It will set 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.

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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>Yes</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 resources allocated through annual budgeting processes (for 2019-20) of £811,488.

#### 2.2 Workforce

Finance from the carer's budget has been allocated for a workforce model to support the strategy for 2019-20 and ongoing work to support carers in Perth and Kinross.

### **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 Equalities and Fairness Impact Assessments for plans and policies allows the HSCP to demonstrate that it is meeting these duties.

The Equalities & Fairness Impact Assessment will be undertaken in relation to the implementation of the strategy. This report will be 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**

There is a risk that the partners comprising the Health and Social Care Partnership may breach their legal duties to ensure that a Carers' Strategy is in place to support local carers in line with the Strategic Commissioning Plan.

#### **3.3 Other Assessments**

Not applicable.

### **4. Consultation – Patient/Service User first priority**

#### **4.1 External**

As described in Section 4 of this report.

#### **4.2 Internal**

As described in Section 4 of this report.

#### **4.3 Impact of Recommendations**

The progress of the Carers' Strategy to completion will ensure that carers living and caring in Perth and Kinross will be better supported to sustain their caring role with the improvements identified and delivered by the Health and Social Care Partnership.



## **5. Legal and Governance**

- 5.1 This report presents an update relating to the progress of the development of 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 complete the Carers' Strategy 2019 – 2022.

## **7. Communication**

- 7.1 A Communications Plan for the Carers Strategy 2019-2022 will be produced.

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

Not applicable.

## **9. APPENDICES**

Appendix 1 – Directions for Perth and Kinross Council  
Appendix 2 – Directions for NHS Tayside