



PERTH & KINROSS INTEGRATION JOINT BOARD

21 JUNE 2023

JOINT CARERS' STRATEGY 2023-2026

**Report by Chief Officer
(Report No. G/23/84)**

PURPOSE OF REPORT

This report presents the revised Joint Carers' Strategy, 2023-26, for Young and Adult Carers. This Strategy will also be presented to the Learning and Families Committee of Perth and Kinross Council.

1. RECOMMENDATION

It is recommended the IJB

- approves the revised Joint Carers' Strategy
- requests an update in 12 months' time on the implementation of the strategy.

2. SITUATION/BACKGROUND

The Carers (Scotland) Act 2016 (the Carers Act) was implemented in April 2018 with the intention to provide better outcomes for unpaid carers across Scotland. The Act placed duties on Local Authorities and Health Boards to jointly prepare and publish local Carers' Strategies following consultation with carers and local carer representative groups. Where a Carers' Strategy has been published, review of the strategy must take place by the Local Authority and the Health Board within 3 years of that strategy and a revised strategy produced.

The Joint Carers' Strategy 2019-22 was approved by both Integration Joint Board and Perth and Kinross Council's Lifelong Learning Committee on 6 November 2019.

The strategy was reviewed by the Strategic Leads for both Adult Carers and Young Carers in 2022. The original ambition and seven outcomes remain unchanged as they are still relevant.

Despite the challenges brought about by the Covid-19 pandemic and the many challenges faced by carers, we were able to make good progress in implementing the Joint Carers Strategy 2019-22:

- There have been 2,887 Carer Referrals since the strategy launch in 2019, creating 1,649 Adult Carer Support Plans.
- We were able to provide information about support available for carers across Perth and Kinross using online and hybrid methods, in addition to traditional methods, to ensure that communications continued during the pandemic and during pandemic recovery. This has contributed to a rise in number of carers registered with PKAVS and Perth and Kinross HSCP (1,537 in 2020 increasing to 2470 in 2022).
- Information about anticipatory care planning / emergency planning has contributed to a more than doubled number of Emergency Care Plans being completed (332 in 2020 increasing to 788 in 2022).
- The percentage of people admitted to permanent care due to carer breakdown has reduced from 36% to 16% as of December 2022.
- We invested in a dedicated Learning and Development Officer in 2022 who was able to further the training materials already developed about carers' rights and the support which is available.
- We invested in a Palliative Carer Support Worker and a Social Care Officer to work with our Hospital Link Worker to support carers looking after someone in hospital and family members of those with a terminal illness.
- Perth and Kinross has 15 support groups for carers. We have worked with partners to set up carer cafes in Crieff, Aberfeldy and Blairgowrie as well as supporting PKAVS in developing peer support.
- The Carers' Hub provides social and complementary therapies and grants to enable carers to have breaks. They also provide a telephone befriending service which was increased in 2021 to provide out of hours support. 376 carers are registered for our telephone service, making an average of 126 calls each week.
- In 2021/22 we were able to support 3,512 respite bed nights in Care Homes and 41,806 hours of Home Respite. Our partner, Crossroads, has provided 84,304 hours of sitting service in the three years since the strategy launched.
- Young Carers have been accessing support, including 172 new Young Carer Statements completed in 2022 enabling us to signpost them to support, 173 Young Carers accessing the Education Attainment Service with tutors delivering 1,231 individual tutoring sessions and 200 Young Carers have accessed or applied for funding for respite activities. There are also designated Young Carers' champions in all 11 secondary schools and 48 primary schools who meet quarterly to discuss issues and challenges.

- More detail on the impact of the previous Carers' Strategy can be found in Appendix 1 – Delivery Action Plan 2019-22.

During 2022 we also consulted with unpaid carers, their representatives and the professionals who work to support them through mailshots and open events in Carers' Week 2022. Their responses together with the national Carers' Strategy and findings from a recent inspection by the Care Inspectorate have been used to inform the revised Joint Carers' Strategy 2023-26.

3. JOINT CARERS' STRATEGY 2023-26

The Joint Carers' Strategy's 2023-26 aim is to 'ensure that carers are recognised as equal partners in care in planning the personalised support for themselves and those they care for, to support carers to live in good health allowing for a life of their own alongside caring, to the best of our ability.' The strategy is shown in Appendix 2 and the Equality and Fairness Impact Assessment is in Appendix 3.

The seven outcomes identified in the Joint Carers' Strategy 2019-22 continue to be progressed, working to provide better, more person-centred support to improve the lives of carers in Perth and Kinross. The revised Joint Carers' Strategy for 2023-26 reflects this continuing work and includes new actions to improve the lives of carers.

The strategy supports the HSCP's commitment to enabling adult carers to access support in their communities, using universal and specialist carer services, to direct support for themselves and those they care for and empowering them to be an essential voice in planning and shaping services. The importance of carers accessing a break cannot be underestimated and work will continue to develop services which enables carers to have a break from their caring role.

The impact of the cost-of-living crisis on unpaid carers has compounded the financial impact of taking on a caring role and throughout the period of the strategy work will continue to try and reduce financial exclusion of working-age carers through promotion of Carer Positive which helps local employers support members of their workforce who are unpaid carers

The Perth and Kinross Joint Carers' Strategy 2019-2022 also sets out our vision and commitment to supporting young carers in Perth and Kinross to 18 years. Our vision for young carers is that children and young people will have the best start in life and will be supported to achieve their full potential irrespective of their caring responsibilities.

The vision for carers of all ages remains as relevant for the revised Joint Carers' Strategy 2023-26 as it was in the Joint Carers Strategy 2019-22.

4. Next Steps

The following areas for development have been identified

- Improve awareness of the support available for carers through advertising and community events. More on this can be found in the Carers' Communication Plan in Appendix 4
- More involvement of carers in developing services
- Review of Carers' Support Services commissioned from the Third Sector
- Supporting carers to find or maintain employment as part of the national Carer Positive initiative
- Rollout of a carers' befriending service
- Enhanced bereavement support for carers and support for people caring for someone who is end of life
- Services for people caring for someone who has had a stroke or dementia
- Improve process for carers to access services
- Work with the Third Sector to improve the range of respite options for carers, especially carers who are parents. Perth and Kinross Carers' Project is one of 5 pilots nationally due for evaluation late 2023.

5 CONCLUSION

The refreshed Joint Carers' Strategy 2023 – 26 will build on the achievements of the previous strategy and continue to work with unpaid carers to develop and improve services to support them in their caring role.

Author(s)

Name	Designation	Contact Details
Karyn Sharp	Service Manager, Adult Social Work and Social Care	tay.pkijbbusinesssupport@nhs.scot
Alison Gallacher	Business Improvement Officer	

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.

1. IMPLICATIONS, ASSESSMENTS, CONSULTATION AND COMMUNICATION

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

1. Strategic Implications

1.1 Strategic Commissioning Plan

This report and its proposals relate to the achievement of the following Perth and Kinross Health & Social Care Partnership Strategic Commissioning Plan aims:

1. Working Together With Our Communities
2. Prevention and Early Intervention
3. Person-Centred Health, Care and Support
4. Reducing Inequalities and Unequal Health Outcomes and Promoting Healthy Living
5. Making Best Use of Available Facilities, People and Other Resources

2. Resource Implications

2.1 Financial

Financial implications have been considered and can be delivered within resource.

2.2 Workforce

Finance from the Carers' budget has been allocated for a workforce model to support the plan for 2023-24.

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

The Carers' Strategic Leads and the Strategy Steering Group have delegated responsibility for the implementation of the Act, to ensure the adequacy and monitoring of the arrangements for Carers and the management of risks.

3.3 Other Assessments

Not applicable.

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

4.1 External

As described in Appendix 2 of this report. A sincere thank you to Zuhair, Tom and Karen for sharing their life stories for inclusion within the Strategy.

4.2 Internal

As described in Appendix 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 3.

5. Legal and Governance

- 5.1 The Carers (Scotland Act 2016) places an obligation on local authorities and Health Boards to prepare and publish a carer strategy at periodic intervals. The proposed draft Carer Strategy ensures compliance with those obligations.

6. Directions

Perth & Kinross Council and NHS Tayside are directed to make the necessary arrangements to implement the actions in the Joint Carers' Strategy 2023-26.

7. Communication

- 7.1 A Communications Plan for the Joint Carers' Strategy 2023-26 has been developed to support the ongoing implementation of the Carers (Scotland) Act 2016.

2. BACKGROUND PAPERS/REFERENCES

Not applicable.

3. APPENDICES

Appendix 1 – Delivery Action Plan 2019-22
Appendix 2 – Joint Carers' Strategy 2023-26
Appendix 3 – Equality and Fairness Impact Assessment
Appendix 4 – Carers' Communication Plan
Appendix 5 – Direction