

# PERTH AND KINROSS COUNCIL

## LEARNING AND FAMILIES COMMITTEE

23 AUGUST 2023

### CARER STRATEGY 2023-2026 FOR YOUNG AND ADULT CARERS

Report by Executive Director (Education and Children's Services)  
(Report No. 23/223)

#### 1. PURPOSE

- 1.1 This report seeks approval for the refreshed Joint Young Carers Strategy 2023 -2026. This Strategy replaces the Joint Young Carers Strategy 2019 - 2022 which was developed to allow us to respond to the new duties contained in the Carer (Scotland) Act 2016.

#### 2. RECOMMENDATION

- 2.1 It is recommended that the Committee:

- Approves the refreshed Carers Strategy for 2023-2026 for Young and Adult Carers.

#### 3. STRUCTURE OF REPORT

- 3.1 This report is structured over the following sections:

- Section 4: Background
- Section 5: Proposals
- Appendices

#### 4. BACKGROUND

- 4.1 Perth and Kinross Council first approved and implemented the Carers Strategy 2019-2022 for Young and Adult Carers (which will be referred to as the Carers Strategy in this report) on 6 November 2019. The Carer Strategy was underpinned by the Carers (Scotland) Act 2016 (the Act) which came into force on 1 April 2018. The Act introduced the right for unpaid carers who are able and willing to continue in their caring role to be better and more consistently supported to enjoy a life alongside caring. For young carers, the intention has been to ensure supports are in place to guarantee that children and young people have the opportunity to be children first and foremost and that any caring role they may have is secondary.

- 4.2 On 21 December 2022, the Scottish Government published the [National Carers Strategy \(NCS\)](#). The Strategic outcomes of the NCS are that:

- Young carers are supported and protected from inappropriate caring and negative impacts on their education, social lives and future opportunities.

- Young adult carers are supported when moving from education to training and work while balancing an ongoing caring role.
- 4.3 The Carers Strategy 2019-2022 set our vision and commitment to young carers in Perth and Kinross from school age to 18 years. Our vision 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. This outcome is in keeping with the intentions outlined in the Scottish Government's NCS.
- 4.4 The refreshed Carer Strategy 2023-2026 was submitted to the Integrated Joint Board on 21 June 2023 for approval (Appendix 1). A draft of this Strategy was presented to the Children & Young People's Partnership on 16 June 2023 for noting. The refreshed Carer Strategy continues to promote our commitment to support young carers to achieve their life potential while caring for a loved one.

## **UPDATE**

- 4.5 Since the implementation of the Carers Strategy in 2019, Education Services colleagues and Services for Children, Young People and Families (SCYP&F) officers have continued to work in partnership with the Health & Social Care Partnership (H&SCP), Perth and Kinross Association of Voluntary Services (PKAVS) and other third sector providers to ensure that the commitments made to carers in Perth and Kinross are on track and any identified issues are timeously addressed.
- 4.6 The Carer Strategy Group is a cross service, multi-agency group which continues to meet monthly to monitor progress in relation to identified outcomes, consider gaps in provision as well as identify potential service risks.
- 4.7 The funding for young carers' support in Perth and Kinross has varied across the spectrum of need from young carers to parent carers. Currently, this funding is used to purchase services from PKAVS Young Carers, Barnardo's, Aberlour and Perth Autism Support.
- 4.8 PKAVS young carers provide a range of short breaks for children and young people to promote and encourage 'time out' from their caring role. Barnardo's and Aberlour provide support to parent carers and to whole families. Perth Autism Support provides a range of services for parent carers and young carers which range from self-referrals for early support to intensive support via referrals from SCYP&F.
- 4.9 PKAVS Young Carers continue to provide the 'Vaughan Young Carer' space within the Carer Centre at Lewis Place, Perth. This is popular with some young people as it is a safe, fun place for them to meet peers, get support and/or just relax and play video games.
- 4.10 Staff within SCYP&F work very closely with the PKAVS Young Carer Service to ensure changing trends are identified and addressed timeously. Young carers outcomes are monitored by SCYP&F in partnership with PKAVS Young

Carers staff. These meetings take place six monthly and more often where required.

- 4.11 In 2022-2023, many complexities emerged, which are in part, linked to effects of the COVID-19 pandemic. All children and families have had to come to terms with the impact the pandemic has had on their lives while trying to return to some sort of normality. This has created a surge in demand for support across services. Our third sector providers supporting young carers, parent carers and whole families have also seen a surge in the demand for support, both in volume and complexity, and they have struggled to meet these needs in this changing landscape.
- 4.12 The increase in need has occurred simultaneously with recruitment issues across the care sector but specifically, our providers have struggled to recruit and retain staff and over the last year, have had to operate with a reduced staff group. To alleviate this pressure and improve recruitment and retention, third sector providers have had to re-think employment offers and working conditions to attract the staff they need. This will inevitably impact on budgets and on decisions about direct service provision.
- 4.13 The number of registered young carers with PKAVS Young Carer service has continued to increase over the last few years, and as of 31 March 2023, totalled 649. The number of young people identifying as young carers has increased substantially and this may also be linked with the COVID-19 pandemic.
- 4.14 The Carer Act (2018) places emphasis on the need for all young carers to have a Young Carer Statement (YCS). Previously, PKAVS Young Carer services struggled to keep up with the demand due to the increase in young carers coming forward for support. However, due to changes in process, this is no longer a pressing issue as there are no young carers on the waiting list.
- 4.15 Over the lifetime of the 2019-2022 Carers Strategy, mental health and wellbeing issues within this group of young people have become more apparent. Young carers identified that they wanted more access to support for their mental health. In response, young carers can now access emotional support via Mindspace, Relationship Scotland and the Lighthouse. Young carers can also access flexible respite options via an individual budget, they can use the Young Carer Hub in PKAVS Young Carers service, and they can be involved in organised respite options via PKAVS Young Carers.

In the last year, PKAVS has facilitated five residential experiences for young carers: a 5-day boat trip, 2-day young carer festival, 5 days in London, 4 days in Dalguise and 5 days at Hopscotch, Fort William. These events have all been well attended.

- 4.16 The needs of parent carers of children with additional needs have become more apparent throughout the lifetime of the previous Carers Strategy 2019-2022 and this has now been raised, nationally, via the NCS. The impact of the pandemic has exacerbated the difficulties in families already coping with complex family lives. Unfortunately, many families struggled because they could not access their regular breaks because of national lockdowns and the

staffing difficulties in the care sector. This group has been hit hard by financial issues linked to their caring responsibilities.

In response to this growing need, additional support has been made available to provide respite monies via PKAVS, access to parenting and young carer support via Perth Autism Support, Aberlour and Barnardo's family support. Families can access support services from Perth Autism Support via self-referrals, which means there is no delay in accessing support. Family support from both Barnardo's and Aberlour focuses on the higher level of need and is accessed via a social work referral.

- 4.17 The Children and Disability Team have one full-time Senior Social Care Officer (SSCO) and one full time social worker dedicated to carers. These posts provide support to both young carers and parent carers. The SSCO post involves both development work and support and that person works very closely with PKAVS Young Carers and schools to support those young carers whose needs are significant, and to help promote champions in schools. The social worker within this team primarily provides support to the parent carers whose dependent children have enduring additional care and support needs.
- 4.18 The Easy C project continues to be organised and facilitated by PKAVS Young Carers and provides education support to young carers who have disengaged from school or who are struggling to achieve their educational milestones. Easy C can support with homework/homework clubs, one to one tuition and group tuition. Easy C provides support for education to young carers from primary 6/7 upwards.
- 4.19 Currently, there are 109 young carers accessing this service and 15% of those are in Primary 6/7. The educational support provided by this project is popular and has seen a steady increase in demand since its inception.
- 4.20 Over the lifetime of the previous Carer Strategy services have evolved to meet our statutory requirements as delineated by the Carer Scotland Act 2018. As we progress towards the implementation of the refreshed Carer Strategy these services will need to continue to evolve and grow as we continue to plan to support the changing needs of young carers.
- 4.21 The outcomes in the refreshed Carer Strategy 2023-2026 for young carers have not changed and the continued relevance allows us to shape services according to need.

## **FUNDING**

- 4.22 Funding from the Scottish Government to help support Perth and Kinross Council to meet commitments of the Carers (Scotland) Act 2016 has grown incrementally and now totals £606,631 for young carers in 2023/2024. The last uplift from the Scottish Government was in April 2022. The increased funding reflects the Scottish Government's recognition and commitment to the ongoing support needs of young carers.
- 4.23 The total service level agreement (SLA) with PKAVS Carer Services for Adult and Young Carers is £1,172,283. The section in the SLA specific to young

carers totals £250,475. The renewed agreement is currently being updated by the H&SCP contracts team.

## 5. PROPOSALS

5.1 It is recommended that Committee:

- (i) Approves the refreshed Carers Strategy for 2023-2026 for Young and Adult Carers.

### Author

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### Approved

Name	Designation	Date
Sheena Devlin	Executive Director (Education and Children's Services)	24 July 2023

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## 1. IMPLICATIONS, ASSESSMENTS, CONSULTATION AND COMMUNICATION

<b>Strategic Implications</b>	<b>Yes/None</b>
Community Plan/Single Outcome Agreement	<b>Yes</b>
Corporate Plan	<b>Yes</b>
<b>Resource Implications</b>	<b>None</b>
Financial	<b>None</b>
Workforce	<b>None</b>
Asset Management (land, property, IST)	<b>None</b>
<b>Assessments</b>	
Equality Impact Assessment	<b>Yes</b>
Strategic Environmental Assessment	<b>None</b>
Sustainability (community, economic, environmental)	<b>None</b>
Legal and Governance	<b>None</b>
Risk	<b>None</b>
<b>Consultation</b>	
Internal	<b>Yes</b>
External	<b>Yes</b>
<b>Communication</b>	
Communications Plan	<b>Yes</b>

### 1. Strategic Implications

#### Community Plan/Single Outcome Agreement

1.1 This section sets out how the proposals relate to the delivery of the Perth and Kinross Community Plan/Single Outcome Agreement in terms of the following priorities:

- (i) Giving every child the best start in life;
- (ii) Developing educated, responsible and informed citizens;
- (iii) Promoting a prosperous, inclusive and sustainable economy;
- (iv) Supporting people to lead independent, healthy and active lives; and
- (v) Creating a safe and sustainable place for future generations.

This report relates to Objective No. (i) and (ii).

#### Corporate Plan

1.2 This section sets out how the proposals relate to the achievement of the Council's Corporate Plan Objectives:

- (i) Giving every child the best start in life;
- (ii) Developing educated, responsible and informed citizens;
- (iii) Promoting a prosperous, inclusive and sustainable economy;
- (iv) Supporting people to lead independent, healthy and active lives; and
- (v) Creating a safe and sustainable place for future generations.

This report relates to Objective No. (i) and (ii).

1.3 The report also links to the Education & Children's Services Vision, Values and Priorities in respect of the following key Priority area:

- Learning and Achievement
- Health and Wellbeing

## 2. Resource Implications

### Financial

2.1 Funding to support young carers totals £606,631. There is a Service Level Agreement with PKAVS for young and adult carers of £250,475 and the remaining funds (£356,156) are allocated to additional dedicated young carer support services.

### Workforce

2.2 N/A

### Asset Management (land, property, IT)

2.3 N/A

## 3. Assessments

### Equality Impact Assessment

3.1 Under the Equality Act 2010, the Council 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 Council to demonstrate that it is meeting these duties.

The proposals have been considered under the Corporate Equalities Impact Assessment process (EqIA) with the following outcome:

- (i) Assessed as **relevant** for the purposes of EqIA. The EqIA was also submitted to the IJB on 21 June 2023 with the refreshed Carers Strategy 2019-2022 for Young and Adult Carers. The EqIA is available as Appendix 2 in this report.

### Strategic Environmental Assessment

3.2 The Environmental Assessment (Scotland) Act 2005 places a duty on the Council to identify and assess the environmental consequences of its proposals.

3.2.1 The proposals have been considered under the Act however, no action is required as the Act does not apply to the matters presented in this report. This is because the Committee are requested to note the contents of the report only and the Committee are not being requested to approve, adopt or agree to an action or to set the framework for future decisions.

## Sustainability

3.3 Under the provisions of the Local Government in Scotland Act 2003, the Council has to discharge its duties in a way which contributes to the achievement of sustainable development. Under the Climate Change (Scotland) Act 2009 the Council also has a duty relating to climate change and, in exercising its functions must act:

- In the way best calculated to delivery of the Act's emissions reduction targets.
- In the way best calculated to deliver any statutory adaption programmes.
- In a way that it considers most sustainable.

3.3.1 N/A

## Legal and Governance

3.4 N/A

3.5 N/A

## Risk

3.6 N/A

## **4. Consultation**

### Internal

4.1 N/A

### External

4.2 Ongoing external consultation with Carers Service on the content of the Strategy.

## **5. Communication**

5.1 A communication and engagement plan for the Strategy is being led by the Health & Social Care Partnership.

## **2. BACKGROUND PAPERS**

2.1 No background papers, as defined by Section 50D of the Local Government (Scotland) Act 1973 (and not containing confidential or exempt information) were relied on to a material extent in preparing the above report:

## **3. APPENDICES**

3.1 Appendix 1 – Carers Strategy 2023-2026 for Young and Adult Carers  
Appendix 2 – Equality and Fairness Impact Assessment (EFIA) for Carers Strategy 2023-2026