

## HEALTH AND WELL BEING BOARD

DATE 14<sup>th</sup> December 2023

ITEM NO.

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### DARLINGTON'S COMMITMENT TO CARERS 2023 - 2028

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#### SUMMARY REPORT

##### Purpose of the Report

1. To provide information about carers in Darlington and to request endorsement of Darlington's Commitment to Carers 2023 - 28.

##### Summary

2. Approximately 9,800 people in Darlington identified themselves as carers in the 2021 census. This was a decrease of approximately 1,200 from the 11,004 people who identified themselves as carers in 2011 census.
3. 4707 (48%) of the people who identified themselves as carers were in employment.
4. Darlington's Commitment to Carers has been co-produced by members of the Carers' Strategy Steering Group and family carers in Darlington and includes all groups of carers, including young carers, young adult carers and parent carers.
5. It identifies actions under 4 key objectives, which are designed to raise awareness of carers in Darlington and to ensure that they are recognised and supported for their invaluable contribution to the wellbeing of the people they care for and their contribution to society a whole.

##### Recommendation

6. It is recommended that:-
  - (a) Members endorse Darlington's Commitment to Carers 2023 - 28.
  - (b) Members act as champions for carers in Darlington and consider how best to support progress of the carers' agenda in Darlington

##### Reasons

7. The recommendations are supported by the following reasons :-
  - (a) To enable all organisations in Darlington to enhance the support they offer to carers

**James Stroyan**  
**Director of Children and Adults Services**

## **Background Papers**

**People at the Heart of Care: adult social care reform - GOV.UK ([www.gov.uk](http://www.gov.uk))**  
Darlington's Commitment to Carers 2023 – 28

Lisa Holdsworth Ext 5861

S17 Crime and Disorder	There are no implications arising from this report.
Health and Wellbeing	Carers can experience poor health as a result of their caring responsibilities. Identifying and supporting carers contributes to supporting their health and wellbeing and the health and wellbeing of the people for whom they care.
Carbon Impact and Climate Change	There are no implications arising from this report.
Diversity	Caring affects all groups of people in Darlington.
Wards Affected	All
Groups Affected	Carers are the group primarily affected.
Budget and Policy Framework	N/A
Key Decision	N/A
Urgent Decision	N/A
Council Plan	N/A
Efficiency	Research published by Carers UK in 2023 indicates that unpaid carers in Darlington provide support to the value of £329 million.
Impact on Looked After Children and Care Leavers	This report has no impact on Looked After Children or Care Leavers.

## MAIN REPORT

### Information and Analysis

8. Approximately 9,800 people in Darlington identified themselves as carers in the 2021 census. This was a decrease of approximately 1,200 from the 11,004 people who identified themselves as carers in 2011 census.
9. 4707 (48%) of people who identified themselves as carers were in employment.
10. In all English regions, there was a smaller proportion of unpaid carers in 2021 compared with 2011.
11. The North East was the region with the largest proportion of people who provided any amount of unpaid care in 2021 (10.1%, compared with 11.8% in 2011). It was also the region with the largest proportion of people providing 50 or more hours of unpaid care a week, at 3.4% (compared with 3.3% in 2011).
12. Darlington's Commitment to Carers (Appendix 1) has been co-produced by members of the Carers' Strategy Steering Group and family carers in Darlington and includes all groups of carers, including young carers, young adult carers and parent carers.
13. Darlington's Commitment to Carers takes into account previous and current national strategies and guidance, including:
  - (a) the first national Carers Strategy, which was launched in 1999.
  - (b) the 2009 Carers Strategy, which was reviewed and updated in 2010.

- (c) the cross-government Carers Action Plan 2018 – 20, which was published with the intention of increasing identification, recognition and support for unpaid carers.
  - (d) the policy paper **People at the Heart of Care: adult social care reform - GOV.UK ([www.gov.uk](http://www.gov.uk))** (December 2021, updated March 2022)
14. It also takes into account the findings from the North East ADASS Regional Carers Survey and a follow up survey completed by carers in Darlington. The Darlington survey was in a much simpler format and asked carers to answer 4 key questions:
- (a) What has been working well for you? / What makes you glad?
  - (b) What have been the challenges? / What makes you sad or mad?
  - (c) What needs to happen going forwards?
  - (d) Are you worried about anything?
15. Darlington’s Commitment to Carers identifies actions under 4 key objectives, which are designed to raise awareness of carers in Darlington and to ensure that they are recognised and supported for their invaluable contribution to the wellbeing of the people they care for and their contribution to society a whole.
- (a) **Recognising and supporting Carers in the wider community and society** – identifying carers; providing information for carers; engaging and involving carers; identifying and working with harder-to-reach groups of carers; social and community support for carers.
  - (b) **Services and Systems that work for Carers** - working with Health; assessing carers’ needs and identifying ways to meet them; training to provide care and support; psychological and emotional support for carers; support during changes to the caring role; support for carers during end-of-life care and after the person dies; safeguarding carers and the people they care for.
  - (c) **Employment and Financial Wellbeing** - helping carers to stay in, enter or return to work, education, training and volunteering; working with employers; benefits and grant support.
  - (d) **Supporting Young Carers**
16. Some of the actions identified relate to specific partners; some are generic and relate to all partners.
17. Identified actions include:
- (a) Increasing the identification of carers by all partners in Darlington
  - (b) Developing a ‘Commitment to Carers logo’ and myth-busting social media campaign to raise the profile of carers in Darlington.
  - (c) Developing a systematic approach to carer engagement
  - (d) Developing and implementing a plan to identify and work with harder-to-reach groups of carers including carers from ethnically diverse communities, LGBTQ+ carers, Gypsy Roma Traveller (GRT) carers, veterans, male carers and carers from socially excluded groups, including carers living in poverty and carers who are homeless or at risk of homelessness.
  - (e) Arranging a meeting with Health representatives (including Public Health) to identify actions to be undertaken by Health partners.
  - (f) Developing a survey to identify what carers would like to enable them to take a break.

- (g) Ensuring that carers are aware of the financial support they are entitled to and are supported to access it.
- (h) Raising employers' awareness of carers and their needs and the support available .
- (i) Supporting young carers, including the transition from young carer to adult carer.
- (j) Ensuring that parent carers have easy access to information and advice about how the transition process from child to adults support and services will work for their child.

### **Outcome of Consultation**

18. Darlington's Commitment to Carers was co-produced by members of the Carers' Strategy Steering Group and family carers in Darlington and takes into account feedback received throughout the development process.