

**HEALTH AND WELL BEING BOARD
28 NOVEMBER 2019**

CARERS UPDATE

SUMMARY REPORT

Purpose of the Report

1. To provide information about carers in Darlington and an update on Darlington's Carers' Action Plan 2018 - 20.

Summary

2. The 2011 census identifies 11,048 carers in Darlington, 2758 (25%) of whom are providing care for 50 or more hours per week. 197 of these were aged 0-15 and the largest group of carers (37%) is those aged 50-64.
3. Darlington Carers' Strategy Steering Group (CSSG) has developed a Darlington Carers' Action Plan in response to the national Carers Action Plan which was published in June 2018. Darlington Carers' Action Plan is attached as Appendix 1.

Recommendation

4. It is recommended that:-
 - (a) Members note the content of this report
 - (b) Members act as champions for carers in Darlington and consider how to support progress of the carers' agenda in Darlington

Reasons

5. The recommendations are supported by the following reasons :-
 - (a) To enable Darlington to respond to the requirements of the national Carers Action Plan

**Suzanne Joyner
Director of Children and Adults Services**

Background Papers

National Carers Action Plan 2018-20
Darlington Carers' Action Plan 2018-20

S17 Crime and Disorder	There are no implications arising from this report.
Health and Well Being	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
One Darlington: Perfectly Placed	Supporting carers contributes to supporting the 'One Darlington' Healthy Darlington theme.
Efficiency	Research published by Carers UK in 2015 indicates that unpaid carers in Darlington provide support to the value of £224 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

6. The 2001 census identified 10,064 carers in Darlington, 2330 (23%) of whom were providing care for 50 or more hours per week.
7. By 2011, this number had increased to 11,048 of whom 2,758 (25%) were providing care for 50 or more hours per week. The largest group of carers (37%) are those aged 50-64.

Age	Number
0-15	197
16-24	543
25-34	915
35 -49	2807
50-64	4124
65+	2462

8. Darlington's Carers' Strategy Steering Group (CSSG) meets bi-monthly and its remit is to:
 - (a) lead on the development of Darlington's Carers' Strategy and Action Plan, taking into account national legislation and policy guidance and the views of local

- carers, and to monitor progress on implementing it
- (b) share good practice in relation to all carers, including parent carers and young carers
 - (c) ensure that the carer voice is heard and informs the development and delivery of support and services for carers in Darlington
9. The Group is co-chaired by Darlington Carers Support and Humankind Young Carers Service, which are commissioned jointly by the Council and Darlington CCG to provide:
- (a) information, advice and guidance
 - (b) 1:1 support tailored to individuals' needs
 - (c) group activities to enable carers to meet others in similar situations and to take time out from their caring roles
 - (d) individual carer breaks
 - (e) awareness raising with health, social care and education professionals to raise the profile of all groups of carers and ways of meeting their needs
10. The national Carers Action Plan 2018-20 sets out the cross-government programme of work to support carers until 2020. It is structured around 5 themes, each of which includes a number of subheadings:
- (a) Services and systems that work for carers: raising awareness of and promoting best practice amongst health professionals; raising awareness amongst social workers; supporting requirements of the 2014 Care Act and the 2014 Children and Families Act; personalisation; Mental Health Act 1983 and supporting carers.
 - (b) Employment and financial wellbeing: improve working practices; flexible working; returning to work; financial support.
 - (c) Supporting young carers: identification of young carers; improving educational opportunities and outcomes; improving access to support services; transition for young adult carers.
 - (d) Recognising and supporting carers in the wider community and society: technology and innovation; recognition of carers; community engagement; loneliness.
 - (e) Building research and evidence to improve outcomes for carers: research to improve the evidence base.
11. It should be noted that a number of these areas focus on the need to identify carers in health and community settings and in their education and workplaces, in order to be able to ensure that they are able to access the support and advice they need in a timely manner to enable them maintain their wellbeing and to manage their caring

role as effectively as possible.

12. Darlington Carers' Action Plan sets out the Darlington response to the national Carers Action Plan and identifies a number of key areas to progress:
 - (a) Services and systems that work for carers including: continuation and development of work in GP surgeries to make them more carer friendly; link to the work already being undertaken by Dementia Friendly Darlington; providing access to training and development opportunities for carers; improving social work staff's awareness of carers' needs and the support available to them; continuing to enable carers to access carers breaks.
 - (b) Employment and financial wellbeing including: review of access to Employers for Carers (EfC) membership for DBC employees and employees of Small and Medium Enterprises (SMEs) in Darlington; increased awareness of carers' rights and needs for employers in Darlington and individual working carers.
 - (c) Supporting young carers including: continued awareness raising in schools and colleges and with health and social care professionals; review of DBC Young Carers Assessment and Young Carers Transition Assessment processes.
 - (d) Recognising and supporting carers in the wider community and society including: development of carer friendly communities; widening access to the Carers Card; considering how to respond to the loneliness agenda in relation to carers; recognising and supporting hard to reach carers in Darlington.
 - (e) Building research and evidence to improve outcomes for carers: considering survey outcomes and how to respond to them to improve support for carers in Darlington.
13. Members of the CSSG are currently working to deliver the actions identified. The focus of this work also reflects the need to identify carers in health and community settings and in their education and workplaces. Outcomes of this work include:
 - (a) Continued awareness raising by Darlington Carers Support - a total of 457 new carers were registered from April 2018 – March 2019, 100 more than the same period the previous year.
 - (b) An increase in referrals from GP surgeries to Darlington Carers Support (a total of 135 from April 2018 – March 2019).
 - (c) A total 1349 carers were registered with Darlington Carers Support as at 11th November 2019.
 - (d) Continued provision of a range of breaks tailored to individual need, both to people with eligible social care needs and through third sector providers with continued Better Care Fund (BCF) carer breaks funding. Commissioned Carers Support providers also offer flexible breaks to both individuals and groups.
 - (e) Award of BCF carer breaks funding to widen access to the Carers Card in Darlington.

- (f) Continuation of EfC membership jointly with Durham County Council. This has enabled the provision of a training session for DBC managers regarding the needs of working carers and how best to support them. Plans are also being made for the delivery of a joint session for SMEs and Health partners across County Durham and Darlington which will take place on 6th February 2020.
- (g) A total of 142 young carers were supported by Humankind from 1st April 2018 – 31st March 2019. (138 of these were under 18 and 4 were aged 18-25).
- (h) A total of 137 young carers were supported by Humankind from 1st April – 11th November 2019. (132 of these were under 18 and 5 were aged 18-25).
- (i) As at 11th November 2019, 31 schools had achieved Young Carers Charter status. 4 more are on Amber and 5 are on Red. Work is ongoing by Humankind to encourage the remaining schools to achieve Charter status. In addition, Darlington College has also achieved Charter Status
- (j) Work is ongoing to make changes to the Young Carers Assessment process with the intention that Young Carers Assessments will to be undertaken by Humankind. Discussions regarding how to implement this are in progress.
- (k) Work is ongoing to develop a Young Carers Transition Assessment process.

Outcome of Consultation

14. Darlington's Carers' Strategy and Action Plan is developed and monitored by the CSSG taking into account the views of carer members of the group and the wider views of carers as relayed by the Carers Support providers.