

ADASS Carers Policy Network Newsletter – December 2018

Introduction

As we come to the end of 2018, we have another selection of news, policy updates and research to share with you that we hope will be useful with your work in your local area. This newsletter contains an update about the cross-Government Carers Action Plan, some key dates for your diary in 2019 and a selection of the latest research and reports about carers from across the UK.

We wish you all the best for 2019.

Best wishes,

Grainne Siggins

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National Policy Lead ADASS
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Sue Batty

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ADASS CPN News

Efficient and Effective Interventions

Thank you very much to those of you who took part in the ADASS CPN survey over the summer, the results of which have fed into the soon to be released updated Efficient and Effective Interventions for implementing the Care Act document. The survey highlighted some key changes in practices in Local Authorities and a real change of direction in travel of some areas of work since the implementation of the Care Act a few years ago.

In early 2019, this document will be turned into a digital tool and a series of interactive PDFs on the ADASS website, designed to be easily used by Local Authorities to support their implementation of the Care Act. Once this is complete, the link will be shared with the CPN mailing list.

Key Policy

Carers Action Plan

Earlier this year, [the cross-government Carers Action Plan](#) was released. This document contained 64 actions covering the next two years covering many areas of the Government's work with carers. It has now been 6 months since the release and there has been progress on many of the actions:

- Carers Innovation Fund (Action 4.1) – This has increased from the £500,000 originally contained in the Action Plan to £5 million. Following the announcement of the increased

amount in November, there has been no further information released. When information is released, it will be sent round the CPN mailing list.

- Employer Benchmarking scheme (Action 2.1) – This is being launched early in the New Year.
- The review of the identification of young carers (Action 3.2) – This work will be fulfilled by Carers Trust.
- Young carers' transitions (Action 3.9) - The Children's Society will be taking forward this work.
- Promotion of best practice on carer breaks and respite care (Action 1.13) – the Social Care Institute for Excellence will be working on this, with support from Carers UK.

In addition, ADASS and the Local Government Association will be working on sector led improvement work relating to the implementation of the Care Act (Action 1.12) over the next 18 months. The national CPN and regional networks will be supporting the delivery of this project.

The national CPN group will also continue to be involved in the monitoring of other actions within the Action Plan over the next 18 months.

NHS Long Term Plan

Following a period of engagement which ADASS was involved in, it is expected that the NHS Long Term Plan is imminently going to be released. In October, ADASS published their position on the NHS plan including their priorities for the alignment of health and social care going forward. This full document is available on the [ADASS website](#). Once the plan has been released there will be a period until summer 2019 in which local NHS organisations will be determining what the plan means for their area, and how best the ambitions it sets out can be met.

Social Care Green Paper

The Government has said that their social care green paper will be released early next year. ADASS will be involved in the engagement process and the CPN will be submitting a response once it has been released.

Loneliness Strategy

The Strategy, which was released in October, brings together much of the evidence around loneliness and sets out the Government's ambitions and approach to tackling loneliness. The Strategy identifies the beginning and end of caring roles as a significant life transition that can trigger loneliness. The full strategy is available [here](#).

Key Events/Dates

Young Carers Awareness Day – Thursday 31st January 2019. The focus of this year's day is mental health. More information is available [on the Carers Trust website](#).

Carers Week 2019 – Monday 10th June – Sunday 16th June 2019

New research/policy

Care Quality Commission 2017-18 State of Care report

The main message of this year's report from the CQC was that although quality was maintained or improved in some areas, there were wide local variations in access to good care, effectively creating a local 'care injustice'. Having seen the highest number of A&E attendances in July 2018, the CQC noted the extreme pressure that A&E departments were under, with a concern over quality. The fragility of the care market was also seen as a contributing problematic area and the pressures of the underfunding of social care were putting a strain on the overall system. The CQC concluded that along with better short and longer term funding of social care, more drivers were needed to bring health and social care systems together to work more seamlessly. Find out more on the [CQC website](#)

Healthwatch's research into the experiences of carers

New [Healthwatch research](#) reveals the challenges that many carers face in finding out about support they are entitled to, and accessing that support. Many carers only find out about available support 'by chance' and often only start considering their options when they are already struggling. On average, carers wait two months between contacting the local authority and being able to access services. This lapse can create high levels of stress when carers are approaching a crisis point.

Carers Rights Day research – caring for your future

To mark Carers Rights Day in November, Carers UK released new research showing the impact of caring long term on carers' finances. The research indicated that those who have been caring for longer are more likely to face financial difficulties. For example, while 62% of carers in their first year of caring can afford their bills without struggling, this reduces to 44% of those caring for more than 15 years. In addition, 25% of those who have been caring for more than 15 years have been in debt as a result of their caring role. Full details available in the ['Caring for your future' report](#).

Demos report 'The carers covenant'

At the beginning of December, Demos think-tank published its research on unpaid carers, [The Carers' Covenant](#), which finds that government policy has left too many unpaid carers without the support they need. The report provides recommendations on delivering greater financial security for unpaid carers and recognising the value of carers to society.

Race Equalities Foundation explores dementia in Black, Asian and Minority Ethnic communities

This work, undertaken by the Race Equalities Foundation and funded through the Health and Wellbeing Alliance, identifies a significant number of resources developed specifically in response to dementia in Black, Asian and Minority Ethnic (BAME) communities. Key findings were that BAME carers are still poorly supported in most of England and continue to face barriers to participation. Carers are still largely invisible, with few specific services to support BAME carers. Where these do exist, they are largely part of a more inclusive local service or part of a specific BAME-focused organisation or project. The full report is available on the [Race Equalities Foundation website](#).

Adapting for Ageing Report by the Centre for Ageing Better

This report released in October highlights local innovation and good practice in delivery of home adaptations for older people by pioneers across England. It describes what a 'good' service looks like from the perspective of older people, providing a breakdown of key factors against which local areas can review their own services. The full report is [available here](#).

Good practice from LAs and External Organisations

Newcastle young adult carers awareness campaign

Earlier this year Newcastle Carers launched a new awareness campaign for young adult carers called #WeCareToo. The campaign was designed by local young adult carers and includes eye catching posters and information targeted at giving information to carers under 25 and encouraging them to seek support from the local carers centre. The campaign was funded by the NHS England North Regional Safeguarding and Quality Team and has generated an increased understanding of the needs of young adult carers in the city, since its launch in August it has been viewed over 162,000 times and continues to grow. More information is available on the [Newcastle Carers website](#).

Work with older male carers in Bournemouth

Bournemouth Borough Council has worked with Bournemouth University and Healthwatch to create a [booklet for older male carers](#). The booklet was written by a group of carers aged 85+ and covers advice and information as well on tips on where to go for support. Booklets will be given to GP carers leads to encourage older male carers to seek support before they end up at crisis point. The other output from the project was a [short film](#) in which the older male carers tell their 'stories'.

Questions from Carers Leads

Sarita Rakhra has asked '*Does anyone have any information about Personal Health Budgets for carers. I would be interested to understand if any area has progressed this work?*' If you have any ideas or practices to share, please get in touch direct with Sarita by emailing sarita.rakhra@nhs.net

Fiona Richardson has asked if any areas would be able to share their internal carers policy for local authority staff. Please contact Fiona by emailing fiona.s.richardson@newcastle.gov.uk