

Workforce Family and Friends Carers

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Detailed Joint Strategic Needs Assessment Undertaken in 2013

Census 2011	Total Population	Total number of unpaid carers	% of total population who are unpaid carers
West Sussex	806,892	84,395	10.5%
South East	8,634,750	847,353	9.8%
England	53,012,456	5,430,016	10.2%

- Trends suggest an increase of 1,300 carers year on year suggesting a current adult carer population in West Sussex of around 93,000.
- According to the last Census data the number of young carers rose by 20% compared with ten years before and these figures are widely considered to represent the tip of the iceberg.

Needs Assessment – YOUNG CARERS

- Emotional impact – worry, anxiety and depression
- Negative impact on school life – difficulty getting to school on time, meeting homework deadlines and exam difficulties
- Lack of understanding from professionals, particularly GP and teachers
- Lack of support from schools – awareness and sensitivity

Needs Assessment – WORKING AGE CARERS / EMPLOYMENT

- Benefits of working are huge – financial, value, identity, break from caring, social interaction, keeping up skills
- Flexible working is very important
- Need understanding managers
- Need advice and information about employment issues, such as reducing hours and leave entitlement
- Emotional impact of caring – exhaustion, worry, depression

Needs Assessment – OLDER CARERS

- Physical and Emotional wellbeing impacted
- Social isolation

Older People's Lifestyle Survey 2013 - 20% of older people who took part in survey were carers

- nearly half (44%) reported feeling lonely, compared to 24% of non-carers
- Just under 20% reported not having enough people to lean on, compared to just under 10% of non-carers

The 'Carer Offer' in West Sussex for Adult Carers

The universal offer:

- Advice, information and support service e.g. 60 carer support groups running each month
- Carers assessments
- Carer Learning and Wellbeing Programme (Modula training, 12 topics)
- Emotional support and counselling
- Emergency planning and support - Carers Alert Card
- Carer short break respite services (planned & emergency)
- Health and wellbeing payments
- Assistive technology/equipment for independence
- Bereavement support

The Challenge

The key objectives and outcomes required from carer support:

- Maintaining and developing resilience to enable carers to carry on caring
- Improved health and wellbeing of the carer and, through enabling safe and better caring, improved health of the cared for
- Improved independence for both carers and cared for
- Cost avoidance to health and social care economies

To realise these strategic objectives however family and friend carers must first be identified in a timely way.

Finally

Family and friend carers are a massive workforce and key partners yet are often overlooked or not included.

It is therefore recommended that all parties to the Board consider that:

- All service providers, including hospitals, put the local Carer Centre number on their headed paper as a matter of routine
- Consistently refer to 'patients **and carers**' and routinely consider/measure the service experience of both.