

Department of Adult Services, Housing & Health
Commissioning and Performance



Draft Summary of the Carers' Strategy 2008 - 2011

March 2008



About Our Carers' Strategy

This is Nottingham's summary of the strategy for carers. It sets out what we have done and what we intend to do to help those people in Nottingham who look after vulnerable relatives, friends or neighbours. It covers the period 2008 to 2011 inclusive. In putting the Strategy together, we have worked closely with carers and partner agencies. Together we want to provide the best possible kind of service to carers, to enable them to continue caring whilst also leading as active and fulfilling a life as possible outside of their caring role. That is the message that carers tell us when we ask them how best we can help.

Achieving The White Paper Outcomes

Our work has been and will continue to be framed around the achievement of the Government's policy on caring for the vulnerable people. We will strive to achieve the following with all carers:

Improved Health

We need to provide a range of services to allow carers to take a break, and in this way promote carers' own health

Freedom From Harassment And Discrimination

Nottingham's population is diverse so we need flexible and diverse services.

Improve Quality Of Life

We will provide services that allow carers time out from caring and to have time to take up work, training or leisure activities.

Make a Positive Contribution

We want carers to have a say in the development of carers' services and take an active part in their own communities.

Achieve Economic Wellbeing

Work with partners to help carers to improve their employment prospects through training and other initiatives.

Choice and Control

We want carers to be directly involved in care planning for the person they care for and have a real say in the planning the support they need.

Personal Dignity

Assuring assessments that meet the individual needs of carers are done jointly with the carer. Treating carers as equal partners with dignity and respect.

Understanding Nottingham city Need

There are over 5.2 million carers in England and Wales according to the 2001 Census, including over a million providing more than 50 hours of care a week. Over 225,000 people are providing 50 or more hours of unpaid care per week.

Nottingham's Carers

The 2001 Census showed there are approximately 24,000 people who look after another person in Nottingham. This equates to 9% of the population. Of these carers 61% provide up to 19 hours of care per week; 13% provide 20 to 49 hours per week, and 26% (6,240 individuals) provide in excess of 50 hours per week.

Young carers

Young carers are children and young persons under the age of 18 who provide, or intend to provide, care, assistance or support to another family member who is disabled, physically or mentally ill, or has a substance misuse problem. They carry out, often on a regular basis, significant or substantial caring tasks. Young carers need the time and support to fulfil their lives and participate in education, training and leisure.

In Nottingham city we know from the Census 2001 there are over 900 young carers, many giving a substantial amount of care. The Carers' Grant currently supports the work done by the Young Action for Carers' group. This group supports over 200 young carers.

Summary of Action Plan

From talking to carers and from research of carers needs we believe:

- Carers say they need clear, up-to-date advice and information; we aim to achieve this by joint working with other partners such as the Primary Care Trust and the voluntary sector to develop an advice and information line.
- Carers also request they have information that is specific to the care they give; this is to be achieved by having a carer's folder. During the carers' week event 2008 will be the launch of the carers' folder containing a wide range of help and advice.
- Carers want an evening sitting service to allow them to go to the cinema etc.
- Carers needing training in the management of caring for someone with Dementia/Alzheimer's. This can be achieved by a training package lead by Nottingham City Council and voluntary groups that specialise in Dementia and Alzheimer's care.
- Developing a rolling respite package for carers on a weekly/monthly basis to allow carers to continue caring. Further work by Adult Services, Housing and Health and Children's Services to identify resources and funding.
- Carers need more information on how the new individualised budgets can support them. The new carers' folder will have information on Direct Payments, and information on Direct Payments and Self Directed Support will be addressed within the Carers' Reference Group.
- Carers including carers from the BME communities, Learning Disabilities and Mental Health want a choice in the type of services that are on offer.

The Carers' Reference Group will continue to work with the carers' lead officer in ensuring carer's views are heard in the developing of carers' services.

Adult Services, Housing and Health, Children's Services aim to achieve this by;

- Identifying those carers not in touch with services who may need support. Ongoing work by Carers' Officer and community/Voluntary groups to raise awareness of carers who do not access support services.
- Contracting for services in the voluntary sector. In 2008/09 plans to tendering carers' services from the Voluntary Sector will commence.
- Raising the awareness of Direct Payments. This will be achieved through the Carers' Reference Group.
- Providing emergency home based respite breaks for carers. This new breaks service is expected to start in 2008. The City Council will be launching the Emergency Carers' Card during Carers' week 2008.
- Improving the quality of carers' assessments will help identify the health needs of carers and start to address how these needs can be met. We aim to assess 2,364 carers in 2008.
- The identification of a carers lead within the PCT will promote joint working and will further improve the delivery of services to carers.
- Carers being able to access leisure activities is important to their health. The carers' week event will provide information on the Health and Well Being of carer's and the Nottingham City Leisure Card.
- Adult and Children Services ensuring the right support for Young Carers and those they care for.
- The voice of carers is important to the commissioning and delivery of carers' services. We have consulted with carers through the Carers' Reference Group. It is envisaged this group will develop to reflect all carers in the community. The Carers' Reference Group will recruit carers to reflect Nottingham diverse community.

If you would like to view the full copy of the carers' strategy then you can either contact:

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