



carerstrust

Cambridgeshire
Crossroads carer service

action · help · advice

**Welcome to our launch
and the first steps towards a
Family Carers Network
Friday 20 September 2013**

Carers Trust Cambridgeshire

Crossroads carer service

**a local independent charity governed by local people
and a Network Partner of Carers Trust**

Dr Helen Brown
Chief Executive

Our Vision

Our vision is of a world where the role and contribution of unpaid family carers and young carers is recognised and they have access to the quality support and services they need to live their own lives.

A family carer

- A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.
- Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age. “Carer”? Many feel they are doing what anyone else would in the same situation; looking after their mother, son, or best friend and just getting on with it.
- Carers don’t choose to become carers: it just happens and they have to get on with it; there are rewarding parts and huge responsibilities; if they did not do it, who would and what would happen to the person they care for?

The caring responsibilities exceed the normal expectation for the relationship.

Our Mission

To provide services that respond to the needs of family carers, young carers and the people they support, offering them peace of mind and understanding; *and* work with them and other stakeholders to influence service innovation and growth.



Our Strategic Aims

- ✓ Raise the profile of family carers and the caring role
- ✓ Influence society to improve family carers' lives
- ✓ Work with family carers and local partners to develop strong networks
- ✓ Support the growth and development of solutions for family carers, especially preventative and early intervention services



Carers breaks



- Flexible breaks for family carers
- Advocacy, information, support and training for family carers
- End of Life care

In 2012-13, we provided over 46,000 breaks for all carers (about 100,000 hours of care)

Children & Young People...

CYP with Disabilities

100 age 0-19

50 1:1s

53 in groups

Young Carers

300 age 8-18

150 in groups

30 in school groups

Young Adult Carers

12 age 19-25 in groups



CYP and Family Support

Referral from safeguarding and social services for 12 year old boy living with and caring for grandad who has dementia. Financial abuse of grandad by the mother. Now attends school & weekend groups.

“Edmund can do exactly what he wants, mainly take his boat down to the river, go to PC World & KFC . It makes him more independent and he can do something away from his parents now he’s 16.”

Child cared for by his nan while his mum went to work. His nan became terminally ill and no longer able to look after him. We put in care to support this central caring relationship. Mum could still work. When needed, we used adult funding to provide end of life support until his nan died. The whole family felt reassured and supported in this difficult period.

Prevention



- Carer Services Prescriptions available from all GP surgeries – 1157 so far
- Addenbrooke's hospital – 550 carers
- ICER for support during a carer emergency – 2757 people registered

New solutions

- Partnerships – to offer holistic care and support through the voluntary sector.
- Homeshare – someone who needs some help to live independently in their own home is matched with someone who has a housing need and can provide a little support.
- TLC – Technology Linking Carers wts!
- Family Carer Network – a voice for carers to link carers and help identify what carers need and want

Carers Trust?

- National profile, by/with/for carers
- Policy and influencing government
- Online support for carers and professionals (see demonstrations today)
- Grant funding opportunities (volunteers?)
 - Opening Doors
 - Time to Find Me
 - Explore More
 - NGS Development Fund (for partnerships)

Let's all Make Carers Count!

- 78,000 carers in Cambridgeshire and Peterborough
- 1 in 10 of us
- Increase of 19% in 10 years (10% UK)
- 30% (23,400) will care for > 20 hpw
- 4,500 supported by social care?
- How to we find and support the majority and give them a voice in developing support?

Family Carers Network





Thank you

Carers funding

- Cambridgeshire's 78 surgeries support 631,000 patients. The DH provided an extra £1,668,951 for carers in 2012 (£1,269,450 to Cambridgeshire and £399,501 to Peterborough), bringing to over £8 million the amount for joint working between health and social care in total in this year's allocation.

<http://professionals.carers.org/health/articles/new-nhs-money-for-carers,7006,PR.html>

Case Study

Mrs E is the main carer for her husband who has Alzheimer's disease. They are both elderly and Mrs E had been in poor health herself. She does not receive any help to care for him. Mrs E's husband had been admitted to hospital and the CSO explained the support services available but she felt that she didn't want anything at that time.

The CSO subsequently telephoned Mrs E 6 weeks later to follow up from the initial referral and see how she and her husband were managing. Mrs E said that she had not felt able to talk freely when she saw the CSO initially as her husband had been with her and he is reluctant to accept his condition or that they need some help. The CSO was able to discuss her caring role and how it affects her over the telephone and she agreed for the CSO to refer her for a Carers Assessment and registration with the ICER scheme.

