



**VIRTUAL CARERS
CONFERENCE 2022**

Welcome to the Virtual Carers Conference 2022

We will be starting at 9:45am

#CarersConference

#CarersRightsDay

Welcome and housekeeping

- 🌸 Ensure microphones are on mute
- 🌸 We will be recording the sessions (with the exception of the Young Carers Q&A)
- 🌸 If you leave the session, you can return using the same link throughout the day
- 🌸 Do make use of the chat
- 🌸 Join in the conversation on Twitter –
#CarersConference #CarersRightsDay

Agenda

9:45am-10am	Welcome and Introduction
10-11am	Carers' experiences with health and social care professionals
11:30am-12:30pm	The impact of caring on carers
1-2:30pm	Support available for carers and Carers' Rights
2:30-3pm	Carers' Strategy Update
3:45-4pm	Centre 33 Young Carers Advisory Board Film
4-5pm	Introduction to Young Carers
5-6pm	Interviews with Young Carers (not being recorded)

Who are carers?

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid (NHS England)

This includes young carers (carers under the age of 18) and parent carers (carers of children with additional needs and disabilities)

Over 77,000 people were identified as carers in the 2011 Census. This is likely to be a significant under-estimate





Also - Centre 33 Young Carers Advisory Board's film - 3:45pm



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Carers' experiences with health
and social care professionals

#CarersConference

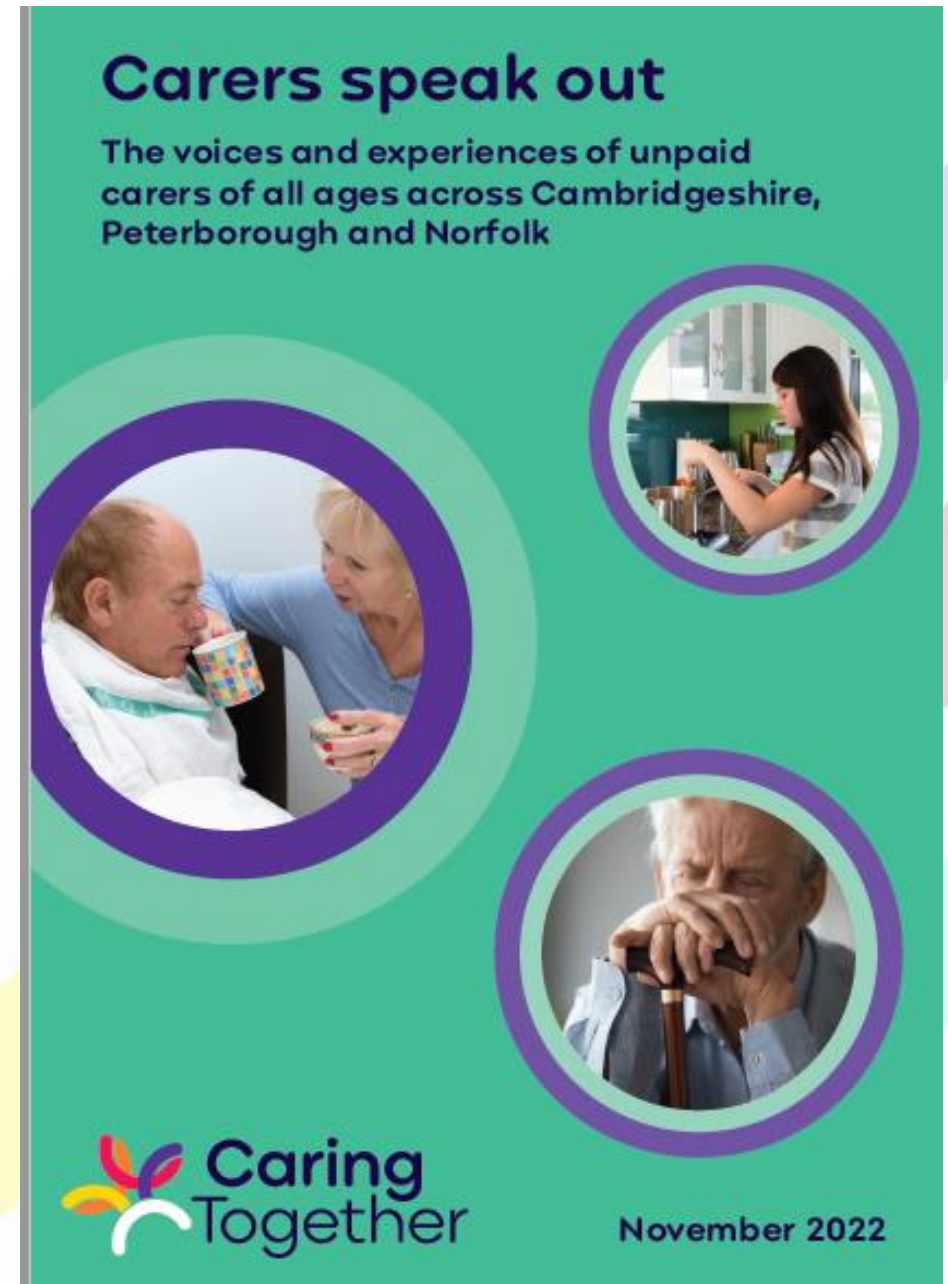
#CarersRightsDay

Carers and health and care professionals

- 🌸 The carer often knows the most about the person they care for and can often spot when their condition is changing.
- 🌸 When someone is discharged from hospital, without the carer, many patients would find themselves back into hospital within days or even hours of leaving, particularly given the current pressures on social care.
- 🌸 Carers (including young carers) also have legal rights to be consulted as a result of the **Health and Care Act 2022**

Carers Speak Out

1. Caring continues to have a huge impact on the health, wellbeing and lives of unpaid carers of all ages.
2. Carers feel that they are not recognised, nor is the vital role that they play in supporting the person/people they care for.
3. Carers need there to be better communication from and with professionals supporting the person they care for.
4. Carers and the people they care for are not getting the support that they desperately need.



Carers Speak Out

“When discharge takes place the Discharge Team should be able to check that everything they have put into place is actually happening. If there is little or no contact post discharge Carers can be left in the lurch with no one to talk to. Yes, we may complain, but dealing with poor plans, poor communication can be disastrous for Carers to cope with.”

Carers Speak Out

“The person I care for is in hospital and waited an hour and a quarter to be supported to go to the toilet, just after having their catheter out after surgery. If I don't know that she is getting the care she needs, this impacts on what I am able to do. So frustrating!”

Carers Speak Out

“Complex discharges including those with dementia are not being dealt with well. Carers are not always listened to, or worse simply ignored.

Discharge teams base their assessment on what they can observe in hospital and sometimes this is very foolish.

Dementia patients will not always behave in hospital situations as they do when they are in their homes.


They may convince hospital staff they are more capable than they are resulting in dangerous discharges.”

It's not just healthcare

“My Carers are by and large very good. Kind, caring and efficient but we never know when they will arrive.

Of course there are unknown problems that occur and they simply cannot be helped but our Carers arrive anytime between 7.30 am and 10.00. This makes for a very disrupted day and morning appointments become difficult to manage. We also do not have regular Carers but for some people a person who knows the patient can spot changes that even family miss..”

It's not all negative!

 *“I am a full time carer for my wife, Pauline, who suffered a stroke some three years ago and it has left her just about immobile. Recently, Social Services gave me two weeks respite, sending Pauline to Rheola Care Home. I’m very thankful for that break it did me the world of good. We’ve been married 60 years last October and both just 80. Thank you Social Services.”*

It's not just
adult
carers...

James'
story



Young Carers and Young Adult Carers

“People come and see my sister and don’t see I’m there. I’m the one who knows how to calm her down, what she likes and what she hates. If only they asked me”

“When my dad was discharged from hospital, nobody thought to ask me if I was OK to look after him.”

“I wish they (adult social worker) had told me about young carers. I had to find out from a Centre 33 assembly. I could have had support much earlier.”



“I went to the GP to tell the receptionist I was a young carer, they signposted me to the job centre.”

So what does this tell us?

- 🌸 There is a real need to ensure all health and care professionals have carer awareness training – this should also extend to those who are training
- 🌸 All health and social care organisations should sign-up to the Carer Friendly Tick
- 🌸 Carers (including young carers and parent carers) need to be included within Integrated Care System developments
- 🌸 There is a big focus on hospital discharge at the moment – this is a real opportunity to improve **early** identification, involvement and support for carers.
- 🌸 Involving carers should be ‘business as usual’

Carers Speak Out

“Carers need to be regularly asked if they are coping with their situation. It should never be the case that professionals assume that Carers can and will deal with all the aspects of caring required. When discharges take place the first question asked could be 'and how will you as a Carer cope with this new situation'. Are you aware you have rights? It is not a crime to reach a point where caring for a loved one is no longer feasible.”



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Thank you. Any questions?

The next session will begin at 11:30am

#CarersConference

#CarersRightsDay



**VIRTUAL CARERS
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The impact of caring on carers

This session will start at 11:30am

#CarersConference

#CarersRightsDay

The impact of caring

- 🌸 More than 4.6million carers are concerned about their physical and mental health (**Carers UK, 2022**)
- 🌸 Almost a third of carers rated their mental health as bad or very bad
- 🌸 34% of carers said they often or always felt lonely
- 🌸 Over half of carers feel anxious or stressed about their finances (**State of Caring Survey 2021, Carers UK**)
- 🌸 Top 3 things that would help carers:
 1. More money
 2. Better support for person they care for
 3. A break from providing care (**Pushed to the Edge, Carers Trust, 2022**)

The impact on young carers

- 🌸 **More than 1 in 3 young carers have a mental health issue of their own** (Sempik, J., & Becker, S. (2013))
- 🌸 **3 in 10 adolescent young carers think about self-harming and 1 in 10 contemplate harming others** (The first cross-national study of adolescent young carers aged 15–17 in six European countries)
- 🌸 **At least a third of young carers said their caring role resulted in them either ‘always’ or ‘usually’ feeling ‘worried’ (36%), ‘lonely’ (33%) or ‘stressed’ (42%)** (Carers Trust, 2022)
- 🌸 **28% ‘never’ or ‘don’t often’ feel like they get enough time to themselves and 47% feel less connected to others since the COVID-19 pandemic** (Carers Trust, 2022)



Young carers and mental health



What is the picture locally?

Adult Carers

- ✿ More than a third of adult carers report caring for more than 100 hours a week
- ✿ More than $\frac{3}{4}$ of carers reported feeling tired
- ✿ 2/3 of carers reported disturbed sleep (68%) and general feeling of stress (66%)

“Just felt alone. Felt trapped. Phone numbers etc are given out but when you ask the waiting lists are very long”

Adult Carers

- 🌸 Nearly 1 in 5 carers have their own mental health problem or illness
- 🌸 Only just over ¼ (27.6%) of carers reported having as much social contact as they would like
- 🌸 1 in 4 carers were not in employment because of caring responsibilities. Of those in employment only 11% feel supported by their employer



Impact of caring on physical and mental health of parent carers

- Parents are less likely to recognise themselves as carers and so they are less likely to seek support
- Parent carers are more likely to experience sleep disturbance which can lead to other health problems
- Higher risk of heart disease
- Chronic pain

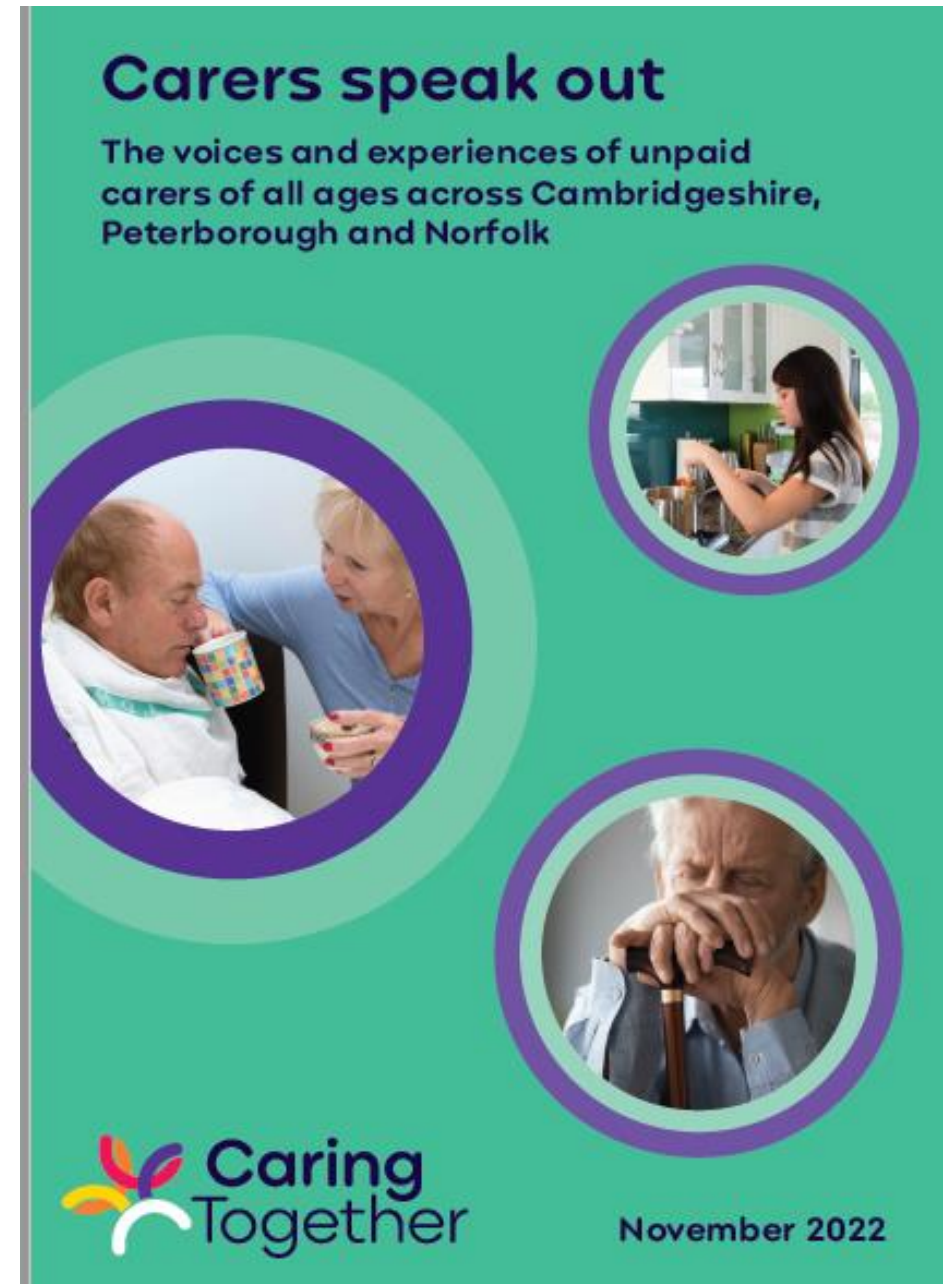
- Stress hormones are 23% higher in carers
- Higher incidence of depression
- Use of alcohol or cigarettes a coping mechanism
- Higher incidence of suicide
- Guilt
- Anxiety
- Risk of physical violence
- Stress – of the caring role
- Stress of ‘fighting’ the system

- More likely to have to give up paid work and therefore more likely to have debt
- Less likely to be able to maintain career progression
- Higher and more costs when caring for a child with additional needs – equipment, services, broken things, extra washing and heating
- Physical and emotional exhaustion
- Isolation
- Difficulty in sustaining friendships or exploring hobbies

- Lower standard of living due to low income
- Disproportionately impacted by cost-of-living crisis
- Higher incidence of relationship breakdowns and see friends and family less often
- Those who stay in a relationship may have less time and resources to be able to share activities

Carers Speak Out

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3. Carers need there to be better communication from and with professionals supporting the person they care for.
4. Carers and the people they care for are not getting the support that they desperately need.



Carers Speak Out

People looking after a family member or friend reveal the demanding and difficult situations they face



Full report available at

<https://www.caringtogether.org/carers-speak-out>






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Carers Speak Out

“Sadly, I have to work full time (no other option), I have one child diagnosed ASD, the other is currently being assessed for ASD and has been diagnosed with a personality disorder. This child is currently under CAMHS for her mental health as she is suicidal and has attempted suicide and been hospitalised in the past. I feel completely unsupported.”

Carers speak out

The voices and experiences of unpaid carers of all ages across Cambridgeshire, Peterborough and Norfolk



 **Caring Together**

November 2022

Young Carers and Young Adult Carers

“I think the most difficult thing for young carers is coping with our mental health. I’m lucky, I got help from Centre 33, but what about those who aren’t even identified struggling alone?”

“For me, I always feel tired. My siblings keep me awake all night.”

“If I look sad, I probably am. Sometimes I want somebody to ask if I’m OK, sometimes I want them to leave me alone. It’s best if you ask me what I need.”



Holly's story

Holly is a young adult carer who has a sister with a range of disabilities including a form of cerebral palsy, epilepsy and emotional difficulties, and has had seven brain surgeries to date.

“Applying [to university] was hard... It was a blind leap of faith because I didn't really know what I needed to know. I started to feel a lot of guilt – I knew with the course I'd have to move away from home, my local universities don't offer it. I was really lucky that my mum was really supportive. I experienced a lot of conflict – I was excited about the course, opportunities and student life but it also felt really unfair that I was going away living my best life, leaving more for mum to do. I kept flitting from one extreme to the other – really excited to *'I'm the worst person'*.”

“I remember searching for ‘young carer’ on the university website and it came back with ‘Did you mean careers?’”

Holly's story



“Luckily my form tutor was really supportive – she actually got quite cross at me when I told her about my guilt – she sorted me out!”

“There needs to be more outreach – but they also need to do more in-reach when they get to university – if they are struggling, look at what might be going on leading to that. Once you get in, lots of people think the inequalities disappear, but they don’t – you sort of start one step behind.”

Why is action needed?

- 🌸 Many carers are at breaking point
- 🌸 3 in 5 people will be carers
- 🌸 Around a third of NHS staff are carers
- 🌸 Carers save the economy over £130 billion a year
- 🌸 Failing to support children of parents with mental illness could cost as much as £2billion

What needs to be done to help?

- 🌸 Early identification and good support for the carer (joined-up services)
- 🌸 Carer awareness for professionals
- 🌸 Better support for the person they care for
- 🌸 Whole-family approach
- 🌸 Carer-friendly communities

There is a full set of local and national recommendations in Carers Speak Out

Don't stop listening to carers!

Carers speak out!

Share your experience of caring – what has been difficult, what support do you need, what does the Government need to change?

Share your message



Carers Speak Out



**VIRTUAL CARERS
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Thank you. Any questions?

**The next session (Support available for carers
and Carers' Rights) will begin at 1pm**

#CarersConference

#CarersRightsDay



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Support available for carers and
carers' rights

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**VIRTUAL CARERS
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All age carers service

All age carers service across Cambridgeshire and Peterborough

- Cambridgeshire County Council and Peterborough City Council commissions a county-wide all age carers service
- The contract is delivered by Caring Together (adult carers), Centre 33 (young carers) and Making Space (carers of adults aged 18-65 with mental health needs).
- All three organisations are working to the i-THRIVE model of support.
- The vision is that every carer knows where to go for information and support; they have peace of mind about what will happen in an emergency and are supported to balance their own lives with their caring responsibilities.
- The partners are working together to provide an integrated, joined-up service, with a 'no wrong door' approach and smooth transitions.

Support for adult carers across Cambridgeshire and Peterborough

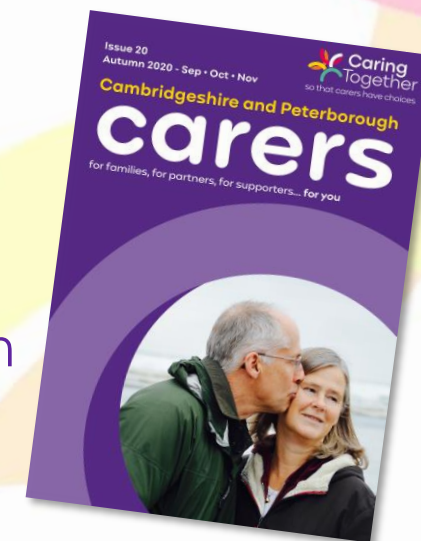


- ✿ We can help, no matter who you care for, or what condition the person you support has.
- ✿ Our person-centred approach to support includes information and advice, breaks from caring and someone to talk to.
- ✿ We also provide support to carers at key transition points in their lives.
- ✿ Carers have the opportunities for their voices to be heard both within the service and within other forums/settings.
- ✿ We support employers and health, education and community organisations to be more 'carer-friendly' through the free Carer Friendly Tick award.



Support for carers aged 18+

- 🌸 Specialist carer helpline for information and advice.
- 🌸 Access to a dedicated case worker if required.
- 🌸 Carer learning/training to support you in your caring role.
- 🌸 Support with planning ahead, including our What If? emergency planning scheme.
- 🌸 Opportunities for breaks from caring including carer hubs, trips and activities.
- 🌸 Carers magazine and e-bulletins.
- 🌸 Online information and resources.
- 🌸 Free carer's card.
- 🌸 Enabling carers' voices to be heard and for them to influence service design, delivery and policy through the Caring Together Forum.



		
The person named below is known to Caring Together as a carer.		
<input type="text"/>		
Carer ID number		
W20-00001		
Please call 0300 666 0213 to inform us of any changes to your details.		

Find out how we can help you



For information about the support available to you and other support available for carers of all ages contact:

 hello@caringtogether.org

 0345 241 0954

 www.caringtogether.org

You can connect with us on social media at:

 **Facebook** CaringTogetherCharity

 **Twitter** CaringTogether

 **Instagram** caringtogether



CENTRE 33

Supporting Young Carers across Cambridgeshire and Peterborough

Who are we?

We offer free and confidential support on anything young people would like some help with, including their mental health, caring responsibilities, housing, sexual health and more.

- 40 years delivering support to young people and 20 years to young carers.
- 5 Hubs – Wisbech, Huntingdon, Cambridge, Ely and Peterborough



Connect with us on
Twitter, Instagram, YouTube or Facebook:
[@Centre33Camb](#)



CENTRE 33

The Young Carers Project:

Project Worker Team – responsible for the assessments and delivery of support to young carers.

Capacity Building Team – responsible for the awareness raising, training and resources for other professionals and volunteers working with children and their families in Cambridgeshire & Peterborough.



Connect with us on
Twitter, Instagram, YouTube or Facebook:
[@Centre33Camb](#)

Centre 33 Young Carers Assessment and Support Service:

- **Young Carers Needs Assessments** - thorough assessments and bespoke plans to understand your needs as a young carer and help you to get support. These assessments are statutory and all young carers are entitled to be offered one.
- **One-to-one support** for young carers. 6-10 sessions working towards specific outcomes as identified by the young carer.
- **Young Carers Transitions Assessments** – for young carers in year 6 and those aged 16+.
- **Groups, trips and activities** allowing young carers to meet other young carers like them, have a break from their caring role, learn strategies to cope with their caring role and gain ideas on how to reduce the impact their caring role has on them.
- **Young Carers Voices** – where young carers work together to agree key messages and how to communicate these to strategic decision makers in their lives. Creating better outcomes for young carers living in Cambridgeshire and Peterborough.



Connect with us on
Twitter, Instagram, YouTube or Facebook:
[@Centre33Camb](#)



Capacity building team

Work closely with partners and external agencies to:

- Enable young carers to be identified and supported across a range of important settings, including education, health, social care
- Reach communities where there may be barriers to accessing young carers support
- Support schools to confidently identify and support young carers, through providing materials, assemblies and offering staff training and regular up to date professional support.



Connect with us on
Twitter, Instagram, YouTube or Facebook:
[@Centre33Camb](#)



Contact Us

Refer using our online referral form on our website [Young Carers online referral form - Centre 33](#)

Professionals, parents/guardians, young people (over 13) can refer

Please always talk to the young person about making a referral.
Young people under the age of 13 require parental consent.

Young Carers can drop into any of our hubs (visit our website for opening times / location) or request support via:

Phone: 0333 4141 809

Email: youngcarers@centre33.org.uk

Online: www.centre33.org.uk



Connect with us on
Twitter, Instagram, YouTube or Facebook:
[@Centre33Camb](#)



Making Space Carer Support Service



Who we are

Carer Support for people looking after someone with mental illness.

Our team is based in St Neots covering the whole of Cambridgeshire and Peterborough.

Making Space are a not for profit organisation specialising in mental health for 40 years; working in Cambridgeshire for over 10 years.



What our carers have said:
“The service is excellent. My support worker is great and I feel as if I can tell her anything. She is the only person I've got to talk too.”

What we do?



1-2-1 support, with named support worker

Carer led

Honest and realistic conversations

Information and carer training sessions

Signposting to other relevant organisations and community projects

Not time limited; support available for as long as needed

Safe space to speak freely and confidentially

Kindness and Empathy

Carer Groups and Coffee Mornings

Support worker's knowledge specific to mental health

What our carers have said:
"you give us hope"

How we do it?



Consistent approach, without the need to repeat “your story”

Open door- accepting self and professional referrals.

Meeting away from home to meet carers needs.

Carer led conversations via email, phone, online communications and in person.

Coping strategies and suggestions for forward planning.

Door always open- with carers able to come back to the service if they need further support.

Surveys- allowing anonymous honest feedback and suggestions.

What our carers have said:
“They are a supportive network and valued service.”

Making Space Carer Support Service

Contact us

- We welcome self-referrals as well as referrals from professionals.
- Professionals can refer via our referral form, by e-mail or post.
- You can also contact the service directly to enquire about support.



T: 01480 211006

E: C&PReferrals@makingspace.co.uk

Suite 4, The Stables, Church Street,
St Neots, Cambs, PE19 2BU

Facebook: [CambridgeshireCarerSupport](https://www.facebook.com/CambridgeshireCarerSupport)

Parent carer rights and support

pinpoint

for parents by parents

Lisa Martin

What is a parent carer forum?

- Legislation
- Co-production
- Local voice joins regionally with other forums
- Unique to serve our local area

Who are Pinpoint?

- Cambridgeshire's parent carer forum
- 2008
- Charity with funding from DfE, CCC, ICS
- All parent carers
- Part of the ERPCF and NNPCF

What do we do?

- Listen
- Feedback / influence for better outcomes
- Co-produce - participation
- Solution focused
- Collaborative
- Supportive – parents and professionals
- Constructive but challenging (critical friend)

What do we do?

What is working well, what would be better if, and what we should stop doing or what is missing.

What do we do: Supporting Parent Carers*

- Help identify what parent carers need and signpost to services – drop ins, individual enquiries
 - We help navigate a complex system – Handy Guides and website
 - (we address issues where there are gaps / issues and ask the system to respond)
 - Supportive ways to come together - Tii Hubs, SENDads
 - Funding enables additional focused work – OA, Pears, CCG free information workshops
 - We don't do case work but signpost to those who can – SENDIASS and others
-
- Listen
 - Co-produce and collaborate

*we attract funding to do much of this work



What do we do: supporting professionals*

- Help identify what professionals need and how we can help
 - We help navigate a complex system – no one finds it easy!
 - (we address issues where there are gaps / issues, identifying how we can help)
 - Supportive ways to come together - professionals provide co-badged sessions or pop up in our Tii Hubs
 - We help with additional focused work to support LA and NHS projects
 - We are a communication route to families – quick and a ready audience
-
- Listen
 - Co-produce and collaborate

*we attract funding to do much of this work



We are often worrying about the same issues

- Joining up systems and processes to make them work seamlessly
- Resources and demand for services
- Easy to understand pathways and easy referrals
- Right service, early and first time
- Want the moon and stars...but might have to make do with a lamp and torch!

Making a difference to children and young people with SEND

Sharing our voices to find opportunities to co-produce and collaborate

Carers assessments

- Parent carers have the right to a carers assessment in the same way as other carers
- We are working hard alongside Caring Together and the Local Authority to make sure that there is a clear offer for parent carers to access a meaningful carers assessment



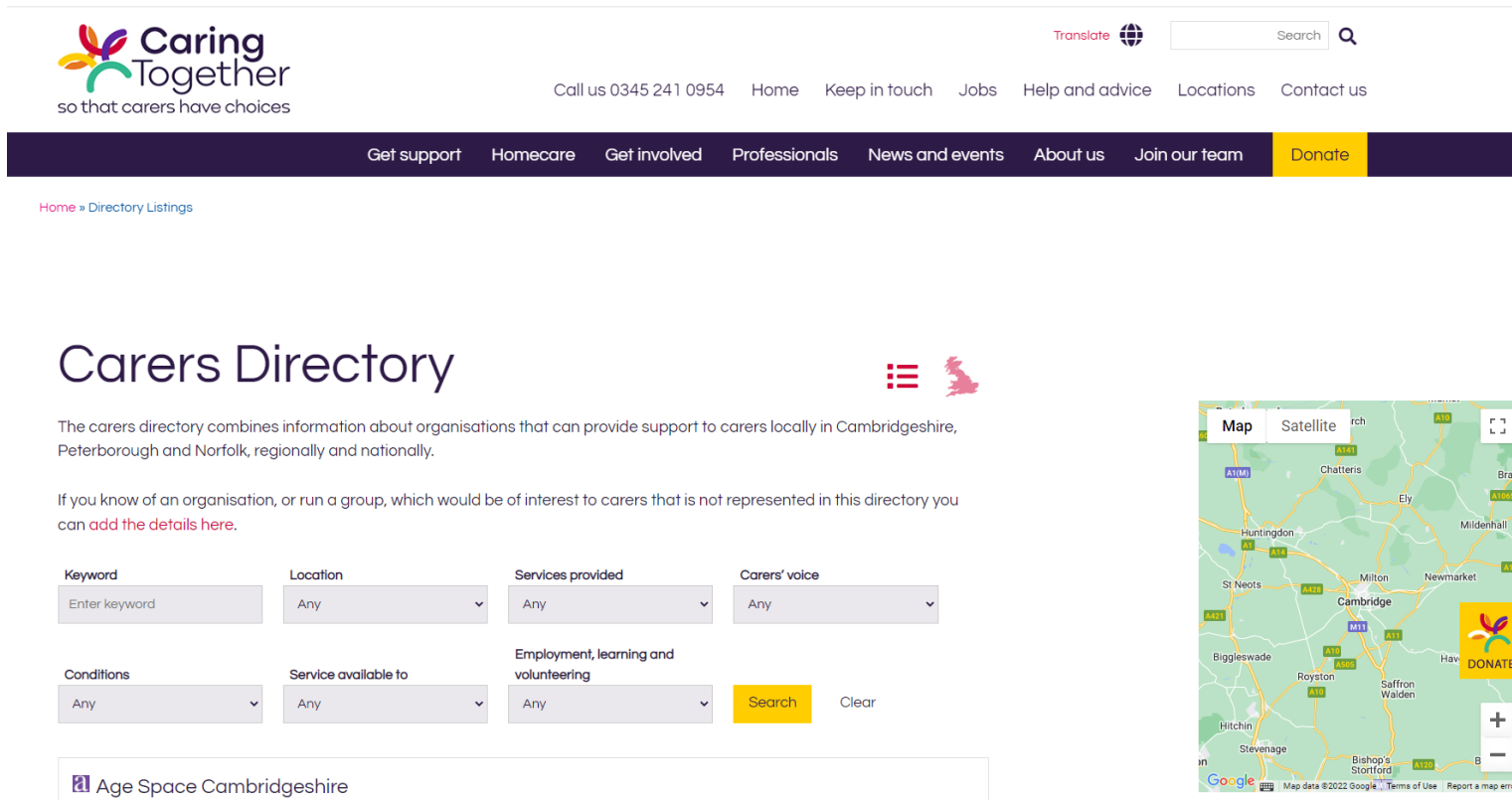
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Other support for carers

#CarersConference

#CarersRightsDay

Other local support for carers



Caring Together
so that carers have choices

Call us 0345 241 0954 Home Keep in touch Jobs Help and advice Locations Contact us

Get support Homecare Get involved Professionals News and events About us Join our team **Donate**

Home » Directory Listings

Carers Directory

The carers directory combines information about organisations that can provide support to carers locally in Cambridgeshire, Peterborough and Norfolk, regionally and nationally.

If you know of an organisation, or run a group, which would be of interest to carers that is not represented in this directory you can [add the details here](#).

Keyword
Enter keyword

Location
Any

Services provided
Any

Carers' voice
Any

Conditions
Any

Service available to
Any

Employment, learning and volunteering
Any

Search Clear

Age Space Cambridgeshire

Map Satellite

DONATE

<https://www.caringtogether.org/carers-directory/>

Other support for carers

- 🌸 [After Umbrage](#) (Caring Together can refer)
- 🌸 [Carefree](#) (Caring Together can refer)
- 🌸 [Carers UK – Helpline; Factsheets; Forum](#)
- 🌸 [Mobilise](#)

Other support for young carers

- 🌸 [Caring Together](#)
- 🌸 [Sense – Support for Siblings](#)
- 🌸 [SIBS – Support for Young Siblings](#)
- 🌸 [Young Carers Alliance Resources](#)
- 🌸 [Young Carers Support App](#) – Watch a video of the App [here](#)

Other support for parent carers

 [Contact](#) – Helpline; Listening Ear; Workshops

 [Family Fund](#)

 [Over the Wall](#)



**VIRTUAL CARERS
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Carers and their rights

#CarersConference

#CarersRightsDay

Rights to be consulted

- ✿ The **Health and Care Act 2022** gave carers new legal rights
- ✿ Adult Carers and Young Carers have right to be consulted ahead of discharge from hospital – [Carers UK - Coming out of Hospital Checklist](#)
- ✿ Integrated Care Boards have duty to ensure carers are consulted around care and treatment of the person they care for, and planning of local services
- ✿ Caring Together is working with various organisations to ensure these rights are a reality for carers

Rights to an assessment

🌸 All carers have rights to an assessment of their needs as a carer:

Adult Carers – Care Act 2014

Young Carers and Parent Carers – Children and Families Act 2014

- Needs Assessment
- Transitions Assessment

Parent Carer Needs assessment

- ✿ Caring Together are working closely with Pinpoint, Family Voice and the local authorities to make sure that there is a clear offer for parent carers on the back of a meaningful carers assessment
- ✿ Also really important that CPFT (Cambridgeshire and Peterborough Foundation Trust) and other health organisations are involved.
- ✿ Recommend signing up to joining Family Voice or Pinpoint or [signing up for Inside News](#) for latest updates

Parent Carer Needs assessment

- 🌸 All parent carers have the right to ask for an assessment at any time and re-assessment if situation changes.
- 🌸 Should focus on you and **your** needs, your **wellbeing**, health and safety issues and important commitments such as relationships, education and employment
- 🌸 Your assessment should consider work, education and leisure opportunities
- 🌸 Your child does not need a formal diagnosis for you to request an assessment.

Parent Carer transitions assessments

- ✿ Duty on local authority to assess carers before child they care for reaches 18 to ensure they have the information they need to plan for the future
- ✿ Parent Carers are entitled to a Transitions Assessment if:
 1. Carer is likely to have needs for support after young person they care for turns 18; and
 2. There would be 'significant benefit' to the carer in doing so
- ✿ Local Authority also has duty to provide services designed to give parent carers a break (short breaks)

Young Carers/Transitions Assessments – Provided by Centre 33



A **Young Carers Needs Assessment** identifies what individual needs young carers have and is designed to reduce the negative impact of caring. Focus is on making sure children are not doing 'inappropriate or excessive' caring. Bespoke plans to understand your needs as a young carer and help you to get support. All young carers are entitled to one



Transitions Assessments help young carers in Year 11 and above to plan for their future. It looks at current caring role and how this impacts on their wellbeing and their goals/aspirations as well as what support they might need as they move into adulthood.



Phone: 0333 4141 809

Email: youngcarers@centre33.org.uk

Online: www.centre33.org.uk

Why have a Young Carers/Transitions Assessment?

“Being offered a young carers assessment with Centre 33, was life changing. I think all young carers should be offered this assessment. It was an easy process, not too personal but personal enough to help me.”

“I wish I’d known about the young carers needs assessment sooner. Being invited to activities is nice, what I needed was space to talk about what I do, how I feel and to be helped. I like trips and fun, but I also needed help with all the work I was doing. I found out about Centre 33 by seeing a poster in my school, otherwise I would not have known this was available to me.”

“Knowing I could talk to Centre 33 about my future has really helped. I’m now at university and I feel confident my loved one is being looked after. I don’t think I would have gone without the transitions assessment.”



Carers Trust - Young Carers –
Know your Rights guide

Carers Assessments and Outcomes

Carers First Short Video - What is a
carer's assessment?

Carers Assessments | Meaningful Conversations

The support provided by Carers is invaluable to people with social care needs and their quality of life. Conversations and assessments with Carers are intended to explore the needs of the Carer and the impact of their caring role on their lives including their health, families and opportunities. Social care practitioners will listen to Carers and together decide whether a focused, meaningful conversation or a more detailed carers assessment will be of most use to them at that time.

Some examples of when a carer's assessment may be helpful include:

- The carer is experiencing substantial impact on their own quality of life as a consequence of their caring role.
- The cared for person has unrealistic expectations of the carer or the impact on them.
- The cared for person declines help from others and attempts to provide formal help.
- The cared for person cannot be left alone resulting in the carer having long periods without a break.

Carers Assessments | Care Act 2014

Where an individual provides or intends to provide care for another adult, local authorities must consider whether to carry out a carer's assessment if it appears that the carer may have any level of needs for support. This duty applies regardless of level of carer's needs for support, or financial resources (including those of the adult needing care). Carer's assessments can be facilitated by social care practitioners or the person can be supported to lead their own self-assessment if they wish.

A carer's assessment must explore:

- The carer's needs for support
- Sustainability of caring role
- Outcomes carer is looking to achieve to maintain or improve their wellbeing, and what support might help in achieving those outcomes

It must also consider impact on the carer's activities beyond their caring responsibilities, including the carer's:

- Desire and ability to work
- Ability to partake in education, training or recreational activities
- Opportunities to have time to themselves

What does the Care Act 2014 tell us about carers assessments?

Duty to provide **independent advocacy**

Strength based approaches

An assessment is often **made up of different meaningful conversations** starting at the very first contact with an individual

appropriate and proportionate

Consideration of **Mental Capacity Act 2005**

Assessment conversations should provide a **holistic** and **full picture of an individual's life**

Preventative approaches

Assessment conversations should **identify needs** and what **outcomes** an individual is looking to achieve to maintain or improve their wellbeing

The principle of **promoting wellbeing**

Focus on **support networks and community** resources

Individuals should be as involved as possible in their assessment

Carers Support Plans | Personal Outcomes

A carer's support plan can be developed to detail how to Carer's own needs may be met in a sustainable, creative way and will link back to the outcomes that the carer wishes to achieve in day-to-day life as identified in their assessment.

It can be appropriate, at times, to meet the carer's needs by providing services to the cared for person - for example through assistance with personal care or social inclusion support.

Personal outcomes shared by Carers previously have included (e.g.) being able to see friends more regularly, having time to get back into gardening, spending more time with own children or grandchildren, or feeling healthier and sleeping better.

Examples of support identified through Carer's Support Plans have included personalised information and advice regarding peer support, accessing counselling services, moving and handling training, breaks from their caring role, technology and other equipment to aid their caring role, accessing support to apply for appropriate benefits and help maximise income, and planning for the future helping create peace of mind now.

Rights of carers in employment

- ✿ Right to request flexible working (after 26 weeks)
- ✿ Employers must deal with requests in a 'reasonable manner'.
- ✿ [Carers UK - Guide to flexible working](#)
- ✿ [Carers First - What rights do I have at work?](#)
- ✿ Hopefully coming soon... right to Carer's Leave (unpaid but would be a stepping stone and increase carer awareness with employers)

Other rights for carers

- ✿ Local Authorities obliged to consider needs of the whole family
- ✿ Carers have the right to choose whether or not to be a carer
- ✿ Carers have rights not to be discriminated against because of person's disability
- ✿ The right for the carer's views to be considered by Social Services when organising provision for the cared-for person
- ✿ The right to engage in employment, education, training and leisure

✿ [Carers Rights and the Law | Mobilise](#)



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Cambridgeshire and Peterborough All-Age Carers' Strategy – Update

Ruth Miller

Senior Commissioner – Community Team

Peterborough and Cambridgeshire

#CarersConference

#CarersRightsDay



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Thank you. Any questions?

**The next session (Young Carers Advisory Board
video) will begin at 3:45pm**

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Welcome Back
Centre 33 Young Carers Advisory Board's film



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Introduction to Young Carers

Charlotte Rodriguez

Senior Young Carers Project Worker - Capacity Building (Peterborough & Fenland)

Centre 33

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