

CARERS Fact Sheet

Background

Unpaid carers are critical to the provision of care and support to adults in Sutton. Nationally, Carers UK report that there are 6.5m carers in the UK, and the care these individuals provide cumulatively saves the state a reported £119m a year.

Whilst the support they provide is vital and can be rewarding and satisfying for the carer, caring can also have negative impacts on carers' health and well-being and their capacity to lead a balanced life. Nationally, 45% of carers report having to give up work for care, 49% state they struggle financially because of their caring role and 61% of carers have experienced depression. It is important that these health and well-being issues are addressed, because where carers are not sufficiently supported, and are subsequently unable to maintain their caring role, the risk of residential, nursing and hospital admissions for the cared for individual is increased.

The Local Picture

Key figures

- There are 18,298 carers in Sutton. Of these 3,620 provide over 50 hours care per week. People providing higher hours of care are at greater risk of poor health and social exclusion
- Carers are found across the borough but are heavily concentrated in some of Sutton's most deprived wards (e.g. St Helier, Wandle Valley and Wallington South). Sutton's carers are subsequently at high risk of income poverty, particularly when considering that Sutton has a low proportion of carers (11%) in employment, compared to other London boroughs (24th lowest out of 32)
- There are a high number of older carers (3,550) in Sutton, and a significant proportion of these carers (35%) provide over 50 hours care per week.
- The percentage of carers who also have a health condition is higher in Sutton than the majority of London boroughs (43%, which is the 26th highest out of 32 London Councils)
- Sutton's carers are predominantly white (84%), and a higher proportion are women (58%) than men (42%)

Issues

- Many carers who provide over 50 hours care per week and are therefore likely to need support or information and advice to maintain their own health and wellbeing are not known to health, social care or voluntary sector services. Many of these carers may either not identify themselves as carers, or not access available support until they are at 'crisis point'.
- Only a small proportion of carers providing over 50 hours of care per week have been assessed, and carers report being unaware of how to get an assessment, how to access respite and breaks
- Many carers are either unaware or find it difficult to access information and advice, and find that information and advice between health, social care and voluntary organisations is not consistent
- Sutton has a high number of working age carers, but very low levels of carer employment.

Sutton progress

Strategic:

- Promoting the mental health and wellbeing of carers, and promoting independence, choice and control for carers are priorities within Sutton's Health and Wellbeing Strategy
- The joint London Borough of Sutton and Sutton Clinical Commissioning Group (SCCG) Better Care Fund (BCF) provides funding to commission carers support services. The purpose and objectives of this funding are to improve the well-being and independence of carers and as a consequence enable carers to maintain their caring roles

Operational:

- The Council and SCCG in April 2016, and utilising the carer funding within the BCF, jointly commissioned an integrated care support service which is provided by the Sutton Carers Centre and the Alzheimer's Society Sutton. The service involves the provision of preventative support, as required by the Care Act, which includes peer support, 1-1 and group based training and support and counselling. The council also commissions specialist support for young carers and carers of people with mental health conditions (jointly in this instance with Sutton Clinical Commissioning Group (SCCG)).
- The council also provides replacement care services, which can provide carers with a break from caring. These services are delivered in citizen's homes and in residential or supported accommodation settings, and can be accessed via the personal budgets of cared for individual's.
- An eligible carer, on completion of a carers' assessment, can receive a direct payment to fund a carers support services of their choice.
- Carers can also access respite in an emergency by contacting LBS' First Contact Team

What are our desired outcomes?

- Sutton aims to meet the 5 outcomes of the National Carers Strategy (2010), to ensure that carers are:
 - Recognised and supported as equal partners
 - Enjoying a life outside caring
 - Not financially disadvantaged
 - Mentally and physical well and treated with dignity
 - Children will be thriving and protected from inappropriate caring roles

What works

Nationally, a mix of the following is recommended as best practice in terms of support for carers. Ultimately, improved outcomes depend on a range of these inter-dependent interventions:

- Early Identification of carers and provision of clear, consistent and accessible information and advice about support available and about the needs of the cared for, across social care, health and the voluntary sector
- Risk enablement and flexible respite provision to enable carers to have a break and provide timely, appropriate replacement care to prevent carers breakdown and/or to enable carers to balance their caring role



- Support for carers tailored at 'transition points' in the cared for's life, ranging from universal provision to targeted support
- The involvement of carers in support planning and discharge planning to ensure their needs are recognised and they are effectively supported to enable them to continue caring in the community
- Support for carers to maintain and improve their health and well-being, and social inclusion (including support to sustain or regain employment).

Key measurables:

In supporting carers, the key measurables we wish to achieve are that carers can sustain their caring role and have improved health and well-being. There is national evidence that these outcomes contribute to the broader strategic goals of improving and protecting health and well-being amongst people with disease or disability, and in supporting individuals and families to remain healthy and independent in the community.

Key indicators and targets:

- Carers are able to sustain their caring role (Carers Survey and Contracts Performance Metrics)
- Carers have improved mental health and wellbeing (Carers Survey and Contracts Performance Metrics)
- Proportion of carers in employment (Carers Survey)
- Carer satisfaction with services (Carers Survey and Contracts Performance Metrics)
- Proportion of carers able to access information and advice (Carers Survey)
- Proportion of carers stating they were consulted as much as they want to be in decisions about the support or services provided to the client (Carers Survey)
- Number of residential or nursing admissions attributable to carers breakdown (Local data)

Appropriate targets for these indicators will be developed as part of the development of a joint carer's strategy, for completion in summer 2014.

Links to further information

Data

- Sutton Census – See separate Fact Sheet on **Demographics**
- National Carers Survey (Health and Social Care Information Centre) - <http://www.hscic.gov.uk/searchcatalogue?productid=13322&q=carers&sort=Relevance&size=10&page=1#top>
- Adult Social Care Outcomes Framework, Interactive data map - <http://ascof.hscic.gov.uk/Outcome>

National resources/research:

- Carers UK - <http://www.carersuk.org/>
- Carers Trust - <http://www.carers.org/>

Local information:

- Local services/support for carers - https://www.sutton.gov.uk/info/200336/looking_after_someone/1049/support_for_carers/2

Care Act

- The Care Act - <http://services.parliament.uk/bills/2013-14/care.html>

Priorities for Sutton

The key priorities for commissioners in meeting the needs of carers are therefore:

- Developing high quality, accessible information and advice for all carers, and improving the early identification of carers to help them plan their caring roles and maintain their own health and well-being independently in the community
- Pooling health and social care budgets to meet carers needs
- Developing the short-breaks and respite market to improve choice and flexibility
- Improving the health and well-being of carers through a focus on risk-enablement and commissioning evidence-based provision to boost the wellbeing of carers and build resilience in caring relationships