

Carers Strategy

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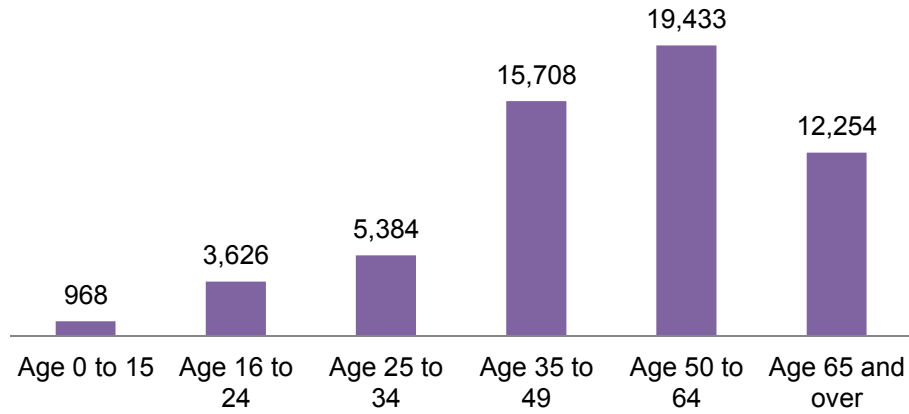
Who is a carer?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

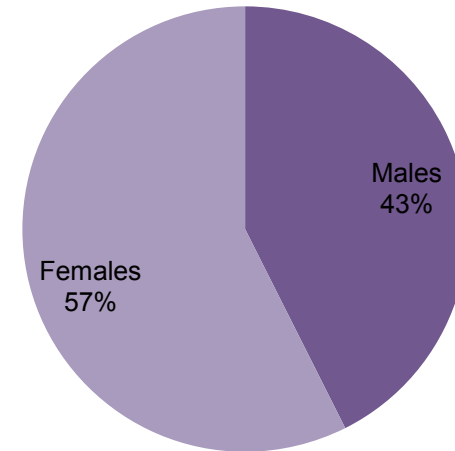
Carers Trust

There were 57,373 people (children and adults) reported in the census in Sheffield as providing unpaid care

Age profile of Carers

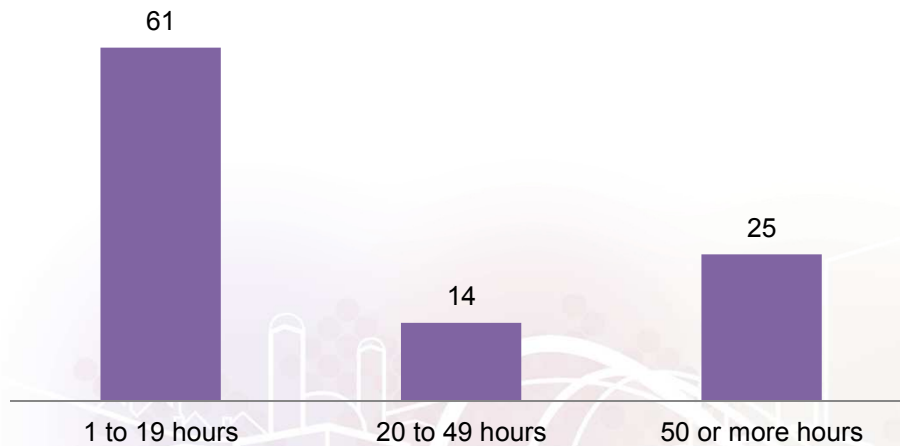


Key Facts



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Percentage of hours caring



Census 2011

Percentage ethnic profile

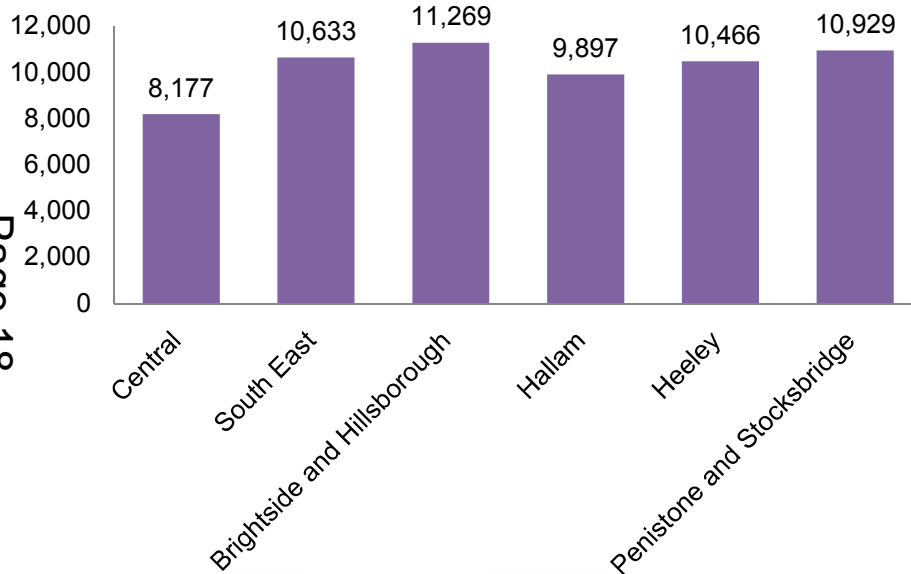


The changing carer population

- 55 people start caring in Sheffield every day

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**Number of carers, 61,371
(Census 2011)**



■ Estimated number that cease caring annually, total - 19,810
■ Estimated number that begin caring annually, total - 20,100



<http://www.carersuk.org/for-professionals/policy/policy-library/need-to-know>

Please note that these figures are estimates, calculated using the best national estimate of transitions into and out of unpaid care.

Michael Hirst, of the Social Policy Research Unit at the University of York, carried out the research on behalf of Carers UK. Please see Appendix 1 of *Need to know* (2014) for methodology

Our approach - co-production

‘Co-production means delivering public services in an equal and reciprocal relationship between professionals, people using services, their families and their neighbours. Where activities are co-produced in this way, both services and neighbourhoods become far more effective agents of change’

Right Here Right Now (New Economics Foundation).

Carers Strategy – city wide

- All age strategy – young carers, parent carers and adult carers
- Short document – approx 5 pages
- Set out the vision for the city
- 3 action plans – young carers , transitions, adults

Carers Consultation – 3 phases

Phase 1	Listening to carers – identifying the messages	Completed
Phase 2	Validating the messages – identifying the solutions	Ongoing
Phase 3	Validating the solutions – developing service specifications	Underway



Messages from Carers - 1

1. Information and advice: I want the information I need, when I need it

- *‘when we visited the Memory Clinic, I received lots of leaflets, I didn’t have the time to read through and work out what was relevant to me’*

2. I want good advice to help me through the maze

- *‘I have called Social Services and spoken to someone, I was passed on to 3 or 4 people before the right person – they were all nice but it was very frustrating’*

Messages from Carers - 2

3. If services are right for the cared for person then it will make it easier for me

- *‘named contact at social services would help’*
- *‘care agency is not always reliable’*

4. Time for me so I can have a life outside of caring

- *‘it can be really lonely...your family and friends drift away’*
- *‘I struggle to get a doctors appointment so I don’t go’*
- *‘work just don’t understand how it can change’*

Messages from Carers - 3

5. I want to feel in control and safe and have a plan for emergencies
 - *I wake up in the night and worry what will happen to my son when I am not here*

6. I don't want to be in financial hardship
 - *I have to travel to see my mum every day ... it is two buses*
 - *I have to have the heating on all day*

Key Actions - ongoing

- The new Sheffield Directory
- Services becoming more 'carer aware'
- Staff understand and show empathy with what it is like to be a carer
- Emergency plans



Key Actions – working on

- Flexible respite
- Transitions – in all forms
- Carers health and linkages with health providers
- Carers assessments

Timeline

	Date
Provider market test – speaking to providers	Aug / Sept 2015
Carers Strategy **	Sept / Oct 2015
Commissioning Strategy	Oct / Nov 2015
Action plans (young carers, transitions, adults)	Winter / Spring 2016
New carers services	April 2016

** Likely to evolve with changes to policy and legislation in the coming year - there will be a new National Carers Strategy in 2016

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