



Report of: Leeds Carers Partnership

Report to: Leeds Health and Wellbeing Board

Date: 20th February 2017

Subject Introducing the Leeds Commitment to Carers

Are specific geographical areas affected? If relevant, name(s) of area(s):	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Are there implications for equality and diversity and cohesion and integration?	<input checked="" type="checkbox"/> Yes	<input type="checkbox"/> No
Is the decision eligible for call-In?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Does the report contain confidential or exempt information? If relevant, access to information procedure rule number: Appendix number:	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No

Summary of main issues

- Unpaid carers are crucial both to our communities and to the sustainability of health and social care in Leeds. Promoting carers' wellbeing and supporting carers to continue caring is an argument that in recent years has moved beyond simply one of morality or even duty. It is now widely recognised that supporting carers delivers economic benefits as well as contributing to managing demand by preventing, reducing or delaying needs for care and support for the people they care for.
- Leeds has been recognised for its integrated approach to supporting carers and recently Carers Leeds, with Leeds City Council and NHS Leeds Clinical Commissioning Groups, won the Health Service Journal Award in the Integrated Commissioning for Carers category. We have an opportunity to build on our track record of collaboration and sustainability.
- The Leeds Commitment to Carers has been co-produced by members of the Leeds Carers Partnership and sets what being the best city in the UK for carers would look like.
- The Leeds Commitment to Carers responds to the challenges laid down in Carers Trust and NHS England reports published in 2016.

- The Leeds Commitment to Carers could make a significant contribution to the Leeds Health and Wellbeing Strategy 2016-21 and its bold ambition to make Leeds the best city for health and wellbeing.
- It is proposed that the Leeds Carers Partnership be responsible for promoting the Leeds Commitment to Carers and will review all action plans, recognise commitment and review progress; the work will be coordinated on behalf of the Leeds Carers Partnership by the Joint Carers Strategic Commissioning Manager.

Recommendations

The Health and Wellbeing Board is asked to:

- Endorse the Leeds Commitment to Carers
- Task the Leeds Carers Partnership with promoting the Leeds Commitment to Carers and reviewing all action plans
- Request a progress report from the Leeds Carers Partnership in 2018

1 Purpose of this report

- 1.1 The purpose of this report is to introduce the Leeds Commitment to Carers and seek its endorsement by the Leeds Health and Wellbeing Board.

2 Background information

- 2.1 The Leeds Carers Partnership exists to champion the needs of carers and to influence the way that services are planned and delivered in response to the needs of carers. Membership of the Leeds Carers Partnership includes carers as well as staff from the public, private and voluntary sector. The organisations represented include:

- Leeds City Council Adult Social Care
- Leeds City Council Children's Services
- NHS Leeds South East Clinical Commissioning Group
- NHS Leeds West Clinical Commissioning Group
- NHS Leeds North Clinical Commissioning Group
- Leeds Teaching Hospitals NHS Trust
- Leeds & York Partnership Foundation NHS Trust
- Leeds Community Healthcare
- Leeds Healthwatch
- Department for Work and Pensions
- Carers Leeds
- Barnardo Young Carers Service
- EPIC Parent Participation
- St Gemma's Hospice

- 2.2 The most recent estimates suggest there may be around 72,000 people in Leeds providing unpaid care for a relative, neighbour or friend who could not manage without their help because of physical or mental ill-health, disability, sensory impairment or substance misuse. Based on national estimates we can expect around 24,000 people in Leeds to take on an unpaid caring role each year with a similar number ceasing their caring role.

- 2.3 As public services face continued financial pressures set against increasing demand, the introduction of new legislation and models of delivery, and changing expectations of citizens, unpaid carers are taking on responsibility for increasing amounts of care. The table below shows that although the most common level of unpaid care is 1-19 hours per week, the number of people providing this level of care fell between 2001 and 2011. The numbers of carers providing higher levels of care however, both increased. In 2011, 36.2% of all carers in Leeds were providing more than 20 hours of unpaid care per week compared to 31.2% in 2001.

Census	1-19 hrs	20-49 hrs	50+ hrs	Total
2011	45,684	9,473	16,441	71,598
2001	48,446	7,631	14,369	70,446

- 2.4 Unpaid carers provide the bulk of care in the community. If people on average provide towards the mid-range of hours per week in the 1-19 and 20-49 category and the minimum 50 hours per week in the remaining category, then this equates to over 1.5 million hours of unpaid care per week across the city.
- 2.5 Two separate reports were published in 2016. The first by Carers Trust set out to understand whether the intended improvements for carers envisaged in the Care Act had been achieved one year on. While joint working and strong relationships between public and voluntary sector in Leeds were highlighted in the report as positive practice, there were a number of relevant key messages including carer identification, carer assessment and joint investment. The second report by NHS England highlighted the duty of cooperation upon the NHS in relation to the Care Act and recommended that Health & Wellbeing boards discuss and agree a memorandum of understanding to support joint working to improve local support for carers
- 2.6 The Leeds Carers Partnership reviewed the two reports in July 2016 and established a working group to develop a Leeds response. As a result of reviewing the two documents, the working group has developed The Leeds Commitment to Carers.

3 Main issues

- 3.1 The Leeds Commitment to Carers sets out what being the best city for carers could look like and includes a series of carer and organisation statements as well as recognising the Carers Partnership as a key strategic influencer and champion.
- 3.2 The Leeds Commitment to Carers is, in effect, a more accessible and public facing version of the memorandum suggested in the NHS England report. It is tailored to Leeds and organisations will have their logo added to the document when the Carers Partnership is satisfied they have demonstrated their commitment. The Carers Partnership will then be able to hold them to account and will ask for evidence that organisations are working to improve support for carers.
- 3.3 The Leeds Commitment for Carers will mean that carers and young carers:
- Are identified at the earliest opportunity
 - Are supported to improve their health and wellbeing
 - Are supported to care
 - Are supported by their employer if they are working carers
 - Have relevant information and advice
 - Are recognised and valued
 - Can plan ahead and are supported in a crisis
 - Have a life alongside caring
- 3.4 The Leeds Carers Partnership approved the Leeds Commitment to Carers at their meeting in November 2016. For further information on the Leeds Commitment to Carers see the appended documents 'Introducing The Leeds Commitment to Carers: "Making Leeds the best city for carers"' (Appendix B) and 'SIGN UP NOW to the Leeds Carers Partnership Commitment to Carers' (Appendix C).

4 Health and Wellbeing Board governance

4.1 Consultation, engagement and hearing citizen voice

- 4.1.1 The membership of the Leeds Carers Partnership represents a variety of perspectives. The working group who developed the Leeds Commitment to Carers included:
- Val Hewison, Chief Executive, Carers Leeds
 - Annie Dransfield, Carer
 - Krystina Kozlowska, Head of Patient Experience, LTHT
 - Sue Wilkinson, Commissioning Manager, Leeds West CCG
 - Jean Ellison, Youth Lead, LCC Children's Services
 - Ian Brooke-Mawson, Commissioning Manager (Carers), ASC & Leeds CCG's
- 4.1.2 A new National Carers Strategy is currently being drafted by the Department of Health and is set for publication in early 2017. The development of the strategy follows a five month 'call for evidence' where views were sought from carers, those who have someone who cares for them, business, social workers, NHS staff and other professionals that support carers. The role of wider community in supporting carers is expected to feature as a priority in the published strategy.
- 4.1.3 The Carers Partnership will promote the Leeds Commitment to Carers through a range of approaches, including social media and the networks of its partner members, to ensure that carers, carer groups and organisations who represent carers are involved in the delivery of the Leeds Commitment to Carers.

4.2 Equality and diversity / cohesion and integration

- 4.2.1 The provision of unpaid care is an important policy issue because it not only makes a vital contribution to the supply of care, but can also affect the health and wellbeing, employment opportunities, finances, and social and leisure activities of those providing it.
- 4.2.2 In simple terms, the more care you provide the more likely you are to experience bad or very bad health and there is strong evidence from various research that many carers pay a heavy price for their caring role in terms of both their health and their wealth, for example:
- 40% of carers experience significant distress and depression
 - 20% of carers report back injury as a result of caring
 - Just 40% of carers in Leeds say they have as much social contact as they would like
 - For 1 in 5 young carers, caring has a negative impact on their education
 - 65% of carers who are struggling to make ends meet cut back on seeing family and friends to cope
 - 73% of carers say that worrying about their finances is affecting their health
 - Providing higher levels of care is associated with a 23% higher risk of stroke
- 4.2.3 The Leeds Commitment to Carers seeks to address inequalities experienced by unpaid carers by raising awareness and encouraging action at both an

organisational and community level to better identify, recognise and support carers.

4.2.4 An equality and cohesion screening tool has been completed and is appended to this report (see Appendix A).

4.3 Resources and value for money

4.3.1 Research undertaken by the University of Leeds¹ estimate the financial contribution of unpaid care in Leeds to be around £1.4billion per year. Since replacing this care (i.e. with paid care) is not an option, supporting carers to continue caring makes economic and demand management sense as well as being morally the right thing to do.

4.3.2 It is widely recognised that good support for carers benefits not only carers by maintaining and promoting their health and well-being, but also the health and well-being of the person they care for. Supporting carers to continue caring is therefore equally fundamental to supporting strong families and communities as it is to the sustainability of the NHS and Adult Social Care.

4.3.3 There is no financial cost to any organisation in the health and care partnership or represented on the Health and Wellbeing Board to introduce the Leeds Commitment to Carers.

4.4 Legal Implications, access to information and call In

4.4.1 There are no access to information or call-in implications arising from this report.

4.5 Risk management

4.5.1 There are a number of factors that give confidence that Leeds has a solid base from which to further improve its support for carers, including:

- Leeds has a positive track record in developing Asset Based Community Development approaches
- The Leeds Carers Partnership is a well-established local partnership with senior representation from key organisations as well as carers and organisations who represent the carer voice
- Carers Leeds are a key and pro-active member of the Leeds Carers Partnership and have an excellent local and national reputation
- Leeds City Council's Adult Social Care Department host a jointly funded Carers Strategic Commissioning Manager post on behalf of Adult Social Care and NHS Leeds Clinical Commissioning Groups. Greater integration of commissioning between Local Authority and CCGs was a key driver for the creation of this post.

4.5.2 This integrated approach to supporting carers was recently recognised when Carers Leeds, with Leeds City Council and NHS Leeds Clinical Commissioning Groups, won the prestigious Health Service Journal Award in the Integrated

¹ Valuing Carers 2015 – the rising value of carers' support: <http://www.carersuk.org/for-professionals/policy/policy-library/valuing-carers-2015>

Commissioning for Carers category. The judges praised the clear demonstration of collaboration and sustainability.

4.5.3 The Carers Partnership will be responsible for promoting the Leeds Commitment to Carers and will review all action plans, recognise commitment and review progress. A communications strategy will be developed to support this.

4.5.4 The work will be coordinated on behalf of the Leeds Carers Partnership by the Joint Carers Strategic Commissioning Manager.

5 Conclusions

5.1 Unpaid carers are crucial both to our communities and to the sustainability of health and social care in Leeds. If we are to achieve our bold ambition of being the best city on the UK for health and wellbeing in the UK, we need to be the best city for carers.

5.2 This means being the best at identifying carers, the best at recognising and valuing the contribution that carers make, the best at promoting carers own health and wellbeing and the best at supporting working carers.

5.3 That responsibility stretches beyond traditional health and social care agencies and as such The Leeds Commitment to Carers recognises that we all have a part to play.

5.4 Endorsement of the Leeds Commitment to Carers by the Health & Wellbeing Board will clearly demonstrate that Leeds is committed to making Leeds the best city for carers.

6 Recommendations

6.1 The Health and Wellbeing Board is asked to:

- Endorse the Leeds Commitment to Carers.
- Task the Leeds Carers Partnership with promoting the Leeds Commitment to Carers and reviewing all action plans.
- Request a progress report from the Leeds Carers Partnership in 2018.

7 Background documents

7.1 None.

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How does this help reduce health inequalities in Leeds?

The Leeds Commitment to Carers seeks to address inequalities experienced by unpaid carers by raising awareness and encouraging action at both an organisational and community level to better identify, recognise and support carers.

How does this help create a high quality health and care system?

It is widely recognised that good support for carers benefits not only carers by maintaining and promoting their health and well-being, but also the health and well-being of the person they care for. Carers also play a significant role in preventing, reducing or delaying the needs for care and support for the people they care for, which is why it is important that we consider preventing carers from developing needs for care and support themselves.

How does this help to have a financially sustainable health and care system?

Promoting carers' wellbeing and supporting carers to continue caring is an argument that in recent years has moved beyond simply one of morality or even duty. It is now widely recognised that supporting carers delivers economic benefits as well as contributing to managing demand. Research undertaken by the University of Leeds estimate the financial contribution of unpaid care in Leeds to be around £1.4billion per year. Supporting carers to continue caring is therefore equally fundamental to supporting strong families and communities as it is to the sustainability of the NHS and Adult Social Care.

Future challenges or opportunities

N/A

Priorities of the Leeds Health and Wellbeing Strategy 2016-21	
A Child Friendly City and the best start in life	✓
An Age Friendly City where people age well	✓
Strong, engaged and well-connected communities	✓
Housing and the environment enable all people of Leeds to be healthy	
A strong economy with quality, local jobs	
Get more people, more physically active, more often	✓
Maximise the benefits of information and technology	✓
A stronger focus on prevention	✓
Support self-care, with more people managing their own conditions	✓
Promote mental and physical health equally	✓
A valued, well trained and supported workforce	✓
The best care, in the right place, at the right time	