



Report of: Leeds Carers Partnership
Report to: Leeds Health and Wellbeing Board
Date: 16th September 2019
Subject: Leeds Carers Partnership Strategy

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

1. This report presents a new draft Leeds Carers Partnership Strategy (2020-2025) for consideration by the Health and Wellbeing Board, including how the strategy will support the delivery of the Leeds Health and Wellbeing Strategy and Leeds Health and Care Plan.
2. Unpaid carers provide the bulk of care in our city and without them the NHS and social services would be overwhelmed. Evidence tells us that not only is the number of carers increasing, but that carers are taking on responsibility for more intensive levels of care, and this is known to impact upon carers' physical, mental and economic health and wellbeing.
3. The Leeds Carers Partnership are committed to developing Leeds as a carer-friendly city and there have been a number of improvements in recent years in the way carers are supported in Leeds, however, challenges remain.
4. The priorities for further work set out in the draft strategy include improving identification of carers, increasing the number of carers accessing support, knowing what works for carers, influencing change and innovation and making Leeds a 'Carer-Friendly city'.

Recommendations

The Health and Wellbeing Board is asked to:

- Note the progress made by the Leeds Carers Partnership in developing the draft strategy
- Comment on and support the development of the strategy including the public engagement proposal

1 Purpose of this report

1.1 This report:

- Presents a new draft Leeds Carers Partnership Strategy, including how it will help deliver the Leeds Health and Wellbeing Strategy and Leeds Health and Care Plan.
- Recognises the health inequalities that carers experience due to their caring role.
- References developments that have taken place in recent years and important challenges that can be addressed by working in partnership, with the support of Leeds Health and Wellbeing Board.

2 Background information

2.1 Carers are people who have a caring responsibility for a family member, a partner or a friend who otherwise couldn't manage without their help. This may be because of illness, frailty, disability, a mental health need or an addiction.

2.2 Carers come from all walks of life, all cultures and can be of any age. The care they provide is unpaid and as such this definition does not extend to care-workers who are paid professionals who work in a variety of settings, from home care agencies and residential care facilities to nursing homes.

2.3 Each caring situation is different and is influenced by factors relating to both the carer and the person they care-for, for example:

- Carers are likely to perform domestic tasks such as shopping, managing finances, cleaning, washing, ironing etc
- Carers are also likely to perform personal care and nursing tasks such as giving medication, changing dressings, helping with mobility, dressing and toileting.
- Some carers may perform fewer physical tasks, but provide a great deal of emotional support, especially if the person they care for has mental health needs or dementia.
- Carers often have to deal with emergencies which rarely happen at convenient times.

2.4 Evidence tells us that not only is the number of carers increasing, but that carers are taking on responsibility for more intensive levels of care. This is known to impact upon carers' physical, mental and economic health and wellbeing, for example carers are more likely to:

- have a long-term physical or mental health condition, illness or disability
- be isolated and not have as much social contact as they would like
- be worried about finances
- not get enough sleep and time for themselves

- 2.5 Carers provide the bulk of care in our city and without them the NHS and social services would be overwhelmed. It is estimated that over 1.5 million hours of unpaid care are provided across Leeds every week while research published by the University of Leeds and Carers UK estimates the financial contribution of unpaid carers in Leeds to be around £1.4billion per year.
- 2.6 Since replacing unpaid care 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. 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.
- 2.7 The table below summarise a number of key messages relating to carers and caring:



3 Main issues

- 3.1 In recent years, there have been a number of positive developments in Leeds aimed at promoting carer wellbeing, including:
- Adults and Health have re-procured information, advice and support services for carers on behalf of Leeds City Council and NHS Leeds Clinical Commissioning Group
 - 17 teams and/or organisations have undertaken 50 separate actions/activities as part of their contribution to the Leeds Commitment to Carers; these have tended to be focussed around improving support for carers who are balancing work and care, improving identification and recognition of carers, providing

carers with relevant information, signposting/referring carers to specialist information, advice and support, training and supporting the workforce to be carer-aware, supporting carers to access local resources.

- Adults and Health have introduced a new three tier approach to supporting carers to get a break from caring and have allocated additional funding to support community based short breaks
- NHS Leeds Clinical Commissioning Group have developed carer outcomes in their frailty programme of work
- Leeds Teaching Hospitals NHS Trust have developed a Carers Charter as part of their support to John's Campaign which is a campaign for extended visiting rights for carers of patients with dementia in hospitals
- New recurrent funding was distributed by Carers Leeds to support carers with the increased costs of caring in winter months
- Better Care Funding has enabled Carers Leeds to work directly with employers through the 'Leeds Working Carers Employers Network' to help managers and HR teams develop and improve support for their staff who balance their work with caring; the number of organisations involved in the network has increased membership to 27 employers and includes Leeds City Council, British Gas, University of Leeds, St Gemma's, Direct Line Group, West Yorkshire Police, NHS England, Leeds Community Health Care, DWF Law, Irvin Mitchell, Civil Service Charity, DWP, Leeds Teaching Hospitals, HMRC, ASDA, NHS Digital, Clarion, Environment Agency, Skills for Care, Yorkshire Bank, Hainsworth, Forum Central, Leeds College of Music, Yorkshire Building Society, First Group, Cafcass, Home office
- Carers in Leeds can access the Carers UK 'Digital Resource for Carers' free of charge which includes a wide range of digital products, for example on-line guides, Jointly App, building resilience e-learning and links to local support
- Leeds City Council and NHS Leeds Clinical Commissioning Group have provided additional funding through the Better Care Fund to increase the number of carers who receive a Time for Carers grant
- Members of the Leeds Carers Partnership have met with the Financial Services Authority to discuss ways the financial sector can promote Better Banking for carers

3.2 However, challenges remain, including:

- Increasing identification and support for carers through primary care to ensure carers are better prepared for caring and can get support early to look after their own health and wellbeing
- Developing new learning and training opportunities for carers to help them plan, prepare and provide care
- Developing new and additional capacity to enable more carers to have a break and/or keep in touch with friends and family
- Ensuring that support is reaching carers from our diverse communities (including BAME, LGBT+ and migrant communities)

- Ensuring more carers are able to find and/or remain in employment and are able to reach their potential in the workplace
- Ensuring that carers and their families do not suffer financial hardship as a result of caring, for example by giving up work to care
- Raising public awareness of carers and caring and reaching people who do not identify themselves as carers
- Working with West Yorkshire and Harrogate Health and Care Partnership to understand the benefits of introducing Carer Passport schemes
- Influencing initiatives and partnerships in Leeds so that they include carers and are better meet the needs of carers

3.3 The draft strategy has been designed so it is primarily available online. This will mean the strategy is live and interactive and will enable the strategy and the resources available to carers in Leeds to be easily and regularly updated. A printable version of the strategy is appended to this report as Appendix 2. A one page summary of the draft strategy is appended to this report as Appendix 1.

3.4 Each partner organisation would be required to complete their own action plan setting out their contribution towards the achievement of objectives which have been developed by members of the Leeds Carers Partnership. Each of the objectives relate to one of five priorities, again developed by the Leeds Carers Partnership, and which are based on things that carers themselves have said are important to them. The following five priorities are proposed:

- Improving identification of carers
- Increasing the number of carers accessing support
- Knowing what works for carers
- Influencing change and innovation
- Making Leeds a 'Carer-Friendly city'

3.5 Work is also ongoing to develop a Young Carers Strategy, which is being led by Children & Families, Leeds City Council.

4 Health and Wellbeing Board governance

4.1 Consultation, engagement and hearing citizen voice

4.1.1 The draft strategy has been developed by members of the Leeds Carers Partnership, the lead group in Leeds focussed on the development and improvement of services that support carers. Membership of the Leeds Carers Partnership is open and aims to reflect the stakeholders to the Leeds Carers Partnership Strategy. Membership includes carers as well as key staff from the public, private and voluntary sector.

4.1.2 The Leeds Carers Partnership proposes a period of public engagement to give people the opportunity to inform a final version of the strategy with a view to a strategy launch early in 2020.

4.1.3 Carers Leeds will be central to public engagement acting as both a channel of communication and a voice for the 12,500 carers they support each year.

4.2 Equality and diversity / cohesion and integration

4.2.1 The strategy will seek to address the diverse needs of carers in Leeds and the health inequalities that they experience due to their caring roles.

4.2.2 An equality and cohesion screening tool has been completed and is appended to this report.

4.3 Resources and value for money

4.3.1 There are no specific costs relating to the development of the strategy.

4.3.2 The overall approach is consistent with the Leeds Plan shift towards early intervention and prevention, whilst recognising that investment in quality care and support for older people and disabled people is required to ensure that carers are not pushed to breaking point by a lack of support.

4.4 Legal Implications, access to information and call in

4.4.1 There are no legal, access to information or call in implications to this report.

4.5 Risk management

4.5.1 The strategy will seek to set out the ambition of Leeds to be the best city for carers, whilst being practical about opportunities and challenges. Financial and reputational risks will be managed by the governance of Council and Clinical Commissioning Group in the development of the strategy.

5 Conclusions

5.1 The Leeds Carers Partnership draft strategy sets out priorities and objectives which will together improve the quality of life and promote the wellbeing of carers in Leeds. A period of public engagement will enable more people to have opportunity to inform a final version of the strategy with a view to a strategy launch early in 2020.

6 Recommendations

6.1 The Health and Wellbeing Board is asked to:

- Note the progress made by the Leeds Carers Partnership in developing the draft strategy
- Comment on and support the development of the strategy including the public engagement proposal

7 Background documents

7.1 None.

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How does this help reduce health inequalities in Leeds?

Carers experience health inequalities due to their caring role. The strategy aims to raise awareness of carers and caring and to develop a partnership approach, involving public, private and voluntary sector, to improving identification, recognition and support for 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 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

- Increasing identification and support for carers through primary care to ensure carers are better prepared for caring and can get support early to look after their own health and wellbeing
- Developing new learning and training opportunities for carers to help them plan, prepare and provide care
- Developing new and additional capacity to enable more carers to have a break and/or keep in touch with friends and family
- Ensuring more carers are able to balance work and care with support to return to work alongside or after caring
- Ensuring that carers and their families do not suffer financial hardship as a result of caring
- Raising public awareness of carers and caring
- Influencing initiatives and partnerships in Leeds so that they include carers and are better meet the needs of carers

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	X
Strong, engaged and well-connected communities	X
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	X
A stronger focus on prevention	X
Support self-care, with more people managing their own conditions	X
Promote mental and physical health equally	X
A valued, well trained and supported workforce	
The best care, in the right place, at the right time	