



Carer Awareness

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Introducing Myself

- ⑤ Name
- ⑤ My organisation
- ⑤ How I am involved with carers
- ⑤ What I hope to gain from today
- ⑤ My main concern.

Carer Awareness Training

- ④ What is a carer?
- ④ Some Facts
- ④ Established Acts
- ④ Main Questions Asked
- ④ Where do carers look for support?
- ④ Benefits and Income

continued...

Carer Awareness Training

- 🌀 Kinds Of Carers
- 🌀 Types Of Assessments
- 🌀 Emotions
- 🌀 Some of the issues
- 🌀 Some things carers need to think about
- 🌀 Carers' Centre Hull – what we offer
- 🌀 Further Reading Material.

Is any one here
a family/unpaid
carer?

What is a carer?

A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, addiction or disability.

This may be anywhere from one hour per week through to 24/7.

- ⌚ The term carer should not be confused* with a care worker, or care assistant, who receives payment for looking after someone

Again

Is any one here
a family/unpaid
carer?

Some facts

- Percentage of UK adult population are carers?
12.5% (around 6 million people.)
- Percentage of us will become a carer?
60%
- How many carers are in Hull?
Around 23,000
- Approx. how many Hull carers juggle care and work?
Over 11,000
- Number of people each year take on a caring role?
2 million people
- Number of carers that have been offered a health check?
27%

Established Acts

- ⑤ **Disabled Person's Act 1986 Section 8(1)**
Duty on the LA (Local Authority) to take account of the ability of the carer to continue to provide care.
- ⑤ **Carers (Recognition & Services) Act 1995**
The right to request carers' assessment, LA duty to respond.
- ⑤ **Carers & Disabled Children Act 2000**
LA power to provide services to carers, Power to charge carers for carers services, Direct payments for carers.
- ⑤ **Carers Equal Opportunity Act 2004**
Establishing the rights to information, work, learning and leisure.
- ⑤ **The Work and Families Act 2006**
The Act gives carers the right to request flexible working. This could be anything from altering their arrival and leaving times, to having access to a phone, or getting emergency paid leave.

Reasons for the Equal Op Act

- ⌚ Lack of automatic right to information and choices
 - ⌚ Right to good health
 - ⌚ Right to learning
 - ⌚ Right to work
- ⌚ Support only given when “in their caring role”
- ⌚ Assessment currently does not consider training, employment and leisure
- ⌚ Research shown: carers are not informed of options
 - “railroaded”

What the Act does

- ④ Long title: “An Act to place duties on local authorities and health bodies in respect of carers; and for connected purposes.”
- ④ Ensure that work, life-long learning and leisure are considered when a carer is assessed
- ④ Give LAs new powers to enlist the help of housing, health, education and other local authorities in providing support to carers
- ④ Ensure that carers are informed of their rights

Section 1 - Duty to inform

- ⌚ Amends Section 6 of Carers (Recognition & Services) Act 1995 - Carer's assessment
 - ⌚ Adds "...The local authority must inform that carer or, as appropriate, the responsible person that he may be entitled to a carer's assessment.."
- ⌚ Does not apply if the L.A. has previously
 - ⌚ carried out a carer's assessment in relation to the person cared for,
 - ⌚ informed the carer of carer's assessment
 - ⌚ carried out assessment under Section 4(3) of the Community Care (Delayed Discharges etc.) Act 2003 in relation to the cared for person

Section 2 - Work, training, education, & leisure

- ⌚ Amends Carers (Recognition & Services) Act 1995 and the Carers and Disabled Act 2000 by adding
 - “An assessment under subsection ... must include consideration of whether the carer-
 - ✓ works or wishes to work,
 - ✓ is undertaking, or wishes to undertake, education, training or any leisure activity.”
- ⌚ It is was hoped by including:
leisure + education + work + training = improved health/life

Section 3 - Co-operation between authorities

- ⌚ Generally - A local authority can request assistance from an authority to assist in the carer's provision of service.

- ⌚ Authorities:
 - ⌚ any other local authority
 - ⌚ any local education authority, and
 - ⌚ any Special Health Authority, Local Health Board, Primary Care Trust, National Health Service Trust or NHS foundation trust.

Main questions carers ask?

- ☞ Welfare benefits
- ☞ Breaks & respite away from caring
- ☞ Practical aids in the home
- ☞ Coping with stress
- ☞ Help with personal care of 'cared for'
- ☞ Who can be a sounding board

continued...

Main questions carers ask?

- ④ Which other agencies can help
- ④ Giving medication and side effects
- ④ Information on the illness itself
- ④ Pain management
- ④ Handling and lifting
- ④ Rights and entitlements.

Where do carers look for support?

- ⌘ GP.s
- ⌘ Family
- ⌘ Friends
- ⌘ Internet
- ⌘ Leaflets
- ⌘ Adverts
- ⌘ Information centres
- ⌘ Social workers
- ⌘ Vol' sector agencies
- ⌘ Health Centres
- ⌘ Chemists
- ⌘ Word of mouth.

Benefits and Income

- ☞ The main carers benefit is £53-90 p.w.
- ☞ Only paid if caring for minimum of 35 hours
- ☞ Equivalent to £1-54 per hour - far short of the national minimum wage of £5.93 per hour
- ☞ Carers save the country £87 billion each year.

Kinds of carers

What are the main issues for carers of:

- ☞ People with dementia
- ☞ Children with physical health disabilities
- ☞ Children with a learning disability
- ☞ Friend or neighbour with a disability
- ☞ Someone who has just become ill.

Types of assessments - main overview

Community Care Assessment (NHS and Community Care Act 1990)

This describes the process when a social worker or other health or social care professional looks at the needs of somebody with a disability and decides what community care services are required to meet those needs (for instance a Day Centre place or care in the home). Many now use a "single assessment process" which is an assessment for the disabled person and their carers carried out by all the health and social care professionals involved in the situation.

Financial Assessment

Local authorities can make a charge for services provided after community care assessment (which vary according to where you live), but this is subject to a means tested financial assessment. Most policies have a minimum (sometimes nothing) and maximum weekly charge.

Types of assessments - main overview

Care Programme Approach assessment (CPA)(National Service Framework for Mental Health)

Standard 6 states that where a carer is caring for a patient on an enhanced CPA (Care Programme Approach), the needs of the carer should be assessed, a written plan compiled and that this should be reviewed at least once a year.

Family assessment (Children Act 1989)

In the case of a disabled child with special needs, the assessment should look at the family as a whole unit when considering appropriate services for the child and support for the parents (carers).

Types of assessments - main overview

Health Assessments

Health professionals (district nurses, physiotherapists etc.) will usually undertake their own assessment before starting treatment. We are more used to describing a Doctor's assessment of your health as an "appointment" or "consultation". Health Professionals will also be involved in the "single assessment" process.

Occupational Therapy assessment

This looks at the needs of the person cared for, in their environment. It can result in the provision of aids and/or adaptations to the home in order to make life easier.

Types of assessments - main overview

Discharge from Hospital

Under the delayed Discharges Act 2003, if a patient is due for hospital discharge and the carer is concerned about how they will provide care in their home, they are now entitled to a home assessment, which includes the caring role.

Young carer's assessment

Young people (aged under 18) who provide care to adult family members are also entitled to an assessment of their needs. This should normally be carried out by local Children's Department under the provisions of the Children's Act 1989.

Types of assessments - main overview

Finally - a carer's assessment

This is the opportunity for the carer to tell social services about the things that could make caring easier for them.

Carers Assessments were first mentioned in the Carers (Recognition and Services) Act 1995. Carers can ask for an assessment of their own needs, when the person they are caring for is having an assessment or re-assessment of their needs **and even if the cared for person has declined an assessment.** Two later Acts have superceded this Act expanded on the scope and considerations to be undertaken whilst conducting an assessment.

Emotions

- ④ What range of emotions do carers feel?
- ④ What differences are there if their caring role is new to them?
- ④ Who do you think carers would tell?
- ④ Ways of helping them?

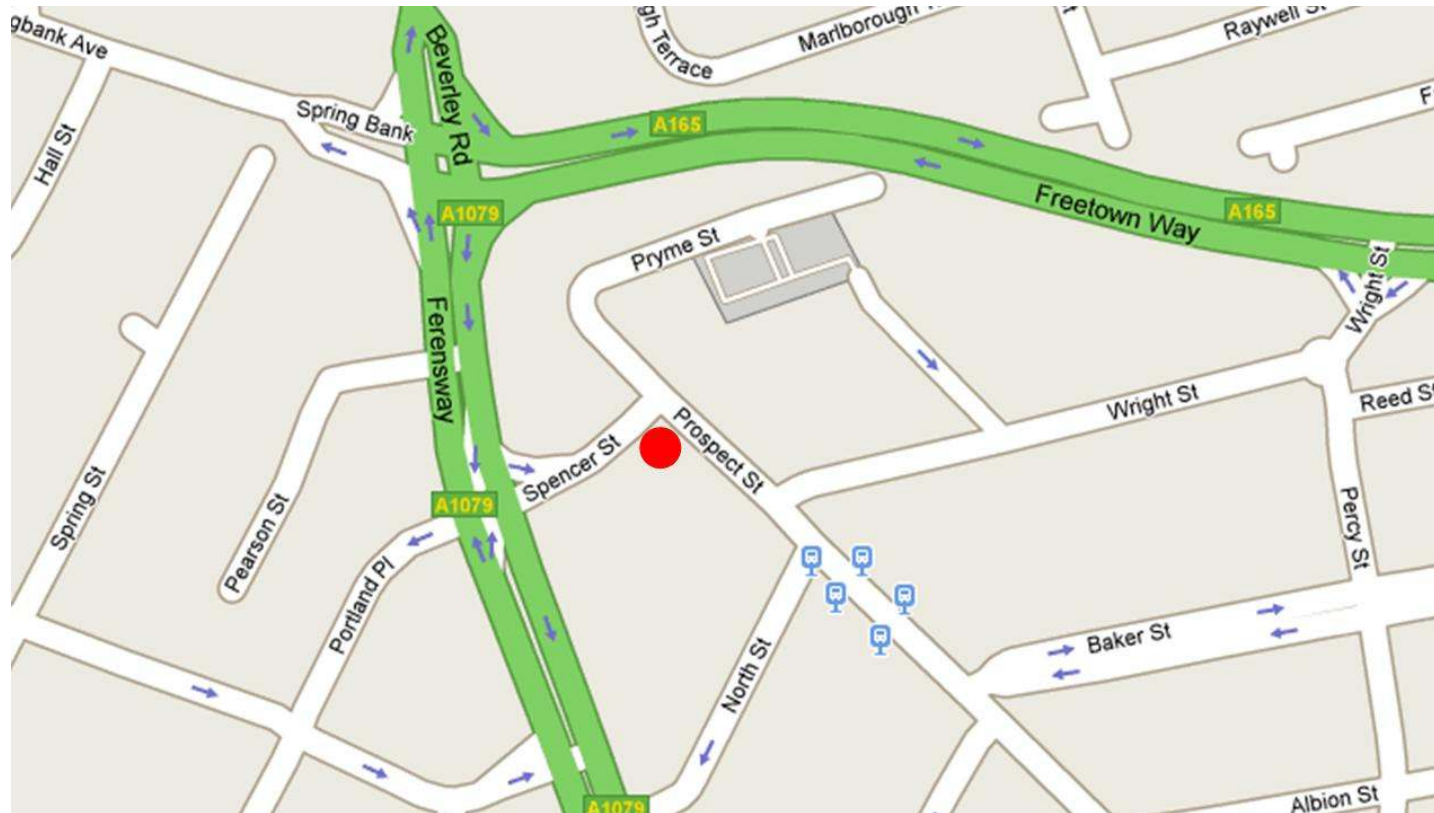
Some of the issues

- ⌘ Becoming a carer
- ⌘ Giving up work
- ⌘ Losing your own identity
- ⌘ The strain on relationships
- ⌘ Isolation
- ⌘ Depression
- ⌘ Feeling that you are ignored and forgotten
- ⌘ Living on benefits
- ⌘ Not being able to go on caring for someone
- ⌘ Coping if your caring role comes to an end
- ⌘ Uncertain as to the future.

Some things carers need to think about

- ⌚ Do you get enough sleep?
- ⌚ Is your health affected in other ways?
- ⌚ Are you able to get out and about?
- ⌚ Do you get any time for yourself?
- ⌚ Are your other relationships affected?
- ⌚ Do you want information about benefits?
- ⌚ Are you worried you may have to give up work? Or would you like to think about returning to paid employment?
- ⌚ Are you interested in Training or Adult Education for yourself?
- ⌚ Is the person you care for getting enough help?

Unit 5 The Shirethorn Centre 37 – 42 Prospect Street Hull



The Carers Centre Hull

- ⌘ Opened on the 8th June 1999
- ⌘ Carers finally being recognised in society
- ⌘ Part of the political agenda
- ⌘ Supported by Hull City Council & NHS Hull
- ⌘ City Centre location.

Role of the Carers' Centre

- Information
- Advice
- Support
- Carers
- Workers involved with carers
- Students
- The public.

What we are not

- ⌘ Careers Centre
- ⌘ Service provider – e.g.
 - ⌘ respite,
 - ⌘ sitter service
 - ⌘ domiciliary care (home care)

Advice

- ④ Carers' issues and rights
- ④ Advice on all aspects of caring e.g.
 - ☞ Concerns and Comments on services
 - ☞ Carers' rights
 - ☞ Care services.

Information

- 🌀 Leaflets, booklets, newsletters, displays
- 🌀 Updates on strategies & policies
- 🌀 Up to date local and national information
- 🌀 Signposting to other agencies and groups.

Support

One to one (listening ear):

- 🌀 By telephone
- 🌀 Through visits
- 🌀 Using email.

Social activities

- 🌀 Pop-In sessions every week
- 🌀 Quiz group
- 🌀 Craft activities
- 🌀 Tuesday 'Social Afternoon'.

Other Services

- ☞ OASIS - short stay respite service
- ☞ Public access internet
- ☞ Carers' Initiatives Fund
- ☞ Hull Carers Forum
- ☞ Newsletter
- ☞ Caring With Confidence
- ☞ Outreach work e.g. Health Centres
- ☞ Limited home visits.

Our commitment

To ensure that our service -

- 🌀 Is welcoming and accessible to all carers
- 🌀 Treats each carer as an individual
- 🌀 Meets each carer's needs appropriately
- 🌀 Respects people and their diversity.

Further reading

- 🌀 **The Selfish Pig's Guide to Caring** – Hugh Marriott
- 🌀 **Community Care and the Law** – Luke Clements
- 🌀 **Carers at the heart of 21st-century families and communities** – Department of Health (Publications policy and guidance)
- 🌀 This Presentation and Work Group Materials available from <http://tinyurl.com/050510Carers>



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Carers and Work

- Carers are often working when the need to care arises, many wish to continue working but the lack of services available can limit choice
- Carers should be encouraged and enabled to remain in work
- Employers need to be encouraged to develop flexible working/employment policies (The Work and Families Act 2006)
- Carers require help to return to work after caring due to “out-of-date skills”
- Accessibility and demystifying of training is essential. Many former carers state that it has been decades since they were last in the class room

Carers and Work Statistics

- 80% of carers are of working age
- 3 million carers already combine work and care
- 1 in 3 carers not currently working wanted to return to work if the right alternative care and flexible support was available
- That could mean over 7,500 Hull carers wishing to return to work

What needs to be done for working carers

- ⌚ The Work and Families Act to benefit as many carers as possible, but is implemented by employers
- ⌚ Ensure employers know about their responsibilities and the strong business benefits that come from supporting carers
- ⌚ The peak age for caring is between 45 and 64 – when many employees will have gained valuable skills and be employed in more senior positions. The cost of replacing them can impact on business profits.
- ⌚ Agencies to offer accessible training to bring carers skill up to date.
- ⌚ Another major problem facing working carers is the lack of replacement care services so they can go to work with peace of mind – improvement of social care provision