

All-Age Carers Strategy 2022



Improving the lives of Carers in Essex: Our All Age Carers Strategy

Drivers for change

- There are more than 150,000 carers; all ages; unique situations
- 30% likely to be providing over 100 hours care per week
- Lower satisfaction from carers with the support they receive compared to other areas
- Many do not identify as carers
- Need a systematic approach to supporting carers and to prevent crisis



- The All Age Carers strategy provides a framework for how we will offer quality support to carers from early in their caring role – the right support at the right time (“early help”)

The challenges and benefits of being a carer

RESIDENTS WHO IDENTIFY AS CARERS WHO WE MAY OR MAY NOT PROVIDE SUPPORT OR SERVICES TO WHO HAVE PARTICIPATED IN LIVED EXPERIENCE RESEARCH DONE AS PART OF THE ALL AGE CARERS STRATEGY

Carers reported to us that:

- ▶ Whilst many find aspects of their role enjoyable whilst, **others do not find it enjoyable at all**, and this may be impacting how well people feel supported.
- ▶ **The impact of the pandemic led some carers to feel unsupported**, as help dwindled (e.g. family members, sitter pool) and some took on extra responsibilities.
- ▶ Some **do not take up carers breaks** as they can't take it with their spouse or feel they can leave the person they care for.
- ▶ There is some **confusion** over who care and carers assessments are for, with some carers feeling their needs are unmet.
- ▶ They value **having a life of their own and balance** between their caring, household, work life and free time, something which isn't always achieved.
- ▶ They appreciate the **trusting relationships** they have with **other carers and their support**, to socialise and develop knowledge / skills. Carers report bodies such as Carers First, has enabled this.

Source 1: ECC (2020). "None of us had a manual for this". Lived Experience of residents requiring care and support in Essex during the Covid-19 pandemic Source 2: ECC (2021). Carers Focus Group Research. (Research informing the new Carers strategy). Source 3: ECC (2022). Carers engagement surveys . Key findings report

Produced by Essex County Council Research and Citizen Insight Team, Chief Exec's Office

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Commitments to Carers

- 1 Carers can easily access the information, advice, guidance and support when they need it and early into their caring role.
- 2 Develop professional practice and processes to improve identification and support to carers.
- 3 Improve transitions for carers as they move through specific phases or life events in their caring role.
- 4 Carers will have increased opportunity to access good quality support, including opportunities for breaks, to maintain their own wellbeing and those they care for.
- 5 Carers' needs and rights will be understood and recognised across Essex communities.
- 6 Carers will be the experts that influence, shape and be involved in the decisions that are intended to improve their support and wellbeing.

Carers outcomes framework

Outcome for carers

Physically healthy and safe

Emotionally healthy and happy

Connected to people and the community

Financial wellbeing

Stable and resilient

- ✓ You will feel empowered
- ✓ You will have increased confidence and good self-esteem
- ✓ You will have good health, mental wellbeing and feel safe
- ✓ You will feel cared for and respected
- ✓ You will have time for yourself to do what you choose to
- ✓ You will know about your rights and entitlements
- ✓ You will know about the conditions of those you care for
- ✓ You will know what is available for you and those you care for
- ✓ You will have improved educational and employment outcomes

The next 18 Months

- Review practice and processes related to carers assessments and reviews
- Trial a supported assessment / review through trusted assessor
- Develop a Think Carer Toolkit
- Test how peer support can be used at different times of transition / change
- Review of information, advice and guidance for carers
- Carers voices and recruiting council officers with lived experience
- Redesign and commission a new carers support offer

Our carers video

<https://www.youtube.com/watch?v=4N-ktNZv4FA>