

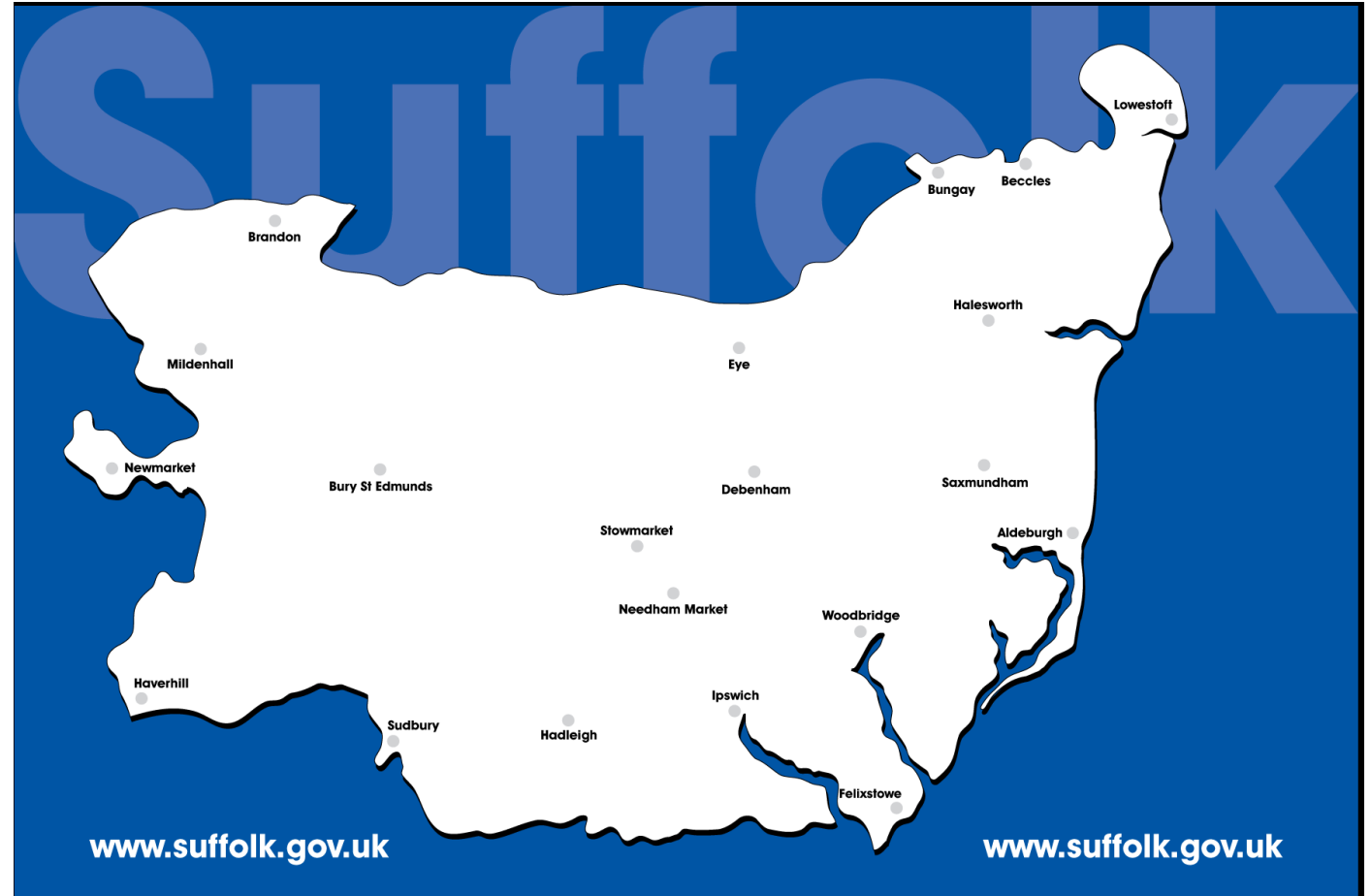
# Workshop 2: Co-producing Suffolk's All Age Carers' Strategy

Robert Forder, Carers Development Manager,  
Suffolk County Council

Co-production, Launch and action planning

(Celebrating Carers)

ADASS East of England Carers Event  
6<sup>th</sup> December 2022





Launched at  
Suffolk Health and Wellbeing Board  
on  
Thursday 17<sup>th</sup> November 2022

[Suffolk All Age Carers' Strategy 2022-2027](#) | [Suffolk County Council](#)

Easy read also available soon

**SUFFOLK  
ALL AGE CARERS'  
STRATEGY**  
2022-2027

**Vision:**  
*Improving the lives of carers and those they care for*

Suffolk County Council | SOCIAL CARE | NHS Suffolk and North Essex Integrated Care Board | Improving lives together Norfolk and Waveney Integrated Care System



# We have consulted other counties to learn by experience:

Bedfordshire

Buckinghamshire

Cheshire West and  
Chester

Essex

Norfolk

Eastern Region Carers  
Network: Including,  
Peterborough,  
Hertfordshire

Cambridge





# Focus Groups

When: Started February 2022 to May 2022 and throughout the process

## Why:

To receive feedback from carers and partners, and start co-production at the start.

## What:

Signs of Safety:

- What is working well?
- What are you worried about?
- What needs to happen?

Examples of other strategies

## How:

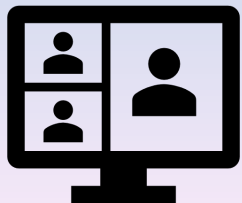
Via partners, websites, research.

## Who:

Via partners, voluntary community and social enterprise (VCSE), NHS, County Council, education, housing, hospitals, GPs, employers etc. 54 young carers and 28 adult carers

## Where:

Family Carers Partnership Board, carers groups, schools, MS Teams, telephone, surveys.

A screenshot of a survey form titled 'Part 1- Your role as a young carer. Remember, there is no right or wrong answer.' The form includes a header with 'Age:' and 'Locality:' fields, and a 'Submit' button. The main content consists of four numbered questions: 1) 'Think about you and your role as a young carer. What has been working well for you? (eg. support you receive, support the person you care for receives., YCawareness in education...)', 2) 'How do you know this has been working well for you? What difference has it made to you?', 3) 'Thinking back over the past year, what have been the challenges for you as a young carer?', and 4) 'When things weren't going quite so well what was happening? What difference did this make to you?'. Below the questions is a section titled 'Now we want your help to look ahead.' with five numbered questions: 1) 'What do you think needs to happen to support young carers?', 2) 'How would we know if this is happening?', 3) 'What would life be like for a young carer?', 4) 'What would you be saying? What would you be telling the strategy makers?', and 5) 'What difference would it make to you?'. The form also features a 'Submit' button and a 'Back' button at the bottom.

# 8 week Consultation

The consultation opened on Monday 20 June and closed on Monday 15 August 2022.

## Strategy on one page

The co-produced Suffolk All Age Carers' Strategy 2022-2027 has five priorities.

<b>Vision:</b> All Carers will be empowered towards achieving their goals and aspirations.	<b>Priority 1</b> Early identification of carers	<b>Priority 2</b> Improved information and advice
<b>Priority 3</b> Young carers to have the same priority as adult carers	<b>Priority 4</b> Systems and services that work for carers	<b>Priority 5</b> Improved health and wellbeing for carers

Thank you for all of you who were able to attend the co-production events and participating in the formal consultation. Your contribution to developing the strategy is very much appreciated, and we understand your time is valuable. Your input provided confidence that the voice of carers was heard in the development of the Suffolk All Age Carers' Strategy.

We are really pleased to say that the strategy was signed off by the Family Carers Partnership Board and the Health and Wellbeing Board where it was launched on Thursday 17th November 2022.

To clarify the next stages:

- Easy Read version is in development by ACE Anglia and will be available soon.
- Initial meetings will be set up to start to co-produce the action plan with you.
- As the vision says, the strategy needs to lead to actions and 'improving the lives of carers and those they care for'.

If you would like to take part in the future development of the action plan or a specific workstream around one of the 5 priorities below, please [complete our short questionnaire](#). One of the team will get back to you.

1. Early identification of carers
2. Improved information and advice
3. Young carers to have the same priority as adult carers
4. Systems and services that work for and support all carers
5. Improved health and wellbeing for carers

Online

Suffolk County Council

Home » Council and democracy » Consultations, petitions and elections » Consultations and Engagement » Carers Strategy 2022-2027

## Carers Strategy 2022-2027

Help us make life better for carers in Suffolk.

This consultation is now closed; thank you to everyone who took part. The responses and feedback received are being reviewed and will be used to develop the strategy to reflect the needs of carers throughout Suffolk. The next stage is for the strategy to go to the relevant boards for sign-off with planned publication in November 2022. Further details will follow regarding the launch and development of the action plan.

Updated 17 November 2022: [View the planned publication of the Suffolk All Age Carers' Strategy 2022-2027](#)

Statistics show that 1 in 8 of us will become carers in our lifetime, often without planning. Suffolk had 77,745 family/unpaid carers identified in the 2011 census, while Suffolk Family Carers now predict there are 98,000.

Carers UK estimate that carers have saved the economy £193 billion during the pandemic. Carers could be giving up their time, money, education, careers and relationships to support those they care for and we know that this often impacts their own health too.

Suffolk's previous Adult Carers Strategy is due for updating, and it has been decided this time to create an All Age Carers Strategy, to ensure that the needs of young carers were included.

- Suffolk County Council
- Council and democracy
- Consultations, petitions and elections
- Consultations and Engagement
- Consultation on Chilton Woods
- Suffolk Local Flood Risk Management Strategy
- Proposed 30mph speed limit for the Parish of Outton

Suffolk Family Carers | Suffolk County Council

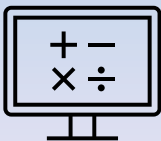
## All Age Carers Strategy - Survey for Carers under 18

1. A definition of a carer is provided on page 9 of the draft strategy. Do you consider yourself to be a **carer**?

Yes  
 No  
 Other (please specify): \_\_\_\_\_

2. To what extent do you agree or disagree that these are the right areas of focus for our plan for young carers in Suffolk?

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
Early identification of carers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Improved information and advice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Young carers to have the same priority as adult carers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Suffolk All Age Carers' Strategy

## Consultation Report

20<sup>th</sup> June 2022 – 15<sup>th</sup> August 2022

135 carers responded to the consultation, 76 via postal surveys (of 167 sent) and 43 via online surveys. 16 responses were also received from families of young carers under 18 (separate to the online surveys).

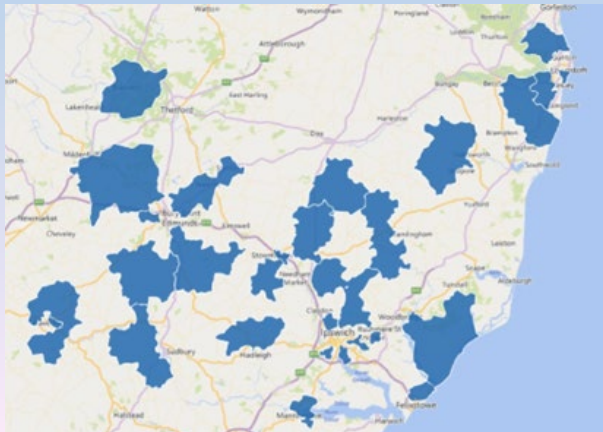
90.60% considered themselves to be carers.

74.55% of those who responded were female carers.

72.28% said they were White English.

32.69% reported they had a disability themselves.

28% (31) who responded were age group 55-64.  
26% (29) who responded were age group 65-74.



Responses were from across Suffolk based on first four characters of postcode

### Feedback on the 5 priorities

Answer Choices	Strongly agree	Agree
Early identification of carers	66.38% 77	29.31% 34
Improved information and advice	68.10% 79	28.45% 33
Young carers to have the same priority as adult carers	64.96% 76	28.21% 33
Systems and services that work for carers	76.11% 86	19.47% 22
Improved health and wellbeing for carers	78.45% 91	18.97% 22

#### Free text comments young carers

- 6 said very positive strategy points which should help our young carers'.
- 5 highlighted the lack of support in schools for young carers currently, especially around mental health.
- 3 comments stated that help/support needs to be made more obvious so that young carers don't slip through the net.
- 1 said more out of school activities for young carers closer to home.
- 1 highlighted the fact that young carers who are home-educated miss out on support available via school.

#### Free text comments adult carers

- 22 said that carers want more respite from caring, particularly at short notice.
- 11 said that nothing has been missed.
- 9 wanted more financial support for carers.
- 3rd most common: There should be more join-up between all the various organisations.
- 6 said they had difficulty in accessing support from SCC or the NHS.
- 5 said they have either had to reduce their working hours or change jobs as a result of being a carer.
- 1 said lack of support in transition planning from children's to adults' social care.



# The co-produced final design

## SUFFOLK ALL AGE CARERS' STRATEGY

2022-2027

Vision:

*Improving the lives of carers and those they care for*



# Forewords

## FOREWORDS

“

I am pleased to be able to write in support of the new strategy which is an important step along the road of improving support and provision for family carers throughout Suffolk. Many of us have been involved in working towards this stage - genuine co-production between those with direct experience of caring, voluntary agencies and the statutory sector.

This is however only the first stage, we now look for widespread adoption of the strategy, and most importantly action to implement it in practice - indeed the true measure of the strategy will be its impact 'improving the lives of carers and those they care for'.

”



**Neil Watts**

Chairman of the  
Family Carers Partnership Board

“

It is good to see this strategy has been written and there are some really important things included for all carers. I think what matters most is that they are put in place and not just words on a piece of paper. Young carers need to be able to get support and help at any time when they need it.

”



**Millie**

(Aged 14)  
Young Family Carer (Ipswich)

# What about Suffolk?

## ABOUT SUFFOLK

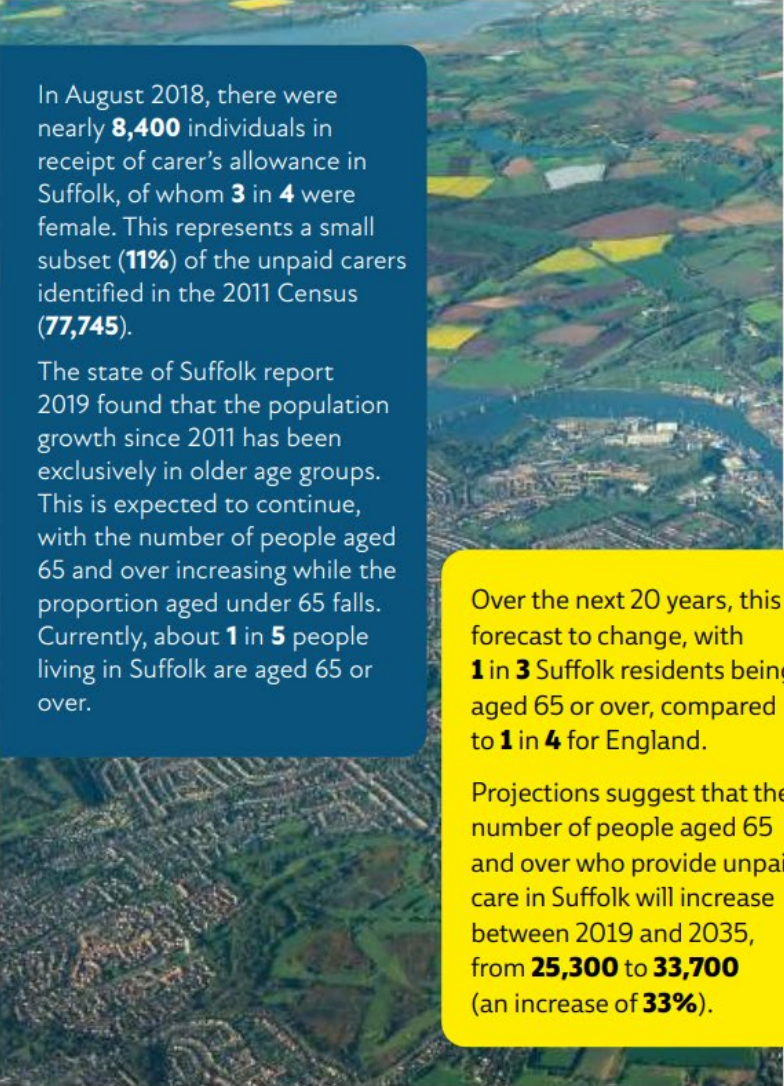
**Suffolk is a large county covering approximately 1,466 square miles, mainly comprised of low-lying arable land with the wetlands of the Broads in the North East, the Suffolk Coast and Heaths Area of Outstanding Natural Beauty in the East, and the sandy heathlands of Breckland in the North West.**

Suffolk has a mix of vibrant market towns and includes Britain's biggest and busiest seaport in Felixstowe. Being a rural area offers unique challenges and requires us to work together with all sections of the rural community.

From 1st July 2022, Suffolk and North East Essex Integrated Care Board assumed NHS Planning functions previously held by the Clinical Commissioning Groups (CCGs) – West Suffolk, Ipswich and East Suffolk and North East Essex. Waveney has a similar partnership with Norfolk. Suffolk is committed to work together to improve the health and care system for all carers. By working together in an Alliance we can have an impact on wellbeing, care and physical and mental health outcomes for all carers.

**Although the broad County outline of Suffolk remains the same, on 1 April 2019 the geographical boundaries within Suffolk changed. Suffolk now has 5 district and boroughs:**

- Babergh
- East Suffolk (previously Suffolk Coastal and Waveney)
- Ipswich
- Mid Suffolk
- West Suffolk (previously Forest Heath and St Edmundsbury)



In August 2018, there were nearly **8,400** individuals in receipt of carer's allowance in Suffolk, of whom **3 in 4** were female. This represents a small subset (**11%**) of the unpaid carers identified in the 2011 Census (**77,745**).

The state of Suffolk report 2019 found that the population growth since 2011 has been exclusively in older age groups. This is expected to continue, with the number of people aged 65 and over increasing while the proportion aged under 65 falls. Currently, about **1 in 5** people living in Suffolk are aged 65 or over.

Over the next 20 years, this is forecast to change, with **1 in 3** Suffolk residents being aged 65 or over, compared to **1 in 4** for England.

Projections suggest that the number of people aged 65 and over who provide unpaid care in Suffolk will increase between 2019 and 2035, from **25,300** to **33,700** (an increase of **33%**).

# Identifying carers

## EXAMPLES OF CARERS IN SUFFOLK

**We know that caring looks different from carer to carer. We've put some examples together below, not to label you but to help people understand what caring might look like in different circumstances.**



### Young Carers

My name is Amy, I am 9 years old and live with my Mum who has recently been given a diagnosis of MS. There have been some big changes in a short space of time such as thinking about moving home to get mum the support she needs.

### Sibling Carers

My name is Ahmed, I am 11 and live with my brother who has been diagnosed with anxiety, this means my life is quite different to my friends.



### Young Adult Carers

My name is Jordan, I am 17. I care for my mum who has stage 4 cancer. I am struggling emotionally to process this as well as having to assist her with things around the house such as cleaning and tidying. I am trying to keep studying as I know that's what mum wants but it's hard to concentrate.

### Transitions Carers (Moving to adulthood, 14+ years to 24 years)

My name is Julie, I am 17 and care for my mum, I am hoping to go to university.



### Parent Carers

My name is Amanda, I am a parent carer for my 7-year-old son who is Autistic. I have 3 other children and work part time. I have recently accessed further information advice and guidance, activities unlimited, household fund support and food parcel.

### Adult Carers

My name is Susan, I care for my partner who has a neurological condition and cancer. I am currently concerned about my partner getting COVID, so tend to go out earlier in the morning to avoid people. I link with services to support my partners' needs and my caring role.

### Sandwich Carers

My name is Sarah, I care for my 25-year-old son who lives in my home and also my mum who is 86 and lives in her home.



### Working Carers

My name is Robert, I work full time and feel at some point I may need to give up work due to the needs of my caring role. I care for my father who is 88 and has dementia, I support him with daily living skills and have Power of Attorney. I also support a neighbour by undertaking shopping and doing DIY jobs. I am waiting for a needs assessment for my father, I have just had a carers assessment.



### Carers over 75

My name is Jane, I am 86 and care for my husband who is 88, I have cared for him for the past 9 years. He has sight loss and dementia. Due to his dementia, he can sometimes be calm and I cope very well, however sometimes he is verbally aggressive to me, which is difficult as he is a different person than he was before having dementia. We live in independent supported accommodation, so I get support when I need to.



### Life after caring/ between caring

My name is June, I cared for my sister Kate for many years. Kate has now moved to a care home; I still visit and help my sister to go into the community or with some shopping and managing money. I have friends whose loved ones have passed away, they don't stop caring though.

# Pre consultation focus groups

## WHAT YOUNG CARERS SAID

**Q.** What has been working well for you?

**A.** Monthly activities, school visit.

**Q.** How do you know this has been working well for you?

**A.** Someone to talk to.

**Q.** When thinking back over the past year, what have been the challenges for you as a young carer?

**A.** It can be hard to know that my mum is going through all of that and I have to help her.

**Q.** When thinking back over the past year, what have been the challenges for you as a young carer?

**A.** Not being able to go back to work.

**Q.** When things weren't going so well what was happening?

**A.** I feel I can't help him. It's not nice for me to see dad in the condition he's in. I feel sorry for him.

**Q.** What do you think needs to happen to support young carers?

**A.** More people to help with my problems and to support my mum.

**Q.** What do you think needs to happen to support young carers?

**A.** More wellbeing and getting together.

**Q.** What do you think needs to happen to support young carers?

**A.** Transport so you can get to more things.

**Q.** How would we know this is happening?

**A.** We would tell you.

**Q.** What would life be like for a young carer?

**A.** Wouldn't feel so lonely.

**Q.** What would you be telling the strategy makers?

**A.** That sometimes we need extra support if we feel overwhelmed as it would help us emotionally.

**Q.** What difference would it make to you?

**A.** Something to look forward to.

# Recognising support out there

## EXISTING SUPPORT FOR CARERS

**There are a number of statutory and community services that help to support carers, offering both practical and health and wellbeing advice.**



# The pathway

## PATHWAY TO DEVELOP THIS STRATEGY

- **December 2021** - Family Carers Partnership Board was briefed and All Age Carers' Strategy preferred format agreed.
- **February 2022** - Cabinet member report sent with good news story regarding the All Age Carers' Strategy.
- **February 2022** - Counties outside of Suffolk contacted to learn from experience.
- **February - May 2022** - Online carers focus groups for young carers, adult carers, Voluntary Community and Social Enterprise (VCSE), Adult and Community Services (ACS), Children and Young People's Services (CYP) and Clinical Commissioning Groups (CCGs).
- **February - May 2022** - Adult carers and young carers groups contacted and visited.
- **March/April 2022** - Suffolk County Council Adult and Community Services and Children and Young Peoples Management Teams briefed and agreement to continue All Age Carers' Strategy.
- **March 2022** - Radio and news articles presented by councillor regarding All Age Carers' Strategy.
- **March 2022** - Health and Wellbeing Programme Office Meeting.
- **May 2022** - West Suffolk Alliance.
- **May 2022** - Health and Wellbeing VCSE network.
- **May 2022** - Briefing with SCC councillor.
- **May 2022** - Follow up co-production meeting with carers, VCSE, CYP, ACS, CCGs to comment on draft strategy before consultation.
- **June 2022** - Sign off of draft strategy, surveys by CYP, ACS, CCG's for consultation.
- **June 2022** - East Suffolk Alliance
- **June - August 2022** - Formal Consultation, online survey, postal survey, telephone follow up.
- **July 2022** - Health and Wellbeing Board (HWBB) agree adult carer and young carer champion on the HWBB.
- **August 2022** - Make any changes required following consultation.
- **September 2022** - Sign off All Age Carers' Strategy 2022-2027 by FCPB, Co-production focus groups, ACS, CYP and HWBB.
- **November 2022** - Planned launch of All Age Carers' Strategy 2022-2027.
- **October/November 2022** - Initial co-produced Action Plan development starts.
- **2022-2027** - Annual review of strategy; Monitor, embed and review action plan using co-production throughout.



# Developing the priorities

## DEVELOPMENT OF PRIORITIES



**Between February 2022 and May 2022, 54 Young Carers and 28 Adult Carers were involved in the development of this strategy. More carers will be contacted in the future through groups, surveys and further co-production. Three key questions were asked during the development of the strategy using a 'Signs of Safety' approach:**

- What is working well?
- What are you worried about?
- What needs to happen?

*Focus groups were initially set up, but carers reported that they would find it difficult to attend additional groups, preferring instead to give input via their existing groups.*



It was recognised that carers of all ages must have a voice in the development of the strategy and action plan.

An Equality Impact Assessment was completed and published in March 2022, designed to ensure that a policy or service does not discriminate against any disadvantaged or vulnerable people and that, as far as possible, any negative consequences are eliminated or mitigated.

From the data gathered and working with the consultation team, carers voices were heard and the priorities developed. The consultation ran for 8 weeks, from 20th June 2022 – 15th August 2022. 135 carers responded to the consultation, (76) via postal surveys (of 167 sent) and (43) via online surveys. 16 responses were also received from families of young carers under 18 via carers groups, not directly through consultation surveys. This was the same preferred response method pre consultation by young carers.

The Action plan that will follow will be where these priorities will see change and make a difference for all carers across Suffolk.

Although there is not space to list everyone we have spoken to, a list is provided in the appendix.

In the next section you will find the five priorities that were co-produced with carers, these priorities are numbered for ease reference, not in order of priority.



# Priority 1

## PRIORITY 1

## Early identification of carers



### What is working well?

- Carers were identified for early COVID vaccines.
- Someone to speak to at school.
- Hospitals referred carers for on-site carers support.



### What are you worried about?

- Not being seen as a carer or recognising you are a carer, especially if you are a child.
- Not understanding who a carer is.
- Not knowing the support available until crisis.



### What needs to happen?

**WE WILL**

- Identify gaps in systems so you do not have to keep telling your story before you are recognised as a carer.
- Develop links with education, schools, university, public health, employers, marginalised carers groups and other partners to ensure more carers are identified earlier.
- Encourage people supporting your loved ones to ask if they have a carer.
- Develop resources and training for staff to help identify carers as well as you in your other roles as a child, parent, sibling, friend etc.
- Support children and adults to recognise when they are in a caring role and where to seek help.

# Developing, implementing and Governance of action plan

## IMPLEMENTATION OF STRATEGY AND DEVELOPMENT OF ACTION PLAN

**The Family Carers Partnership Board (FCPB) comprises representatives of Adult and Community Services, Children and Young Peoples Services, Clinical Commissioning Groups which changed to Integrated Care Boards on 1st July 2022, Voluntary Community and Social Enterprise and carers themselves. The FCPB will, over the next five years, develop and implement an action plan based on the five priorities.**

### **Governance and monitoring**

The FCPB will oversee the day-to-day delivery of the All Age Carers' Strategy and action plan that will follow.

The Suffolk Health and Wellbeing Board (HWBB) will have overall accountability and responsibility for the strategy and action plan with the FCPB providing 6 monthly updates. The HWBB will also have a young carer and adult carer champion on the board.

- Quarterly reports will be made available to the FCPB regarding the action plan.
- 6 monthly reports will be made available for the HWBB, Alliance members and other working partners.
- Annual review of the All Age Carers' Strategy and any changes due to policy or legislation will be made as required following a co-production approach.

The action plan will be monitored, embedded and reviewed so it does not become a strategy and action plan only at the time of publication or one that sits on a shelf, continuing with a co-production approach.

The plan will be developed using the vision 'Improving the lives of carers and those they care for' and the S.M.A.R.T.E.R. model: Specific. Measurable. Achievable. Relevant. Time bound. Evaluate. Readjust.

Carers will have a voice in developing the right support in the right place at the right time.

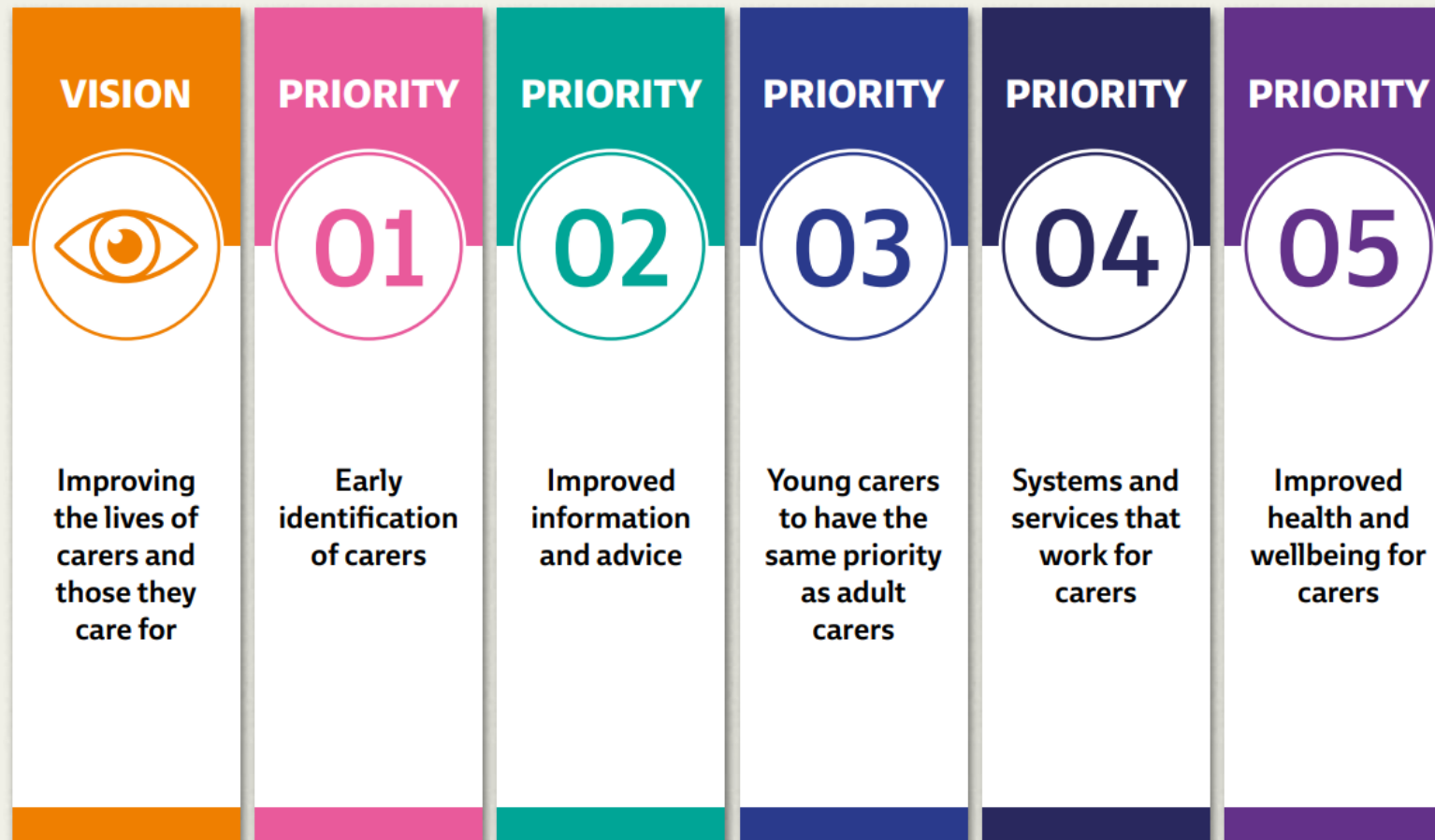
If market engagement is required, carers will be a part of this to support any decisions made.

Any changes to the strategy and action plan will also need to be signed off at the appropriate level within CYP and ACS.



# Priorities on one page

**The co-produced Suffolk All Age Carers' Strategy 2022-2027 has five priorities**



# Key contacts

## **Suffolk Family Carers**

### **Visit:**

Suffolk Family Carers |  
Established Charity  
Helping Family Carers  
**or call 01473 835477**

## **Adult and Community Services/Customer First**

### **Visit:**

Carers assessments |  
Suffolk County Council  
**or call 0808 800 4005**

## **Children and Young Peoples services/ Activities Unlimited**

**Activities Unlimited for  
parents and carers of  
children with SEND**

### **Visit:**

[www.access-unlimited.co.uk](http://www.access-unlimited.co.uk)  
**or call 01473 260026**

## **Early Help Customer First**

### **Visit:**

Social Care & Early Help  
page  
**or call 0808 800 4005**

## **Suffolk InfoLink, your community directory**

### **Visit:**

Community Directory  
([suffolk.gov.uk](http://suffolk.gov.uk))

## **Advocacy**

### **Visit:**

[www.pohwer.net/suffolk-advocacy-service](http://www.pohwer.net/suffolk-advocacy-service)  
**or call 0300 456 2370**

## **Dementia Connect Service Ipswich, East, and West Suffolk**

### **Email:**

[dementiaconnect@  
alzheimers.org.uk](mailto:dementiaconnect@alzheimers.org.uk)  
**or call 0333 150 3456**

## **Specialist Integrated Dementia Support Service Norfolk and Waveney**

**Email:** [Norfolk@  
alzheimers.org.uk](mailto:Norfolk@alzheimers.org.uk)

**or call 01603 763556**

## **Parent Carers/ Customer First**

### **Visit:**

[www.infolink.suffolk.gov.uk](http://www.infolink.suffolk.gov.uk)  
**or call 0808 800 4005**

# Legal and Policy Framework

## LEGAL AND POLICY FRAMEWORK

- **NHS England (2019)**  
NHS Long Term Plan
- **NHS England (2014)**  
NHS England » Commitment to carers
- **NICE (2020)**  
Overview | Supporting adult carers | Guidance | NICE
- **Carers UK (2019)**  
Juggling work and unpaid care - Carers UK
- **Carers UK (2021)**  
State of Caring 2021 report - Carers UK
- **NHS Digital (2021/22)**  
Personal Social Services Survey of Adult Carers in England - NHS Digital
- **NHS England and NHS Improvement (2019)**  
NHS England » Supporting carers in general practice: a framework of quality markers
- **Department of Health and Social Care (2018)**  
Carers action plan 2018 to 2020 - GOV.UK ([www.gov.uk](http://www.gov.uk))
- **Local Government Association (2018)**  
Supporting carers: guidance and case studies | Local Government Association
- **NHS England (2016)**  
NHS England » An integrated approach to identifying and assessing Carer health and wellbeing
- **NHS England (2014)**  
NHS commissioning » Commissioning for carers ([england.nhs.uk](http://england.nhs.uk))
- **Care Act 2014**  
Care Act 2014 ([legislation.gov.uk](http://legislation.gov.uk))
- **Children and Families Act 2014**  
Children and Families Act 2014 ([legislation.gov.uk](http://legislation.gov.uk))
- **Work and Families Act**  
Work and Families Act 2006 ([legislation.gov.uk](http://legislation.gov.uk))
- **Association of Directors of Adult Social Services (2022)**  
Carers and safeguarding: a briefing for people who work with carers | Local Government Association
- **The Suffolk Observatory**  
Suffolk Observatory – Welcome to the Suffolk Observatory
- **Young Carers in Suffolk 2019**  
Young-Carers-in-Suffolk-Healthwatch-final.pdf ([suffolkfamilycarers.org](http://suffolkfamilycarers.org))
- **Joint Health and Wellbeing Board STRATEGY REFRESH 2019-2022**  
JHWS-2019-2022.pdf ([suffolk.gov.uk](http://suffolk.gov.uk))
- **Social Care Institute for Excellence (SCIE)**  
Quick guide: Supporting people who provide unpaid care for adults with health or social care needs | SCIE
- **Carers Trust**  
What We Do - Impact of Covid-19 Young Carers | Carers Trust
- **Suffolk County Council**  
Caring for someone | Suffolk County Council
- **Suffolk County Council**  
Special educational needs and disabilities (SEND) and the Local Offer | Suffolk County Council
- **Health and Care Act 2022**  
Health and Care Act 2022 ([legislation.gov.uk](http://legislation.gov.uk))

# Next steps

- **Link to strategy:** [Suffolk All Age Carers' Strategy 2022-2027 | Suffolk County Council](#)
- **Launch:-** All councillors received copy, libraries etc
- Carers champions meetings
- Workstream leads for action plan
- Living Action plan
- SMARTER
- Carers assessment process
- SCC Staff Carers Network
- SCC carer confident employer



## Final vision and priorities

### Vision:

Improving the lives of carers and those they care for

### Priorities:

1. Early identification of carers
2. Improved information and advice
3. Young carers to have the same priority as adult carers
4. Systems and services that work for and support all carers
5. Improved health and wellbeing for carers

# Lessons learnt so far .....

1. Co-production takes time.
2. Set realistic goals and expectations (SMART)
3. Seek advice and work with partners, there is a lot of experience out there.
4. Useful tools include:
  - Project charter (the Why?),
  - Scope statement (the What?)
  - Project plan (GANTT chart) (the Who, what, when etc),
  - Communication plan (Reduced risk of assumptions)
  - Lessons learnt/after action review

Thank you

Any questions?