

THEME 2: I am supported in my caring role, and am able to live a life of my own.

Outcome	Why are we doing this?	What will we do?	How will we know we have been successful?	Who will lead?
<p>Provide personalised and timely support for carers and the cared for so that their quality of life is improved</p>	<p>We know that many carers find it easier to continue in their caring role if they can get some assistance. Timely interventions can make a huge difference to carers and help maintain people's independence.</p>	<p>Different groups of carers need assistance in relation to their own individual needs and the needs of the person they care for. For example older carers, parent carers, working carers, carers of people living with dementia, a learning disability or autism all require individual assessment and support.</p> <p>Alongside cross-cutting interventions we recognise that there are actions that we need to put in place tailored to specific groups of carers. These are set out in the various actions in Theme 2 (as per below).</p>	<p>Increased numbers of carers engaged with ongoing support, with positive feedback received from carers, the cared for and carers' organisations about their experiences of accessing services in a timely and effective manner.</p> <p>Many of the outcomes in this theme will be monitored through the Survey of Adult Carers in England (SACE) which asks carers, on a biennial basis, their opinion about the services and care they receive from local authorities and other providers. The survey also asks carers about their health, happiness and wellbeing. Responses to the 2018-19 survey in York will be used as a baseline against which to measure improvement.</p>	<p>All public, private and voluntary sector partners in the city.</p>

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<p>Provide personalised and timely support for older carers.</p>	<p>We know that a significant proportion of carers in York are elderly, as are the people they are caring for.</p> <p>We know that older carers are spending an increasing amount of time caring - and are more likely to have to look after people that suffer from multiple health issues, whilst not reporting particularly good health themselves.</p>	<p>We will work towards the development of a sustainable homecare model in York. (Without this the strain that is currently being placed on older, and other, carers will persist).</p> <p>We will support the development of the new neighbourhood homecare model - proactively exploring alternative ways of meeting the needs of homecare and reablement customers, creating capacity in the homecare marketplace and easing the burden on carers.</p> <p>We will make sure that homecare providers are building strong relationships with carers and wider community support networks e.g. Community Nurses, GP Practices, Local Area Co-ordinators etc.</p>	<p>Close working relationships are established between homecare, primary healthcare and community and voluntary sector partners at a local level to support both carers and the cared for.</p> <p>There will be a measurable increase in the timeliness, availability, quality and diversity of homecare provision in the city of York.</p>	<p>The Homecare Working Group will lead this piece of work and will report progress to the York Carers Strategy Group.</p> <p>Key partners taking this agenda forwards will include City of York Council, Community Catalysts and Yorkshire Housing.</p> <p>Wider partners to include Local Area Co-ordinators, Community Nurses, GPs, Talking Points etc.</p>

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<p>Provide personalised and timely support for young carers and young adult carers.</p>	<p>Caring responsibilities can help children and young adult develop a number of life skills and be a positive experience. However, some young carers find themselves isolated and hidden from support.</p> <p>Service providers may focus on the health condition of a family member and not acknowledge or recognise that a child or young person is providing care that is beyond their experience or capability.</p> <p>Children may miss out on their education and social life through inappropriate caring responsibilities</p> <p>Many young carers are struggling struggle to live a life of their own, make friends or socialise. For some this means they are unable to achieve well at school. Many feel as if they have no choice other than to provide care and do not know their rights or who to turn to for support.</p>	<p>We will make sure that young carers and young adult carers are supported to make informed choices about their future, enabling them to lead independent and fulfilling lives.</p> <p>We will make sure there is a shared commitment that no child or young adult in York is disadvantaged because they have caring responsibilities.</p> <p>We will actively promote the York Carers Centre young carers and young adult carers' services.</p> <p>Members of the York Carers Strategy Group will support York Carers Centre to provide a range of age appropriate activities responding to the needs of young carers in York.</p> <p>We will engage schools and colleges to recognise the problems young carers face and adopt ways to identify and support them through education.</p> <p>We will work with the council Housing Service to ensure that young adult carers are able to access social rented, affordable rented and intermediate housing.</p>	<p>More child and young adult carers are identified.</p> <p>More child and young adult carers feel supported.</p> <p>Improved educational attendance and attainment amongst young carers and young adult carers.</p> <p>New initiatives for young carers are launched, or existing services extended to support child and young adult carers.</p> <p>More young carers and siblings will be supported to have the same life chances as other people.</p>	<p>All members of York Carers Strategy Group, actively supported by schools, further and higher education institutions, Children's Centres and the wider voluntary & community.</p>

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<p>Make sure that carers are able to maintain their health and wellbeing.</p>	<p>We recognise the vital importance of encouraging carers to be mindful of their own health, wellbeing and role in self-care.</p> <p>We know that many carers in York are neglecting their own health in order to support the people they are looking after.</p>	<p>All carers will be encouraged to register as a carer at their GP practice.</p> <p>Each GP practice in York will hold, and actively update a Carers Register, listing all known carers on their practice list.</p> <p>All carers will be offered an annual health check by their GP and be offered other benefits when necessary, such as a free flu vaccine.</p> <p>Each GP practice also holds a Long Term Conditions register. Patients on these registers will be contacted to find out who is supporting them, thereby identifying potentially hidden carers.</p> <p>If the GP Practice has access to the Ways to Wellbeing social prescribing scheme it will actively refer carers to this service.</p>	<p>Fewer carers say that they are not looking after themselves well enough.</p> <p>Fewer carers say their health is suffering due to their caring role.</p>	<p>Vale of York Clinical Commissioning Group.</p> <p>All GP Practices in York.</p> <p>York CVS Ways to Wellbeing Service.</p>

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<p>Opportunities to take a break are accessible to carers in York.</p>	<p>Having a regular break can help carers continue in their caring role and maintain their own health and wellbeing. Carers in York have told us that there are not enough opportunities to take a break.</p> <p>Carers for older people and the parents of children with disabilities have told us that they find it particularly hard to take a break.</p> <p>We recognise the vital importance of short breaks and their fundamental importance in avoiding long term care, and preventing the breakdown of caring arrangements.</p>	<p>We know that we need more short break facilities for carers of all ages and backgrounds e.g.</p> <ul style="list-style-type: none"> • Services allowing a break from caring at short notice or in an emergency. • Services allowing a break from caring between 1 and 24 hours, and 24 hours plus. (To include one off and regular, planned breaks). <p>Getting results will be extremely challenging. There is currently no incentive for care and nursing home providers to make short break units available (due to the sporadic nature of requests and resultant loss in income due to voids).</p> <p>We will form a Working Party to develop a 5 year plan around the provision of short breaks. This will look at the above and other initiatives e.g.</p> <ul style="list-style-type: none"> • A standby service to provide care at short notice within the home environment in situations where the carer has reached breaking point. • Better publicity and co-ordination of existing short break services e.g. Yorkshire Housing, Age UK and Crossroads Care. • More short break services and facilities for adults and children with disabilities. • More take up of Carers Direct Payments to facilitate personalised short breaks. 	<p>More carers benefitting from flexible services and short breaks, particularly from under-represented groups.</p> <p>Fewer carers say that they feel socially isolated.</p> <p>More carers say that there has been an improvement in their quality of life.</p> <p>More carers say that they are able to spend some time doing things they value or enjoy.</p> <p>Fewer carers say that they have little or no control over their daily lives.</p>	<p>Short Breaks Working Party (reporting to York Carers Strategy Group)</p> <p>Membership to include: CYC adult social care staff, domiciliary, care and nursing home providers, learning disability supported living providers, York Carers Centre etc.</p>

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<p>Supporting carers to access and remain in employment.</p>	<p>Carers in York have told us that they are struggling to balance their caring role alongside employment responsibilities.</p> <p>We need to encourage more employers in York to recognise and support people who are juggling work with a caring role.</p> <p>We need to make sure that carers recognise their rights in the workplace.</p>	<p>Promote umbrella membership of the Employers for Carers scheme to all SME organisations in York.</p> <p>Actively encourage all employers in York (across both the private and public sectors) to implement carer-friendly practices within their workplaces</p> <p>Educate more carers about their employment rights.</p> <p>We will work with JobCentre Plus to offer tailored assistance to help carers back into employment.</p>	<p>Small and medium sized enterprises and public sector partners are accessing the Employers for Carers website (and downloading training materials, good practice guidance for supporting carers etc).</p> <p>Fewer carers are having to give up work, or work part-time, due to their caring responsibilities.</p> <p>More carers feel that they are being treated with dignity and respect within the workplace, and feel supported by their employer.</p>	<p>City of York Council</p> <p>York Carers Centre</p> <p>Private and Public sector employers in York.</p> <p>Make It York</p> <p>JobCentre Plus</p>

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<p>Strengthen and sustain the York Carers Centre (YCC) to make sure it continues to act as an outstanding provider of generic and specialist support for carers of all ages and backgrounds.</p>	<p>We know the value of having a single point of contact for all carers.</p> <p>We want to ensure that all carers who look after a relative, friend or neighbour receive the help they are entitled to.</p> <p>York Carers Centre offer information and advice including benefits, community care, employment, education and training and can help carers to plan for emergencies.</p> <p>YCC also provides an opportunity to talk, face-to-face, with a member of staff, a regular newsletter and information about other sources of support.</p>	<p>Continue to support York Carers Centre to offer specialist services for carers of all ages and backgrounds, increasing the capacity of existing provision - also enabling the centre to develop new activities and services.</p> <p>Make sure that all partners support the Carers Centre to extend the range and scope of services offered.</p> <p>Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) to consider funding a dedicated YCC Mental Health Support Worker post to support carers for people with mental health issues.</p> <p>Vale of York Clinical Commissioning Group (VoY CCG) to consider an increase in the annual amount of funding it contributes to the City of York Council Carers Services contract.</p>	<p>Carers will have more confidence in, and access to, a range of quality services and support tailored to their individual needs and preferences.</p> <p>More carers accessing financial support and benefits advice.</p> <p>More carers registering with the Carers Emergency Card Scheme.</p> <p>More carers accessing peer support groups e.g. mental health, dementia, and substance misuse.</p> <p>Carers of different ages and with different needs will be able to tap into the right support, when they need it, in the way that they choose.</p> <p>More external funding will be secured by YCC, with collaboration and support from York Carers Strategy Group members</p>	<p>All members of the York Carers Strategy Group.</p>

