The Princess Royal Trust
for Carers

Independent Living, not living alone.

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The unpaid care workforce

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- The hidden workforce: 1.3 million care for 50+ hours p.w.
- There are 6m carers with 2 million p.a. turnover.
- More than 80% say caring has damaged their health.
- Three out of four are worse off as a result of caring.
- 3% of carers reported that they had lost their homes.
- 50% give up work; retiring 8 years early on average.
- 50% subsidise the costs of the cared-for person's disability.

Carers at the front line of changes to adult support

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- Carers first to be affected by changes in care packages/ eligibility
- Focus on individuals risks trading off one family member's independence against another's
- System remains dependent upon assessments and entitlements
- Personal budgets seen as a money saver by some families
- Self-funding budget holders are currently poorly served
- Provider market weakness could be exacerbated
- Finding and including the hard to reach needs core funding
- 1.3m carers could be paid through personal budgets to relieve carer poverty – unintended consequences?

Making personalisation family friendly.

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- RAS processes avoid assumptions about family care.
- Rationalise health, council and benefits entitlements.
- From personal budgets to family budgets?
- Would this need whole family assessments?
- Find a way to equate care and cash contributions.

Do we need to formalise our unwritten contract between state and family?

A consistent national offer or just a commitment to clarity on the local offer?

Case studies.
The good….

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A couple in their 80s both have multiple physical and mental health issues; the husband is registered blind and the primary carer. Their daughter gives them significant support. Social services provided support with getting up, which could vary between 9am and 12pm. Mrs T regularly spent time in a care home to give her husband much-needed breaks, but the separation distressed them both.

Using an individual budget their daughter developed a support plan including employing an assistant during the week for domestic help as well as care, and their daughter helping at weekends; going to a hotel together for a break, with an agency visiting the hotel to provide care; and installing equipment to make things easier and reduce the incidences of Mrs T falling.

Source: The Smith Institute and Anne McDonald for LGA

Case studies.
The worrying….

A gentleman with a learning disability who attended five days at a Day Centre was approached about having Direct Payments and told about the control he would have and the freedom to do what he liked. By the time the family were told about the proposal, he was enthusiastic about it and his family felt obliged to agree.

He now has an assistant employed to help him with activities, but it transpires that the allocation can only provide four days a week and no holiday or sickness back up when his assistant is unable to work. His mother agrees that he has a more active life but she has had to reduce her hours at work and limit her own career aspirations to fill in the gaps in care.

Putting People First without putting carers second,
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and Crossroads Caring for Carers to be published 2008.

Avoiding the caring "tipping point"

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- **Lower levels of care shared across family**
- **No health trade-off**
- **Carers retain paid employment**
- **Sustainable long term**

- **Providing high levels of care, but hard to keep going**
- **Health at risk**
- **Employment at risk long term**
- **Unsustainable**

Services to have consistent, fair expectations of families, that families understand and can cope with, without anyone losing their health, job, or peace of mind to a caring role.

The new National Carers Strategy

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The national commitments

- '**Caring with Confidence'** – an expert carers' programme
- **A National Help Line** and advice service
- **A Standing Commission on Carers**
- **Continuation of Carers Grant, including emergency planning/ support cash.**

- £255 million over 2 years, including:
- Universal information and emotional support through local services.
- £150m to PCTs for flexible breaks, in addition to existing Carers Grant to councils..
- Pilots (£4m) of new models of break provision (pilots in development for next year).
- Pilots to improve GP support for carers and pilot annual health checks for carers.
- £38m to support carers to sustain/ regain paid employment.
- Training professionals across the board.
- £6m to protect young carers from inappropriate caring and give them support:

Our response to the new Strategy.

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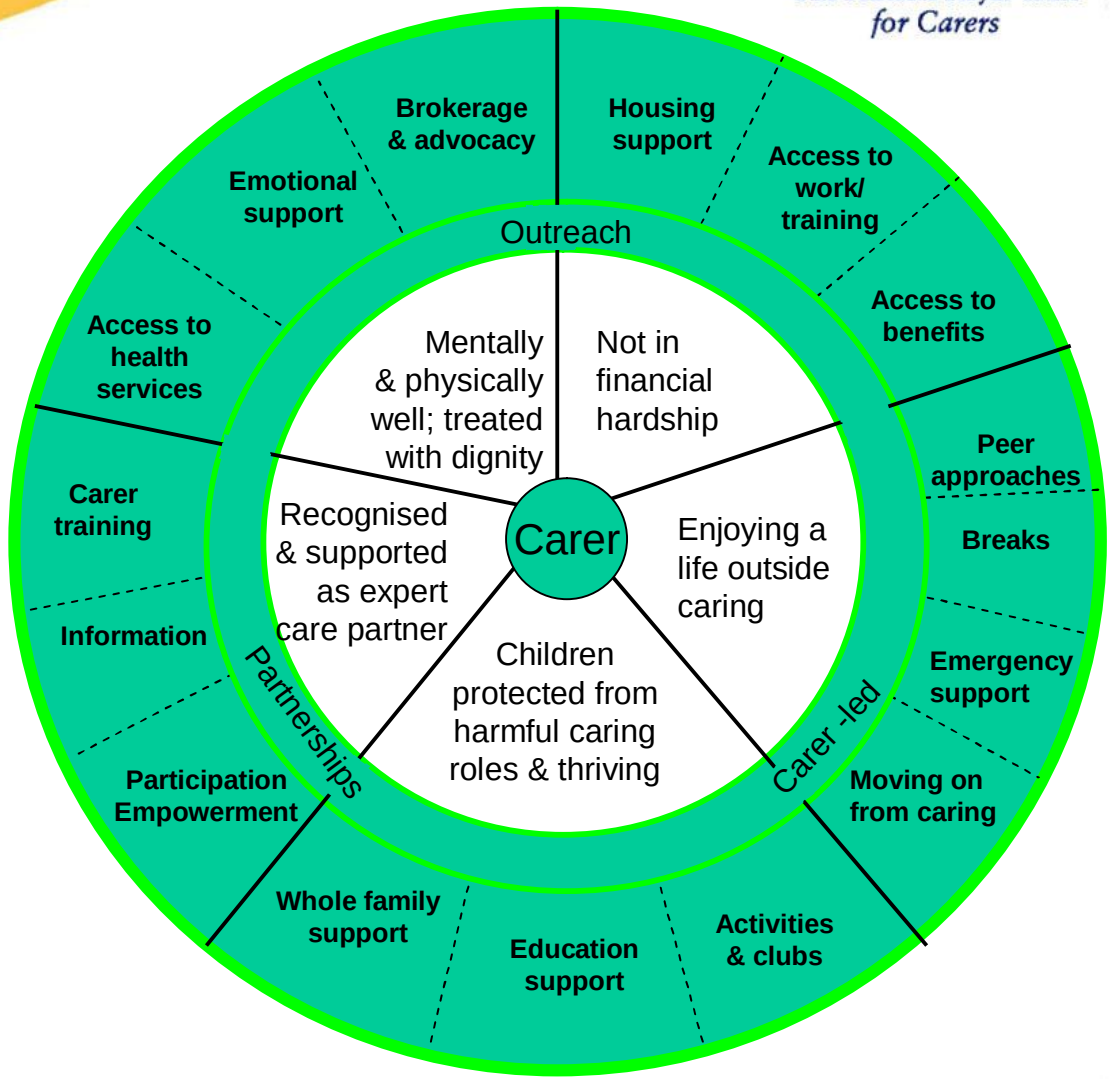
- This wheel suggests a range of interventions needed to be sure of achieving the outcomes in the National Carers Strategy, which are in the middle white circle.
- This is a first guess to start a debate currently happening across our network of carers' services.
- It does not try to suggest which services might deliver which interventions – this would vary greatly from area to area and for different groups of carers.



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