

7.1 Understanding and Supporting the Needs of Carers

Many of us will be carers at some point in our lives, providing unpaid support to someone who is ill, frail or disabled. Across the UK it is estimated that there are over 6.5 million carers, making an economic contribution of around £119 billion per year, more than the annual costs of the whole of the NHS in England¹. The importance of the contribution made by carers is reflected in the local carers strategy, '*Let's Care for Carers: A Carers' Strategy for Barking and Dagenham 2015-18*'² which builds upon the national carers' strategy *Recognised valued and supported: Next steps for the Carers Strategy*³, published in November 2010 and incorporates the recognition given to carers within the Care Act 2014.

The Care Act introduced significant and welcome measures to improve the rights of adult carers. These measures include:

- A duty on local authorities to promote the physical, mental and emotional wellbeing of carers and their participation in work, education and training;
- Clearer information, advice and access to a range of preventative services which reduce carers' need for direct support;
- New assessments which put carers on an equal footing with the person they care for;
- Giving carers, for the first time, a clear right to receive services, via a direct payment if they choose;
- A national eligibility threshold, bringing greater clarity around entitlement for carers and those they care for;
- Processes in place to ease the transition between child and adult services.

The Carers Strategy sets out how partners in the Borough will work together to deliver the measures outlined in the Care Act and help carers to be better supported in their caring role.

The Carers Strategy gives more information on carers in the Borough, although a summary of the population characteristics of carers are provided below:

Population characteristics of carers

How many carers are there in Barking and Dagenham?

At the time of the 2011 Census, there was a population of 185,911 people living in Barking and Dagenham. This was the second census that asked questions about the provision of help or support to family members, friends or neighbours with long term physical or mental ill-health or disability or problems relating to old age. Census

¹ Facts about carers 2014, Carers UK <http://www.carersuk.org/for-professionals/policy/policy-library/facts-about-carers-2014> (accessed 1 May 2015)

² https://search3.openobjects.com/mediamanager/barking/asch/files/carers_strategy_v4.pdf

³ Recognised, valued and supported: Next steps for the carers' strategy. HM Government 2010 http://www.dh.gov.uk/dr_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_122393.pdf

data counted 16,201 carers in Barking and Dagenham, or about 1 in 11 of the total population. At the time of the 2001 Census, 9.7% of the populations reported themselves as unpaid carers; in 2011 the percentage had dropped to 8.7%, which resulted in a drop in ranking from 197th local authority to the 295th local authority in terms of the percentage of the population that reported themselves as unpaid carers⁴. The actual number of unpaid carers increased by only 281 between 2001 and 2011.

How old are carers in the Borough?

According to 2011 census data relating to carers in the borough, 87% are aged 25 and over. 15% of unpaid carers were aged 65 and over, with over half (52%) of these older people providing 50 or more hours of unpaid care each week⁵. There is an obvious risk that the health of the carer themselves will deteriorate and render them unable to provide this level of care.

Table 7.1.1 – Ages of carers according to Census 2011 data

Carer	All Ages	Age 0 to 15	Age 16 to 24	Age 25 to 34	Age 35 to 49	Age 50 to 64	Age 65 and over
All categories: Provision of unpaid care	185,911	48,298	23,104	30,212	40,438	24,538	19,321
Provides no unpaid care	169,710	47,775	21,596	27,820	35,293	20,343	16,883
Provides unpaid care: Total	16,201	523	1,508	2,392	5,145	4,195	2,438
Provides 1 to 19 hours unpaid care a week	8,637	391	1,077	1,379	2,790	2,213	787
Provides 20 to 49 hours unpaid care a week	2,941	66	251	461	1,030	758	375
Provides 50 or more hours unpaid care a week	4,623	66	180	552	1,325	1,224	1,276

Source: Census, 2011

Young carers

A young carer is always vulnerable, in particular when the level of care-giving and responsibility to the person in need of care becomes excessive or inappropriate for that child, risking impacting on his or her emotional or physical well being or educational achievement and life chances.

The 2011 Census identified that there were 523 young people under 16 years of age who are carers in Barking and Dagenham. Of these, 66 were providing 50 or more hours of care each week, and another 66 providing 20-49 hours of care per week. For all of those young people, their caring responsibilities will inevitably impact on their education and development.

The Local Authority has commissioned a local provider, Carers of Barking and Dagenham, to provide support to young carers and enable them to successfully transition to adulthood.

⁴ <http://www.ons.gov.uk/ons/rel/census/2011-census-analysis/provision-of-unpaid-care-in-england-and-wales--2011/art-provision-of-unpaid-care.html#tab-English-Local-Authority-Comparisons---Total-unpaid-care-in-2011-and-comparison-with-2001> (accessed 22 October 2014)

⁵ http://www.nomisweb.co.uk/census/2011/LC3304EW/view/1946157260?rows=c_carer&cols=c_age (accessed 22 June 2016)

What is the ethnic background of our carers?

The ethnic profile of the unpaid carers recorded in the 2011 census shows that 71% were White, which is a relatively high proportion given that, of the total borough population, 59% were White. This means that 10.7% of the White population were unpaid carers, compared with 7% of the Asian/Asian British population and 5% of the Black/African/Caribbean/Black British population⁶.

Table 7.1.2 – Ethnicity of Carers (Census 2011 data)

Carer	All ethnicities	White: Total	White: English/Welsh/Scottish/Northern Irish/British	White: Irish	White: Other White	Mixed/multiple ethnic group: Total	Asian/Asian British: Total	Black/African/Caribbean/Black British	Other ethnic group
All categories: Provision of unpaid care	185,911	108,386	91,949	1,730	14,525	7,878	29,594	37,140	2,913
Provides no unpaid care	169,710	96,819	81,221	1,542	13,887	7,505	27,453	35,191	2,742
Provides unpaid care: Total	16,201	11,567	10,728	188	638	373	2,141	1,949	171
Provides 1 to 19 hours unpaid care a week	8,637	5,901	5,498	72	330	219	1,274	1,159	84
Provides 20 to 49 hours unpaid care a week	2,941	1,984	1,825	30	127	69	425	432	31
Provides 50 or more hours unpaid care a week	4,623	3,682	3,405	86	181	85	442	358	56

Source: Census 2011

⁶ http://www.nomisweb.co.uk/census/2011/LC2301EW/view/1946157260?rows=c_carer&cols=c_ethpuk11 (accessed 22 June 2016)

How much care do our carers provide?

Of the 16,201 carers in the borough recorded by the 2011 Census, nearly 50% of carers provided over 19 hours of care per week:

- 8,637 (53%) stated that they provided up to 19 hours of care per week
- 2,941 (18%) provided care of between 20 and 49 hours per week and
- 4,623 (29%) provided weekly care totalling 50 hours or more

Carers Quality of Life Survey

Please see Section 8.3 which provides an overview of the results from the most recent 2014/15 Carers Survey.

Personalisation

Delivery of the Carers Strategy

The Carers Strategy *Let's Care for Carers* sets out the vision for carers in Barking and Dagenham. The strategy was developed in partnership with carers and statutory and voluntary sector partners. The strategy will deliver seven outcomes through an action plan focusing on developing innovative and sustainable support for carers, where carers feel valued. The delivery of the Carers Strategy is driven and monitored through the Carers Strategy group.

Through effective partnership working the Carers Strategy Group has delivered the following since July 2015:

- Design and commissioning of the Carers' Hub, a service provided by Carers of Barking and Dagenham which provides information, advice and signposting to carers;
- A Clinical Director, Dr John, has been identified to work with GP practices.
- Plans for Carers Rights Day were developed, promoted and feedback on the event was discussed.
- New assessment and eligibility material for social care staff around carers' assessments has been developed and implemented.
- The CCG presented a health focused presentation looking at where the strategy will provide improvements to carers support. The Strategy Group agreed that future work will include securing a GP PTI presentation on carers, working with the Clinical Lead to develop resources for GPs, and working with Carers of Barking and Dagenham to look at how existing pathways can be improved to identify carers through the integrated case management process.
- Information and feedback provided on recent research and publications, i.e. Caring about Older Carers.
- A discussion on peer support, led by Carers of Barking and Dagenham, which mapped out current peer support provision, analysed the gaps and began setting out how peer support can be made sustainable in the future.

Recommendations for Commissioners

Over the next year, commissioners working alongside the Carers Strategy Group are recommended to focus on:

- Analysing and improving pathways within the existing integrated case management process to ensure that hidden carers are better identified and referred to the Carers' Hub.
- Closer working with the GPs through a PTI session and the development of useful resources for GPs.
- The development of sustainable Peer Support Groups following the initial review by Carers of Barking and Dagenham.
- Agreeing the role of and identifying Carers Champions.
- Incorporating In Case of Emergency plans onto the social care database.
- Review carers' assessments and support with a view to developing the market, particularly to enable carers and cared for to have a wider choice in the services that they buy with their personal budget.