



Dumfries and Galloway  
IJB Clinical and Care Governance Committee

12 August 2021

This Report relates to  
Item 5 on the Agenda

# Carers Update Report

*Paper presented by Viv Gration*

*For Discussion*

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<b>List of Background Papers:</b>	<a href="#">Carers Report to CCGC on 19 December 2019</a> <a href="#">Carers Report to IJB on 27 May 2021</a> <a href="#">Carers Strategy</a> <a href="#">Carers Week 2021 Report: Breaks or Breakdown</a>
<b>Appendices:</b>	<b>None</b>

## 1. Introduction

- 1.1 This report provides an overview of the work undertaken in Dumfries and Galloway in relation to National Health and Wellbeing Outcome 6.
- 1.2 Outcome 6 states 'People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and wellbeing.'

## 2. Recommendations

- 2.1 **The IJB Clinical and Care Governance Committee is asked to:**
- Discuss the content of this report

## 3. Background and Main Report

### Background

- 3.1 There were approximately 15,000 Carers in Dumfries and Galloway at the time of the 2011 Census however it is estimated that there could now be around 24,000 unpaid Carers in our region. Unpaid Carers are the largest group of care providers in Scotland, providing more hours of care than the NHS and Councils combined. The contribution of Carers is estimated to avoid care and support costs of £10bn per annum (University of Leeds 2015). The data within the IJB Strategic Needs Assessment indicates that the number of people who are Carers is expected to continue to rise.

### Carers Support Services

- 3.2 Five Carer Support Services contracts were awarded in April 2020. These contracts are due to run until March 2023 and can be extended for a further two years at that time.

Lot No.	Organisation	Services
Lot 1	Dumfries and Galloway Carers Centre	Information, Advice and Support for Carers and Young Carers
Lot 2	Quarriers	Information, Advice and Support for Parent Carers of children aged 18 and under
Lot 3	Support in Mind Scotland	Information, Advice and Support for Carers of people living with mental ill health
Lot 4	Alzheimer Scotland	Information, advice and support for Carers of people who live with dementia
Lot 5	Relationship Scotland	Counselling for Carers

### **Carers (Scotland) Act Funding**

- 3.3 The Carers (Scotland) Act 2014 (the Act) came into force on 1 April 2018. The Act is designed to support and maintain Carers' health and wellbeing to make the caring role more sustainable (Scottish Government 2017).
- 3.4 Over the three financial years 2018/9 – 2020/21, the Scottish Government allocated 39.6m of funding to Health and Social Care Partnerships. An additional £28.5m has been provided for 2021/22. These funds are part of the Health and Social Care settlement (that is, the annual funding) to local authorities.
- 3.5 For financial year 2021/22, there is approximately £230,000 which still remains to be allocated in Dumfries and Galloway to support unpaid Carers in their caring role.
- 3.6 A process has been developed that ensures an effective, inclusive and equitable approach is taken to considering the use of this funding. This process will be overseen by the Carers Programme Board who will make recommendations to the IJB for decisions in relation to recurring funding proposals.

### **Reporting performance in relation to the Dumfries and Galloway Carers Strategy 2017 – 2021**

- 3.7 Through the mechanism of the Performance Management Framework, the CPB and IJB routinely receive reporting on progress against the implementation of the Carer strategy. However, this reporting was paused for a period of months during the Covid-19 pandemic. This is in accordance with the Coronavirus (Scotland) Act 2020.
- 3.8 A Carers Performance Report was discussed at the Carers Programme Board meeting on 23 July 2021. An updated Performance Report will be presented at the next Carers Programme Board meeting on 2 September 2021.
- 3.9 This report will then be presented to the IJB in September 2021 along with details of work underway to develop a broader and more meaningful reporting of performance in relation to Carers that is more comprehensive across all relevant areas of the Partnership and that places a greater focus on outcomes.

### **Refresh of the Dumfries and Galloway Carers Strategy 2017 – 2021**

- 3.10 The current Dumfries and Galloway Integration Joint Board Carers Strategy covers the period 2017 – 2021. It is a non-statutory strategy. This means that the strategy was produced prior to The Carers (Scotland) Act 2016 taking effect on 1 April 2018.
- 3.11 Work to develop the next local Carers Strategy was due to commence in 2020. However, the need to respond to the Covid-19 pandemic significantly impacted on this timescale.
- 3.12 In May 2021, the IJB approved the recommendation from the Carers Programme Board that the current Carers Strategy be formally reviewed with the IJB Strategic Planning Group and other stakeholders and refreshed if needed. This work is due to be completed by the end of November 2021.

- 3.13 This review/refresh will ensure that the existing strategy remains ‘fit for purpose’, extending its period of relevance for a further 15 months to 31 March 2023. This will provide sufficient time for a new statutory local Carers Strategy to be developed and published by 1 April 2023.

### **Short Breaks Working Group**

- 3.14 A short break is any form of service or assistance which enables Carers to have sufficient and regular periods away from their caring routines or responsibilities (Shared Care Scotland). Short breaks provide respite to the Carer and the cared for person.
- 3.15 While Carers have had access to some short breaks over the last 18 months, it is recognised that this has been significantly limited due to the Covid-19 pandemic. This is particularly challenging given the impact that the pandemic has had on Carers’ health and wellbeing.
- 3.16 The Breaks or Breakdown: Carers Week Report 2021([Breaks or Breakdown](#)) highlights the impact of reduced access to Short Breaks during the pandemic on unpaid Carers. The report highlights the increasing number of Carers who are reaching crisis due to the lack of short break provision which is has been exacerbated by the pandemic.
- 3.17 The local Short Breaks Working Group (SBWG), a subgroup of the Carers Programme Board, has been re-established. This group is chaired by the Deputy General Manager for Community Health and Social Care and includes people with lived experience of caring. The SBWG is looking at a number of ways to expand the provision of short breaks locally as well as prioritising those Carers identified as being in greatest or urgent need of short breaks.
- 3.18 In recognition of the urgent need to provide Carers with the support that they need, initial proposals are being developed for consideration at the next Carers Programme Board meeting on 2 September 2021.

### **Carer Positive**

- 3.19 There is a need for employers to have a working environment where Carers are valued and supported. Carer Positive employers recognise the importance of retaining experienced members of staff, reducing absence and cutting down on avoidable recruitment costs.
- 3.20 The Covid-19 pandemic has impacted significantly on employers across the region and beyond. The public health team who support the Carer Positive initiative have been deployed to support the Partnership’s Covid-19 response. Therefore the progress with Carer Positive has been paused for the last 16 months. Work will recommence as soon as it is deemed possible.

### **The Independent Review of Adult Social Care in Scotland**

- 3.21 Scottish Government published the National Review of Adult Social Care in February 2021. The report includes a chapter (chapter 4) on ‘Unpaid Carers’. The Review contains 4 recommendations in relation to unpaid Carers

- Better, more consistent support to carry out their caring role well

- a human rights based approach to the support of Carers, including improved information and complaints processes
- Local assessment of Carers' needs must better involve the person themselves in planning support
- Carers must be represented as full partners on the Integration Joint Boards and on the Board of the National Care Service

3.22 The Carers Programme Board is represented in the HSCP discussions about the impact of this report locally to help shape and influence the implementation of the recommendations.

### **Draft Strategic Commissioning Plan**

3.23 The draft Strategic Commissioning Plan is currently undertaking a period of formal consultation. In order to recognise the need to support Carers, draft Strategic Commissioning Intention (SCI) 8 is:

*“People who deliver health and social care, including Carers and volunteers, are valued and fully supported to maintain their wellbeing and developed to achieve their potential.”*

3.24 In addition, the draft tactical priorities contained within the draft Strategic Commissioning Plan include the following in relation to Carers

*‘TP8.1 Carers supported to continue in their caring role where they wish to do so  
TP8.2 People who deliver health and social care as partners in the planning, development and delivery of care and support’*

## **4. Conclusions**

4.1 Unpaid Carers are the largest group of care providers in Scotland, providing more care and support than the NHS and Councils combined. It is essential that this group are robustly supported to help them to continue to undertake their caring role where they wish to do so.

4.2 A significant piece of work is underway in relation to addressing identified gaps in the reporting of Partnership performance in relation to Carers.

4.3 Work is underway to begin a new statutory Dumfries and Galloway Plan for Carers.

4.4 Developing the right amount and range of short breaks to support Carers is seen as a critical element of providing support to unpaid Carers

4.5 Supporting Carers continues to be a key area of priority for the Dumfries and Galloway Integration Joint Board within their Strategic Commissioning Plan.

## **5. Resource Implications**

5.1 This report sets out details of the Carers Act Funding since 2018/19 and highlights the unallocated funding of around £230,000 available in 2021/22 to support Carers.

## **6. Impact on Integration Joint Board Outcomes, Priorities and Policy**

6.1	The subject of this report links to the national Health and Wellbeing Outcome for Carers which states: “People who provide unpaid care are supported to look after their own health and well-being, including reducing any negative impact of their caring role on their own well-being”.
6.2	<p>It also links to the current Integration Joint Board Health and Social Care Strategic Plan which states</p> <ul style="list-style-type: none"> <li>• We will provide support to Carers (including providing short breaks) so that they can continue to care, if they so wish, in better health and have a life alongside caring</li> <li>• We will develop a consistent approach across the workforce to make sure that the needs of the Carer are identified and that Carers are supported in their own right</li> <li>• We will work towards developing ‘Carer Positive’ as an approach across the Partnership; identifying staff that are Carers and supporting them in their personal caring roles</li> </ul>
6.3	The subject of this report also links to the draft Strategic Commissioning Intention SCI8 – “People who deliver health and social care, including Carers and volunteers, are valued and fully supported to maintain their wellbeing and developed to achieve their potential.”
<b>7.</b>	<b>Legal and Risk Implications</b>
7.1	Supporting Carers to maintain their caring role is widely acknowledged as vital for the long term sustainability of health and social care services.
7.2	There would be the potential for legal issues if the elements contained within the Carers Act were not delivered.
<b>8.</b>	<b>Consultation</b>
8.1	<p>This report contains updates which were discussed at the Carers Programme Board meeting on 23 July 2021. The membership of this group is made up of representatives from the following organisations/groups</p> <ul style="list-style-type: none"> <li>• NHS Dumfries and Galloway</li> <li>• Dumfries and Galloway Council</li> <li>• Carers Interest Network</li> <li>• Scottish Care</li> <li>• Carer Representatives on the IJB</li> </ul>
<b>9.</b>	<b>Equality and Human Rights Impact Assessment</b>
9.1	An Equality and Humans Rights Impact Assessment was undertaken for the Carers Strategy 2017 - 2021.
9.2	The various other strands of work outlined above will consider equalities implications and ensure that an Equalities Impact Assessment is completed at the appropriate time.
<b>10.</b>	<b>Glossary</b>

10.1 All acronyms must be set out in full the first time they appear in a paper with the acronym following in brackets.

<b>EQIA</b>	<b>Equalities Impact Assessment</b>
<b>IJB</b>	<b>Integration Joint Board</b>