



Dumfries and Galloway  
Integration Joint Board

17<sup>th</sup> December 2024

This Report relates to  
Item 9 on the Agenda

# Draft Carers Strategy

*Paper presented by Viv Gration*

*For Approval*

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<b>List of Background Papers:</b>	<a href="#">National Carers Strategy</a> 21.9.23 - HSCSLG - National Carers Strategy Delivery Plan 26.10.23 – IJB SPDCC - Carers Strategy Delivery Plan 15.2.24 - HSCSLG - Carers update 18.07.24 - HSCSLG - Carers Strategy Delivery Plan 23.07.24 - IJB SPDCC - Carers Strategy Delivery Plan 19.09.24 - HSCSLG - Carers Strategy Delivery Plan 14.11.24 - IJB SPDCC - Carers Strategy Delivery Plan
<b>Appendices:</b>	<b>Appendix 1</b> - Draft Carers Strategy <b>Appendix 2</b> - Carer Survey Report <b>Appendix 3</b> - Engagement Plan <b>Appendix 4</b> - Equality Impact Assessment (EQIA) <b>Appendix 5</b> - Easy Read – Draft Carers Strategy

Direction Required to Council, Health Board or Both	Title: Carers Strategy	Reference Number:
	Direction to:	
	1. No Direction Required	X
	2. Dumfries and Galloway Council	
	3. NHS Dumfries and Galloway	
	4. Dumfries and Galloway Council and NHS Dumfries and Galloway	

**1. Introduction**

- 1.1 It is a legal requirement that Integration Authorities have a local Carers Strategy. Earlier this year a draft Carers Strategy and Delivery Plan was presented to Health and Social Care Leadership Team and the Strategic Plan Delivery and Commissioning Committee. Both groups approved the proposed title of ‘more of the same won’t do.’
- 1.2 Following further engagement with stakeholders including Carers, Carer Programme Board and Carers Interest Network, the draft strategy has been revised to ensure it reflects the message of its title.
- 1.3 The attached revised draft strategy, draft engagement plan and EQIA are presented for approval.
- 1.4 A fully funded Delivery Plan, with full costings and timeframes for delivery is being developed and will be finalised for approval by the IJB before the end of the financial year.

**2. Recommendations**

- 2.1 The Integration Joint Board is asked to:
- **Approve the draft Carers Strategy’s vision:**  
  
*‘Carers are valued, their rights are upheld and respected, and their own health and wellbeing acknowledged and supported’*
  - **Approve the final draft Carer’s Strategy for publication, noting that this partially delivers the direction IJBD0317 (Carers Act 2016).**
  - **Note the development of a fully funded Delivery Plan with full costings and timeframes for delivery is underway and will be presented to the IJB at their meeting in March 2025. At this time an updated Direction will be presented for approval.**

**3. Background and Main Report**

- 3.1 There are estimated to be around 20,000 Carers in Dumfries and Galloway. They provide significantly more care and support than all statutory, independent sector and third sector combined. The Integration Joint Board (IJB) and Health and Social Care Partnership recognise how important it is to support Carers and how they are essential to meeting the care and support needs of people in the

region.

3.2 The Carers (Scotland) Act 2016 requires that each IJB publish a local Carers Strategy. A corresponding Direction (IJB0317) 'Implement the new Carers (Scotland) Act 2016' was issued on 1 April 2018.

3.3 The new Draft Dumfries and Galloway Carers Strategy has been developed over recent months and will partly fulfil that Direction. The initial draft has been shared with HSCSLG and the IJB Strategic Plan Delivery and Commissioning Committee. The remaining elements will be fulfilled by the Delivery Plan in March 2025.

#### 3.4 Draft Carers Strategy

3.5 The draft strategy has been revised and an updated draft is provided at Appendix 1.

3.6 The proposed vision for Carers across Dumfries and Galloway is

*Carers are valued, their rights are upheld and respected, and their own health and wellbeing acknowledged and supported'*

3.7 The following areas have been identified within the draft Carers Strategy. These have been developed to reflect the rights of Carers, the themes from National Carers Strategy, as well as the outcome of a local Carers survey (Appendix 2).

- Identification of Carers
- Right to Adult Carer Support Plan
- Right to Young Carer Statements
- Right to Support
- Right to be involved in services
- Right to be involved in hospital discharge
- Right to breaks

#### 3.8 The Carers Survey

3.9 199 Carers and 5 carer organisations completed an online survey early in 2024. The survey has not only informed the draft local Carers Strategy and will inform the Delivery Plan, it has also established a base line of Carers experiences. It is intended to repeat the survey at an appropriate time to support performance management.

3.10 The Carers Survey sought to understand the experience of Carers and identify how supported they feel, the full analysis report is available in Appendix 2.

3.11 Unpaid Carers experiences were mixed across the various questions. Some examples of the variation are shown here

- Nearly half of Carers (always, often or sometimes) feel recognised and valued and around the same number rarely or never feel recognised and valued.
- Many Carers did not feel that others understood or appreciated how much unpaid Carers contribute to the economy.

- A small number of Carers felt their views and experiences were taken into account in decisions that affect them. While a quarter of respondents 'rarely' or 'never' experienced this.
- More Carers felt involved in decisions made about the care and treatment of the person they care for. Although, a quarter of respondents 'rarely' or 'never' experienced this.
- Access to respite was particularly poor with 64% of respondents saying they could 'rarely' or 'never' access respite.

### 3.12 Engagement

- 3.13 The changes in the draft strategy since engagement earlier in the year are significant.
- 3.14 Subsequent targeted engagement has been undertaken with key stakeholders including the Carers Interest Network and Carers support organisations to ensure the strategy contains only relevant information and reflects what people have told us.
- 3.15 Further workshops undertaken with Carers and Carers support organisations to ensure that what Carers themselves feel would make the most positive impact for them, are prioritised within the Delivery Plan.
- 3.16 Following feedback from the Health and Social Care Leadership Group on 19 September 2024 the vision was amended and a fully costed Delivery Plan is being developed to ensure delivery within available resources.
- 3.17 A revised engagement plan, including an updated timeline is attached at Appendix 3.
- 3.18 The attached draft Carers Strategy is presented for approval.
- 3.19 It is proposed that the fully funded Delivery Plan is presented to the IJB in March 2025 for approval.

## 4. **Conclusions**

- 4.1 The Carers Scotland Act 2016 sets out legislative duties for supporting Carers. The Dumfries and Galloway Carers Strategy and Delivery Plan will support the IJB to meet this duty.
- 4.2 The Carers Strategy and forthcoming Delivery Plan aim to achieve the vision that 'Carers are valued, their rights are upheld and respected, and their own health and wellbeing acknowledged and supported'
- 4.3 Work undertaken through the Carers Survey and other engagement activities has helped to ensure that Carers experiences have informed the draft Carers Strategy and will be reflected in the Delivery Plan.

## 5. **Resource Implications**

- 5.1 No financial implications beyond existing commissioning budgets for services have been identified for development of the strategy.

5.2	As described within the Carers Strategy, Dumfries and Galloway receives approximately £1m to support unpaid Carers. Work is ongoing to develop a fully costed plan to deliver the strategy within the available budget and any additional resource the IJB chooses to allocate.
6.	<p><b>Impact on Integration Joint Board Outcomes, Priorities and Policy</b></p> <p>6.1 Having a Carers Strategy and Delivery Plan for Dumfries and Galloway would meet National Health and Well Being 5 and 6</p> <ul style="list-style-type: none"> <li>• 5 Health and social care services contribute to reducing health inequalities.</li> <li>• 6 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.</li> </ul> <p>IJB Strategic Commissioning Intentions (SCI)</p> <ul style="list-style-type: none"> <li>• SCI 1 People are supported to live independently at home and avoid crises.</li> <li>• SCI 2 Fewer people experience health and social care inequalities</li> <li>• SCI 3 People and communities are enabled to self-manage and supported to be more resilient.</li> <li>• SCI 6 People who deliver care and support, including Carers and volunteers, feel valued are supported to maintain their wellbeing and enabled to achieve their potential.</li> <li>• SCI 7 People's chosen outcomes are improved through available financial resources being allocated in line with the Model of Care and delivering best value</li> </ul>
7.	<p><b>Legal and Risk Implications</b></p> <p>7.1 There is a legal requirement to support Carers.</p> <p>7.2 If Carers are not supported in their caring role there is a risk that the demand for paid health and social care will increase significantly.</p>
8.	<p><b>Consultation</b></p> <p>8.1 The content of this paper has been as a result of ongoing engagement with the Carers Programme Board and Carers Interest Network, Carers support organisations and Carers.</p> <p>8.2 Engagement with partners and relevant stakeholders has been undertaken over the last 18 months through online and in person meetings.</p> <p>8.3 An online survey opened on 19 January 2024 and closed on 7 April 2024. This was supplemented with in person meetings across the region lead by the Carer Facilitator.</p> <p>8.4 Information about the survey was shared widely across health and social care, using existing networks, distributions lists, as well as through posters, websites</p>

and social media posts.

8.5 Engagement is ongoing – with workshops and presentations at meetings continuing throughout the development of the Carers Strategy Delivery Plan.

8.6 Feedback from the lived experience of Carers and support organisations has been used to develop the Draft Carers Strategy and Delivery Plan and is helping to prioritise actions to ensure we are using available resources effectively.

## **9. Equality Impact Assessment**

9.1 In line with the Equality Act 2010 and public sector equality duty an Equality Impact Assessment has been carried out with appropriate stakeholders and partners in respect of the Carers Strategy for Dumfries and Galloway. This is attached at Appendix 4 and will be published in due course.

## **10. Glossary**

<b>EQIA</b>	<b>Equality Impact Assessment</b>
<b>IJB</b>	<b>Integration Joint Board</b>
<b>SCI</b>	<b>Strategic Commissioning Intention</b>
<b>HSCSLG</b>	<b>Health and Social Care Senior Leadership Group</b>
<b>SPDCC</b>	<b>Strategic Planning Delivery and Consultation Committee</b>