



Welcome

Care for the Carers
Carers Voices Forum
Friday 30th August 2019



Achieving a Carer-Friendly East Sussex

Jennifer Twist

Chief Executive, Care for the Carers

Aims of the Day

- To share information and keep carers informed
- To bring carers together
- To listen to and amplify carers voices

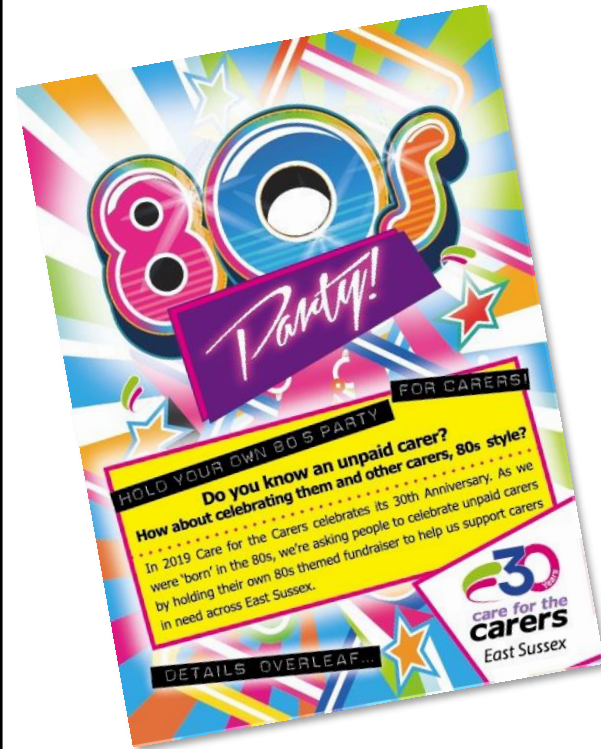


Our 30th Anniversary

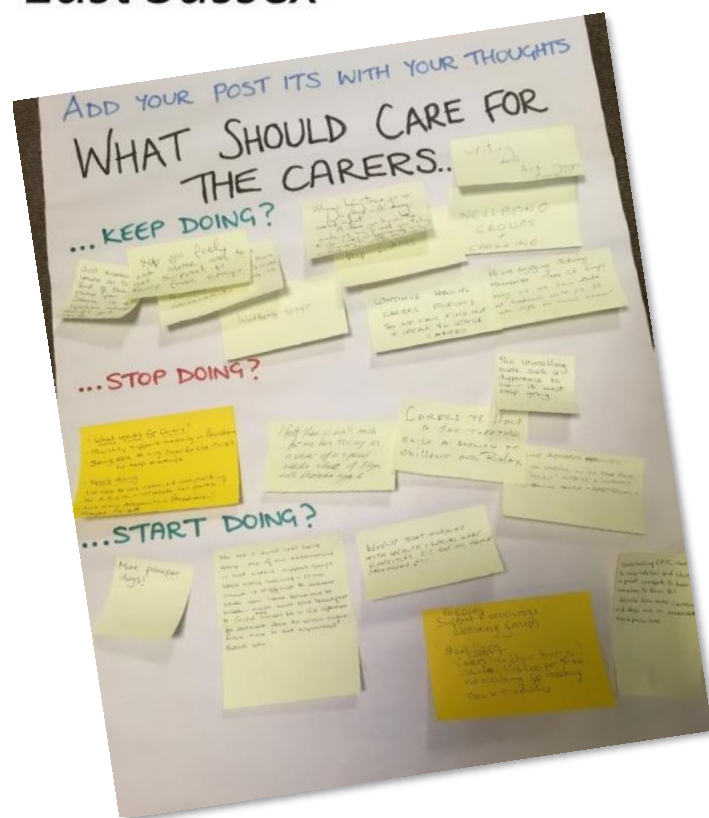
- London Marathon
- 80s birthday parties
- South Downs Way walk
- Pedal to Paris

www.cftc.org.uk/pedalparis

- Grand raffle



Achieving a Carer-Friendly East Sussex



- How far have we come?
- Where do we need to get to?
- It's time to make a plan!

Carer Priorities



- Routine carer identification
- Effective services and systems
- Reduce negative financial impact
- Breaks from caring
- Carer support and engagement

A Carer Friendly UK

Emily Holzhausen OBE
Director of Policy
30 August 2019



What is the evidence from carers:

Caring can be rewarding in many ways, but:

- 7 times as lonely as public if providing substantial care
- 2.6 million have given up work to care – 600 a day over last 2 years
- Caring is on the up – maybe 8.8 million?
- Twice as likely to be in bad health
- Financial challenges are still as great
- Awareness of caring is increasing, but are we there yet?

Given this, what do carers say about being carer friendly?
Who has to change to make this better for carers?



Juggling work and unpaid care

A growing issue





- 39% struggling to make ends meet
- “I’m bankrupting my future to pay for the present”
- One in 8 have seen a reduction in support – breaks remain a vital source of support
- Assessments don’t always cover what they should
- Only 1 in 6 have had a conversation with an NHS professional about what happens in an emergency
- Half who had an emergency admission, felt it was preventable
- Paid work remains vital for many



Right to paid care leave

Duty on the NHS to identify carers and promote their health and wellbeing

Better funding of social care – much more money!

“

My employers have been fantastic. I work flexibly and there is a supportive free counselling service.

”

“

A carer friendly community would have early intervention to ensure that a person thinking about taking on “ a caring role” understands and is able, and well enough to do it.

“

“

We need level, repaired and wide pavements; less street clutter, clear signage for street names and more public toilets. Many of the shops are very helpful. They are patient at the checkouts and help my aunt to pack her shopping.

“

Who is most carer friendly?

- Pharmacies – highest at 67%
- GP practices – 57%
- Workplace – 46%
- Hospitals – 36%

Impact of not being carer friendly?

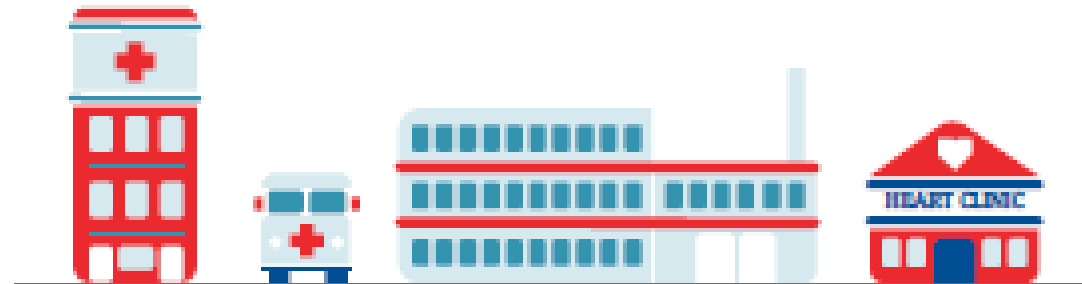
- Two thirds to three quarters said it affected their health
- Three quarters said it made caring more difficult!
- Three quarters said it made working much more difficult
- 32% said least carer friendly hospitals had a financial impact on them
- 49% said least carer friendly care services had a financial impact on them

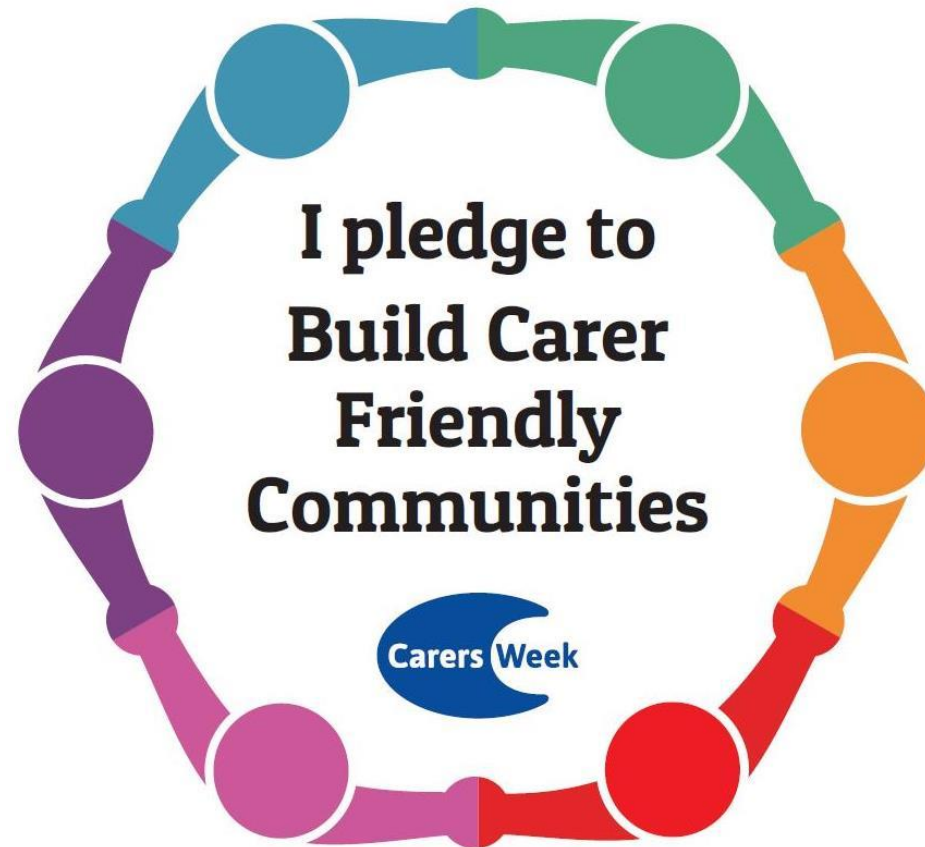
A carer friendly UK? Our opportunities:

- NHS Long Term Plan and a pledge to make the NHS carer friendly
 - Emergencies
 - Workforce
 - Young carers top ten tips
- GP Practice quality markers – are your practices engaged?
- Social prescribing – how do carers fit in?
- Using technology to our advantage.... 79% use tech – CFTC has good links!

A carer friendly UK? Our opportunities:

Carer Passport





Emily.holzhausen@carersuk.org

www.carersuk.org

@HolzhausenEmily

Comfort break

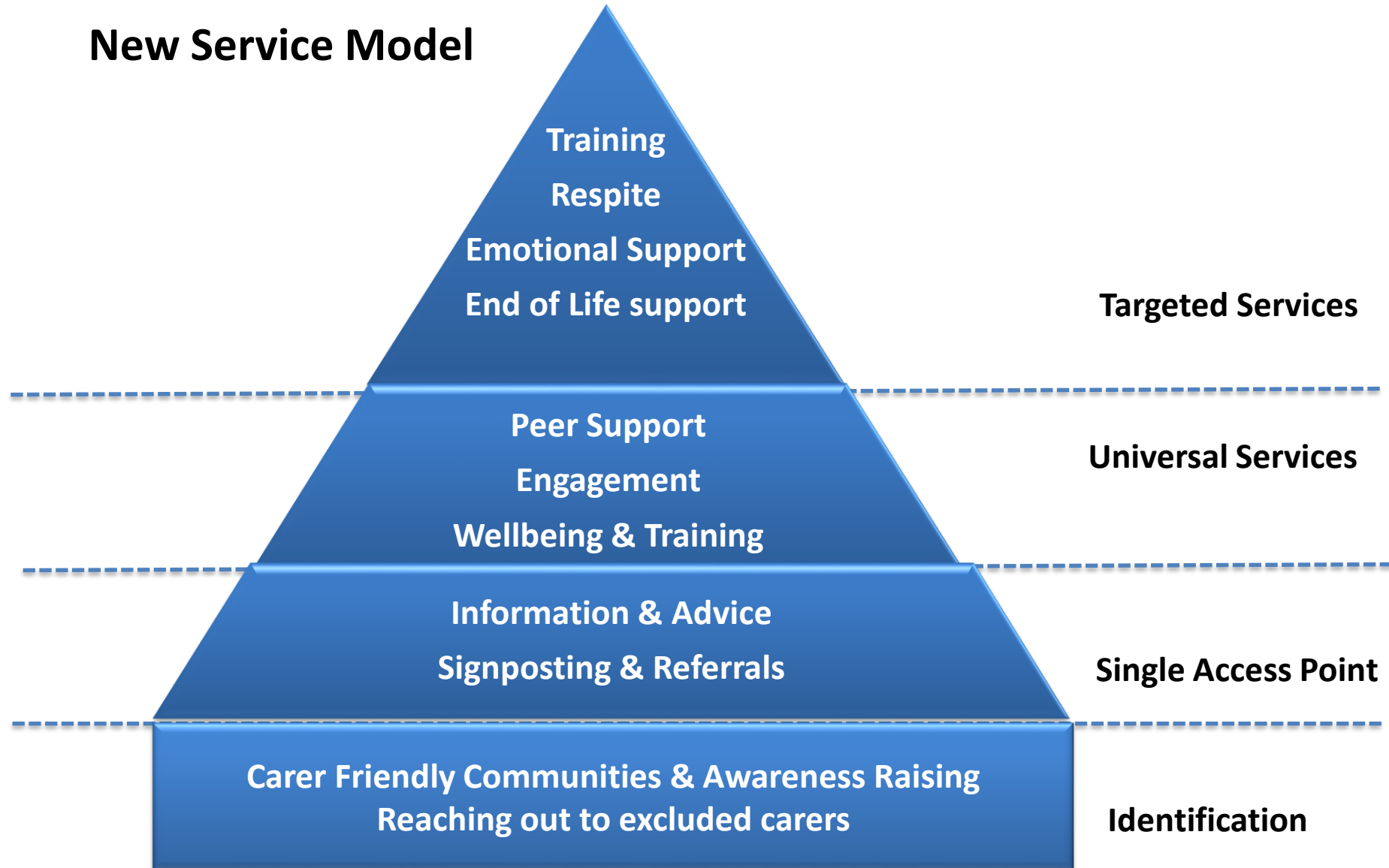


Our Commitment to Carers

August 2019

Tamsin Peart, Strategic
Commissioning Manager
Adult Social Care

New Service Model



Commissioning

- Tendered for a Carers Centre
- Small Grants Programme

Small Grants Awarded

Targeted Carer Support

- End of Life Care
 - St Peter & St James' Hospice
 - St Wilfrid's Hospice
 - St Michael's Hospice

Small Grants Awarded

Targeted Carer Support

- Support for substance misuse carers
 - Cranstoun (ESFACT)
- Training for dementia carers
 - Alzheimer's Society & DISC
- Motor Neurone Disease Association
- Dementia supper & lunch clubs
 - 2 PAs & Association of Carers

Small Grants Awarded

Universal Carer Support

- Wellbeing sessions for carers to support their own mental health
 - Sussex Oakleaf
- Wellness Recovery Action Planning (WRAP)
 - Coastal Wellbeing

Small Grants Awarded

Universal Carer Support

- Computer Help at Home
- Talk & Support
 - Association of Carers
- Care Creative Sessions (music/art/drama)
 - Culture Shift

Contacts

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The Carers Centre

2019-2025

Jo Egan

Director of Services, Care for the Carers

Delivery Model





Q&As

Lunch

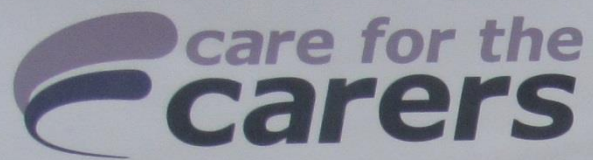
Don't forget to visit the market place
stands

Workshops start at 2.10pm





Closing remarks and next steps



Supporting Carers in East Sussex

**HERE
TODAY**



Thank you!

Have a safe journey home