



## West Yorkshire and Harrogate Health and Care Partnership (WY&H HCP) Programme for unpaid carers

April 2018

Edition 1

This briefing paper has been produced to give you an update on the work of WY&H HCP programme for unpaid carers. The intention is to share key messages with you every two months. If they don't cover what you need please don't hesitate to get in touch with:

Fatima.Khan-Shah@northkirkleescg.nhs.uk

More information is also available at [www.wyhpartnership.co.uk](http://www.wyhpartnership.co.uk)

Thank you very much

>>>

### Supporting carers in West Yorkshire and Harrogate

The West Yorkshire and Harrogate Health and Care Partnership was formed in 2016. The Partnership includes the NHS, local Government, third sector and independent sector organisations. Collectively we serve 2.6 million people and spend around £5.5bn each year.

We estimate that there are around 260,000 carers in West Yorkshire and Harrogate. As the population ages, the number of people who become carers is increasing. This combined with changes in retirement age, means the demographic of unpaid carers across the country is altering too. This will become more complex as the changes in the retirement age means people will be working until much later than is currently the case and therefore juggling work and caring for others longer.

Across our area there are a significant number of working carers, many of whom struggle to cope with managing their caring responsibilities alongside work. There is also evidence that people who are carers can have poorer health than those who are not. We aspire to be a place where working carers are recognised and supported to remain in work.

As a partnership we recognise that carers are significant in delivering and supporting health and care. They are recognised in our workforce plan, which will be published later this year.

We want to raise their profile and share the excellent work taking place across the area. We can celebrate the difference this is making in our communities on a regional and national level – and most importantly ensure that this is applied for all carers.

It's important to note that we are at the beginning of this work, and are building on the good work to date – further conversations will take place over the coming months with carers and organisations that represent them.



## Our local context

Our Partnership is built from the bottom up and we remain steadfast in our thinking that change and improvement needs to happen as close to carers as possible. This means everything gets done locally and that our plans are formed from a combination of local plans and work that is done at West Yorkshire and Harrogate level, where it makes sense to do so.

We benefit from strong partnership working in each of the six places (Bradford District & Craven; Calderdale, Harrogate & Rural District, Kirklees, Leeds and Wakefield) that make up our area. This work is driven through our Health and Wellbeing Boards and their local Health and Wellbeing Strategies.

These partnerships of councillors and NHS leaders are an essential building block and are at the heart of our plans.

Carers are supported in local Health and Wellbeing Strategies and this way of working offers us a unique opportunity to identify, learn from and share good practice. We are implementing positive change at a West Yorkshire and Harrogate level as it makes sense to do so.

The breakdown of carers across the area is as follows and equates to 9.8% of our population. These numbers are people identified in the census who have some form of caring responsibility. Most of these will not self-identify as a 'carer'.

- Wakefield 36,621
- Leeds 71,598
- Calderdale 21,369
- Kirklees 43,665
- Bradford 51,026
- Harrogate 16,188

## What are we doing to support carers?

Supporting carers well so they have good health and wellbeing is a priority for our partnership, and plans are underway to develop both regional and local policies to support them further. West Yorkshire and Harrogate has also been identified as one of six regions to work in partnership with NHS England to develop an approach to better support unpaid carers.

You don't need to look far to see great work taking place across our six local places to support unpaid carers. For example Kirklees Carers Count, Carers Wakefield and District, do a huge amount of valuable work helping carers with both practical and emotional support. There is also the Carers Charter which has been developed to support organisations to maximise carer resource in a sustainable and transformative way. The 'Carers Charter' was developed in Kirklees together with carers, local authorities and clinical commissioning groups. Organisations across all sectors sign up to this to demonstrate their commitment to carers. The 'Carers Charter' has become, not just a document, but a social enterprise called 'Investors in Carers'.



In Bradford and Rural Districts we have the innovative they have been doing to support Carers to return back into the workplace. Calderdale have done some excellent work leading the way on young carers. In particular, the yellow card scheme within schools and the Carers Charter for schools providing practical support for young carers.

In Leeds alone there are 72,000 unpaid carers. During Carers Week (12-18 June 2018) local Leeds carers actively approached carers within their community, to urge other carers, 'hidden carers' and new carers to get in touch with Carers Leeds, a third sector organisation providing support. Carers Leeds, Leeds City Council, Leeds Clinical Commissioning Groups and GPs, also established a tool for recording carers in their patient records and for making a referral to Carers Leeds – using the 'yellow card'. 100% of GP surgeries across Leeds have endorsed this way of supporting carers.

South West Yorkshire Partnership NHS Trust also has being a carer as a 'protected characteristic' and their policies are designed to reflect this. Bradford Carers Resource support carers back into work and Calderdale are working on a young carers charter for schools.

#### **Our five work programmes include:**

- Supporting young carers
- Identifying and supporting carers in primary care
- Carers and hospitals
- Supporting working carers
- Social Care

#### **West Yorkshire and Harrogate carers' organisation survey**

In January 2018 we carried out a carers organisation survey and received responses from 52 organisations across West Yorkshire and Harrogate. The survey highlights the difference and range in the number of services provided in each of our six areas and who these services are provided for.

This included:

- Emotional wellbeing support
- One to one support
- Drop-in service
- 24 hour advice line
- Dementia Café and Memory Lane Café
- Individual, group and online therapy
- Complementary therapy
- Bereavement support
- Social work support
- Advocacy - help carers to have a voice so they are heard
- Opportunities for carers to individually get involved
- Raise awareness of carers rights and issues
- Mobility, living aids and Shopmobility services
- Home helpers and handyperson service
- Community nursing support
- Memory support workers
- Admiral nurses
- Epilepsy specialist nurses and specialist paediatric epilepsy nurse
- Funding for third sector organisations supporting carers.



### **John's campaign**

Nearly all our hospitals have signed up to the 'John's Campaign'. This includes Leeds Teaching Hospitals NHS Trust, Mid Yorkshire Hospitals NHS Trust; Bradford Teaching Hospitals NHS Foundation Trust; Calderdale and Huddersfield NHS Foundation Trust; Harrogate and District NHS Foundation Trust and Airedale NHS Foundation Trust. The aim of the campaign is to give the carers of those living with dementia the right to stay with them in hospital, in the same way that parents stay with their children.

### **Workforce plan**

There are more carers than there are NHS staff. Carers are an essential part of our plans for the future of the health and care system. We know that caring roles and experiences are all different.

Whether you are looking after your mum, a person with mental health illness or a partner with physical and learning disabilities then we need to support you to be well. Young carers are twice as likely to forego education, employment, or training. Many carers find it hard to hold down employment, with many of those unemployed saying they would like to work. Others are unaware of any benefits or formal help they are entitled to, often feeling overwhelmed by the pressure to cope. This needs to change and that is why we are supporting unpaid carers as a WY&H partnership priority and in the work of workforce developments. The workforce plan will be published in the next few weeks.

This includes:

- Developing better ways to identify and support carers
- Consulting with working carers on ways to support them so they remain in employment
- Increase or maintain their participation rate
- Access flexible retirement options
- Improve their health and wellbeing
- Take a cross sector approach to sharing best practice in terms of policy and procedure in order to identify opportunities to adopt/implement a consistent approach across the partnership.
- Explore the potential to utilise this approach in partnership wide recruitment initiatives.

### **Primary care event for GPs and front line health professionals**

West Yorkshire and Harrogate have been identified by NHS England as an exemplar site and there are various projects already delivering support for unpaid carers across the partnership (within and across CCGs, local authorities and the voluntary and community organisations). NHS England is currently developing some "quality markers" that can be used in doctor surgeries to demonstrate how effective they are in recognising and supporting carers. An event, targeted at GPs, community nurses, public involvement representatives, council colleagues and other health professionals, will take place in June. More information will follow.

### **Working carers' passport**

A Carer Passport is a record which identifies the carer in some way and sets out an offer of support they can be used in the workplace potentially reaching 43,000 NHS employees.

We are also working closely with Employers for Carers to support the NHS organisations in the 6 places across West Yorkshire and Harrogate to access the resources they provide. This will make it easier for organisations to become carer aware and proactively support their working carers.

