

# CARERS

WHO NEED SUPPORT

## WHAT DO WE MEAN BY CARER ?

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A Carer is generally a family member, friend or neighbour who provides unpaid care and support in contrast to a Care Worker who is paid or a volunteer who is contracted to provide care and support.

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### **FOR THE PURPOSE OF THE SOCIAL SERVICES AND WELL-BEING (WALES) ACT 2014 A “CARER” MEANS:**

-  a person who provides or intends to provide care for an adult or disabled child.  
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  -  a person is not a carer for the purposes of this Act if the person provides or intends to provide care - (a) under or by virtue of a contract, or (b) as voluntary work.  
|
  -  But a local authority may treat a person as a carer for the purposes of any of its functions under this Act if the authority considers that the relationship between the person providing or intending to provide care and the person for whom that care is, or is to be, provided for is such that it would be appropriate for the former to be treated as a carer for the purposes of that function or those functions.  
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**This definition covers Carers of all ages.**

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Carers are individuals who may not see themselves as Carers, but see themselves above all as a parent, child, wife, husband, partner, friend or neighbour. Carers' circumstances vary enormously, as can the type of support they provide, which might be practical, emotional or financial in nature.

For example, a Carer supporting someone with a fluctuating mental health problem may provide emotional support. Someone caring for a person who is unwell, disabled or frail may provide personal care (i.e. help with washing) and assist with practical tasks.

A Carer does not have to live with the person they care for to be considered a Carer and the care they provide is unpaid. Carers are a diverse group of people and have different needs and demands on their time. Carers come from all walks of life; they can be any age, any gender, and from any culture.

▲ <http://www.wales.nhs.uk/sitesplus/documents/863/Carers%20Strategy%20-%20ENGLISH.pdf> (this strategy has now come to an end)

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A child becomes a Young Carer when the level of care and responsibility to the person in need of care becomes inappropriate for that child and may impact on his or her own emotional or physical well-being or educational achievement. As with adult Carers, there is no typical Young Carer. They may be in a lone-parent household looking after a parent with, for example, multiple sclerosis; they may be in a two-parent family but still be the primary Carer for the sick or disabled parent(s); they may be supporting a brother or sister with special needs.

Many young Carers are the primary Carers – the only or main person providing care – while others share the responsibility with other family members. They have needs which are unique to them as children and young people.

There is a distinction between Young Carers and Young Adult Carers. Both groups of Carers are at a different developmental stage in their lives; one are legally 'children' and the other are legally 'adults'; and although they have experiences and needs that are similar there are also important differences which should be considered.

▲ <http://www.wales.nhs.uk/sitesplus/documents/863/Carers%20Strategy%20-%20ENGLISH.pdf>





## WHO IS AFFECTED AND HOW ?

2011 Census Figures	LOCAL AUTHORITY			Western Bay
	Bridgend	Neath Port Talbot	Swansea	
	139,178	139,812	239,023	518,013
	121,259	119,447	208,674	449,380
	17,919	20,365	30,349	68,633
	12.9%	14.6%	12.7%	13.2%
	9,653	10,380	17,346	37,379 (54.5%)
	2,763	3,273	4,495	10,531 (15.3%)
	5,503	6,712	8,508	20,723 (30.2%)

The 'Value of Unpaid Carers Report (2015)' estimated that there were approximately 30,000 more Carers in Wales in 2011 compared to 2001.

With an ageing population and higher demands placed on reducing budgets the number of Carers across Wales is expected to increase which will impact on the capability of services to meet the increased demand.

In the 2011 Census 14.6% of the population of Neath Port Talbot identified themselves as Carers making Neath Port Talbot the authority in Wales and England with the largest percentage of its population providing unpaid care.

### SOURCE

<http://gov.wales/docs/dhss/publications/130613strategyen.pdf>

## YOUNG CARERS (AGED 5 TO 17 YEARS)

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According to the 2011 Census, across Wales there has been a 7.6% increase in the number of Carers aged 5 to 17 in the 10 years between 2001 (10,741) and 2011 (11,555).

In Wales, in relation to the 5 to 17 year old population, the percentage of young Carers is significantly higher than in England.

The young Carers aged between 5 and 17 in Wales who provide 50 or more hours of care per week are 4.4 times more likely to report their general health as 'not good' compared to the general population of 5 to 17 year olds'. (Source: 2011 Census)

According to the 2011 Census there are 1,351 young Carers aged 0 – 15 in the Western Bay area of which approximately 155 (11%) spend over 50 hours a week in a caring role.

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## YOUNG ADULT CARERS

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According to the 2011 Census there are 4,198 young adult Carers aged 16 – 24 in the Western Bay area, of which 510 (12%) spend over 50 hours a week in a caring role.

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## YOUNG CARERS KNOWN TO SOCIAL SERVICES (WESTERN BAY)

There are about 700,000 young Carers in the UK. That is about 1 in 12 secondary aged pupils. There are likely to be young carers in every school and college. Young Carers undertake practical tasks, such as cooking, housework and shopping and also physical care, such as helping someone out of bed. Young Carers often provide emotional support, such as talking to someone who is distressed, personal care, such as helping someone dress, managing the family budget and collecting prescriptions, helping to give medicine, helping someone communicate, and looking after brothers and sisters.

Many young Carers struggle to juggle their education and caring which can cause pressure and stress. In a survey by Carers Trust, 39% said that nobody in their school was aware of their caring role, 26% have been bullied at school because of their caring role and 1 in 20 miss school because of their caring role.

### SOURCE

Carers Trust

▲ <https://carers.org/about-us/about-young-carers>

DATE	Number of young carers known to social services	Number of young carers known to social services who were assessed	Number of young carers known to social services who were provided with a service
2013 - 2014	119	119	104
2014 - 2015	128	98	99
2015 - 2016	79	79	77

## YOUNG CARERS KNOWN TO SOCIAL SERVICES (LOCAL AUTHORITY LEVEL)

Local Authority	NUMBER OF YOUNG CARERS KNOWN TO SOCIAL SERVICES			NUMBER OF YOUNG CARERS KNOWN TO SOCIAL SERVICES WHO WERE ASSESSED			NUMBER OF YOUNG CARERS KNOWN TO SOCIAL SERVICES WHO WERE PROVIDED WITH A SERVICE		
	2013 2014	2014 2015	2015 2016	2013 2014	2014 2015	2015 2016	2013 2014	2014 2015	2015 2016
<b>Bridgend</b>	36	28	19	36	28	19	33	28	18
<b>Neath Port Talbot</b>	34	13	31	34	13	31	22	13	31
<b>Swansea</b>	49	87	29	49	57	29	49	58	28

## ADULT CARERS

A total of 218,293 (59%) of unpaid Carers in Wales are aged 50 or over. This is mirrored in Western Bay where 39,757 (58%) Carers are aged 50 or over.

The 2011 Census told us that there were 68,633 Carers in Western Bay, of which 20,723 (30%) were providing in excess of 50 hours of care a week, However, only 4,055 Carers in Western Bay were known to the Local Authorities during 2015-2016.

## CARERS HEALTH

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### ▼ IN WALES

- + Of the 211,656 Carers providing between 1 and 19 hours of unpaid care per week, 9,986 (4.5%) reported bad or very bad health.
- + Of 53,936 Carers providing between 20 and 49 hours unpaid care per week 5,165 (approximately 9.5%) reported bad or very bad health.
- + Of 103,594 Carers providing 50+ hours unpaid care per week, 16,576 (approximately 16%) reported bad or very bad health.
- + Based on the above it is likely that a proportion of the 'bad' or 'very bad' health reported is age related, almost 35% of Carers in Wales are aged between 50 and 64 and 24% are aged 65+. However, it would also appear that the impact on health of Carers increases in line with the number of hours of care provided.

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In April 2013, the Welsh Government published information based on the 2013 Welsh Health Survey. The key findings were:

- + In general, Carers aged 16-44 tended to report poorer health (especially mental health) than non-carers of the same age.
- + However, older Carers aged 65 and over were generally more likely to report slightly better health than non-carers of the same age.
- + Carers aged 16-44 were more likely to report smoking or being overweight or obese than non-carers of the same age. There was little difference for the older age groups.
- + Carers aged 65 and over were more likely than non-carers to report eating at least five portions of fruit or vegetables a day, and to be physically active on five or more days a week.
- + Carers aged 65 or over were less likely to have used hospital services (such as attending casualty, or attending an inpatient or outpatient department) than non-Carers of the same age.





## ADULT CARERS KNOWN TO SOCIAL SERVICES (WESTERN BAY)

DATE	Number of carers of adult aged 18+	Number of carers of adult service users who had an assessment in their own right during the year	Number of carers of adult service users who were assessed during the year who were provided with a service
2013 - 2014	3,753	1,091	678
2014 - 2015	3,628	1,182	624
2015 - 2016	4,055	1,093	548



## ADULT CARERS KNOWN TO SOCIAL SERVICES (LOCAL AUTHORITY LEVEL)

Local Authority	NUMBER OF CARERS OF ADULTS AGED 18+				NUMBER OF CARERS OF ADULT SERVICE USERS WHO HAD AN ASSESSMENT IN THEIR OWN RIGHT DURING THE YEAR						THE NUMBER OF CARERS OF ADULT SERVICE USERS WHO WERE ASSESSED DURING THE YEAR WHO WERE PROVIDED WITH A SERVICE					
	2013	2014	2015	2016	2013	2014	2015	2016	2013	2014	2015	2016	2013	2014	2015	2016
Bridgend	1,461	1,542	2,102		325	350	417		156	199	154					
Neath Port Talbot	434	457	310		87	101	122		58	132	99					
Swansea	1,858	1,629	1,643		679	647	554		464	293	295					



## WHO IS RECEIVING HELP AND WHAT SUPPORT IS AVAILABLE

### ▼ CARER'S ALLOWANCE

If a Carer is aged 16 or over, cares for someone for at least 35 hours a week they may be entitled to certain benefits, such as Carer's Allowance.

### ■ NUMBER OF RECIPIENTS OF CARER'S ALLOWANCE

+ Local Authority	2012 - 2013	2013 - 2014	2014 - 2015
+ Bridgend	2,130	2,290	2,520
+ Neath Port Talbot	2,740	2,850	3,220
+ Swansea	3,140	3,300	3,520
+ Western Bay	8,010	8,440	9,260

The amount of care provided by unpaid carers saves the Welsh economy £8.1bn every year.

### ■ AVERAGE WEEKLY CARER'S ALLOWANCE (£)

+ Local Authority	2012 - 2013	2013 - 2014	2014 - 2015
+ Bridgend	59.96	61.56	62.30
+ Neath Port Talbot	60.43	61.91	62.44
+ Swansea	60.03	61.45	62.14



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- + Respite at Home
  - |
  - + Respite Day Services
  - |
  - + Advice and Information Services
  - |
  - + Welfare Benefits Advice
  - |
  - + Carers Centres/Carers Service
  - |
  - + Carers Counselling Service
  - |
  - + Young Carer Support Service
  - |
  - + Carer's Handyman/small domestic job service
  - |
  - + Support for parents/carers of children on the Autistic Spectrum
  - |
  - + Support for carers of people with mental health issues
  - |
  - + Carer's grants (social work, mental health, adult carers, young carers)
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  - + Carers may benefit from some of the services being provided to the person they are supporting, e.g. Day Services provide activities for the person with support needs and a break from caring for their Carer.





## TRANSITION FUND

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During February 2016 the Minister for Health and Social Services agreed an allocation of transitional funding following the repeal of the Carers Strategies (Wales) Measure (2010) to protect and build on progress to date and to prepare for the expansion of Carers rights on the implementation of the Social Services and Well-Being Act 2014 (Wales).

ABMU health board received £161,096, of which £14,064 has been ring fenced specifically to support Young Carers. This funding has been allocated in line with Valuing Carers Transition Fund which aims to build on the progress achieved as a result of the Valuing Carers Strategy, maintaining the momentum of Carers awareness and provide a framework for partner organisations to respond to Carers within the remit of the Social Services and Well-Being Act 2014 (Wales).

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## THINGS PEOPLE TOLD US THAT MATTER TO THEM

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### ▼ INFORMATION

- + Increasing awareness and uptake of the carers assessment.
  - + Having a single point of contact for information on services, activities and financial matters.
  - + Improving the sharing of information between professionals and across services.
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### ▼ SUPPORT AND RESPITE FOR CARERS

- + Ensuring there are support groups and services for carers.
  - + Ensuring there is support to enable carers to 'take a break'.
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### ▼ ACCESS TO SERVICES

- + Help carers of disabled people/children to adapt to their homes.
  - + Work with leisure, education and employment services so they cater for the needs of carers and are aware of accessible activities.
  - + Better protecting of children from inappropriate levels of caring so they can learn, develop and enjoy a positive childhood.
  - + Help to overcome transport difficulties where the carer lives in a different location to the person cared for.
  - + Develop understanding within the NHS so that staff have a better understanding of the needs of carers.
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At a Western Bay wide 'Carers Rights' event in November 2016, the following feedback was received:

Carers feel let down by promises being made to them but no results or significant changes being made.

Carers are keen to have more communication and clearer communication with Health service, Local authority and other support services.

Many Carers are not aware of the support that is available to them or how to access it. Carers are also concerned about how some services are now being delivered e.g. why don't GPs have closer links with mental health professionals involved with their patients, they operate very separately.

It is getting more difficult to get day centre services for mental health patients.

Carers highlighted instances where practice does not always comply with policy e.g. GPs do not recognize Carers who are older people and spouses- it is more an expectation they will care for the spouse as a duty.

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#### ▼ **CARERS HAVE ALSO TOLD US THEY NEED:**

- + Clear, concise and timely information.
- + Replacement care services that are appropriate and flexible.
- + Welfare benefits advice.
- + Signposting to appropriate support services.

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- + Better Information and advice for Carers in a place and at a time when it is needed will enable them to benefit from support at an earlier stage in their caring role. It will help carers to manage their own health and wellbeing and enable them to continue in their caring role for as long as they are able and willing to do so.
  - + Early identification and recognition of Carers and Young Carers is essential in providing them with the right support. It is therefore necessary that relevant professionals in Health, social care, third sector and Education are provided with awareness and training on recognising Carers and identifying their needs.
  - + Supporting Carers in more creative ways by, for example, the provision of a Direct Payment could potentially achieve multiple benefits. It may demonstrate to carers that they are viewed as an individual, that they are valued, and that we will try to meet their needs in a way that suits them.
  - + Taking a consultative and co-productive approach to assessment and commissioning will ensure that Carers as well as other services users are given a voice.
  - + Young Carers must be assessed as carers in their own right in addition to their rights under safeguarding and 'child in need' legislation.
  - + Progressing partnerships particularly health and social care, education and third sector will support a consistent and collaborative approach to identifying and supporting Carers.
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## WHAT CHANGES DO WE NEED TO PLAN FOR?

The number of predicted Carers aged 16 to 64 shows a downward trend for both Bridgend and Neath Port Talbot, but an increase for Swansea. Whilst the number of predicted Carers aged 65+ providing any unpaid care shows an upward trend across Western Bay.

### PROJECTED DISTRIBUTION OF INFORMAL CARE - PEOPLE AGED 65+

Bridgend		Neath Port Talbot		Swansea		Western Bay	
2015	2035	2015	2035	2015	2035	2015	2035
2,077	3,140	2,601	3,544	3,499	4,722	8,177	11,406
647	967	681	914	1,094	1,422	2,422	3,303
1,634	2,371	1,584	2,077	2,928	3,788	6,146	8,236



AGED 65+ PROVIDING 50+ HOURS OF UNPAID CARE



AGED 65+ PROVIDING 20 - 49 HOURS OF UNPAID CARE



AGED 65+ PROVIDING 1 - 19 HOURS OF UNPAID CARE

The predicted increase in the number of Carers from 2015 to 2035 in those aged 65+ can be broken down as follows:

The number of Carers aged 65-74 is predicted to increase by 16% from 11,176 in 2015 to 12,962 in 2035.

The number of Carers aged 75-84 is predicted to increase by 39% from 5,391 in 2015 to 7,511 in 2035.

The number of Carers aged 85 and over is predicted to increase by 110% from 1,194 in 2015 to 2,503 in 2035.

### SOURCE

<http://www.daffodilcymru.org.uk/index.php?pageNo=1082&arealD=21&loc=21>



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- ▼ Based on the Valuing Carers Transition Plan (ABMU Carers Partnership Board) current priorities are:
  - + Carers can access up to date information at the right time and from the right place.
  - + Carers are identified by staff who recognise their needs, provide them with appropriate information and signpost them to relevant service.
  - + Carers are engaged and consulted regarding any decisions made during their journey through health and social care services that affect them or the person they care for.
  - + All Carers are offered a Carers Assessment ensuring their needs are identified and addressed.
  - + Young Carers are identified and provided with appropriate information, assessment and support.
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Improved identification of Carers and Young Carers and an appropriate response.

Training – raising awareness of carer issues and the responsibilities of Local Authorities across all Local Authority staff.

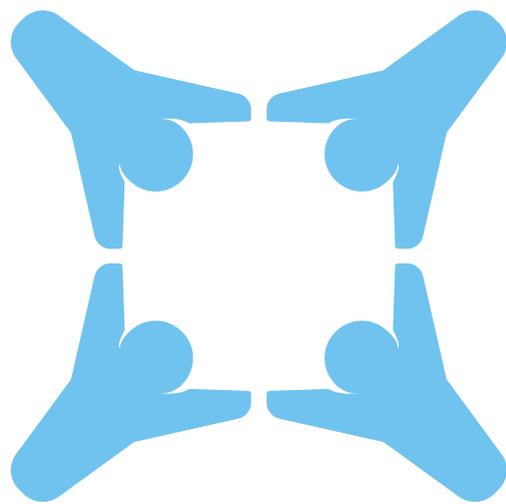
Prevention - Carers need to know there is help out there and how and where to access it.

Improved information and advice for Carers to prevent crisis and improve wellbeing by building on some of the positive health behaviours that Carers show i.e. healthy eating.

Promotion of Carer focused assessments, and engaging and working in partnership with the Carer.

Better links with community based services and more creative use of Direct Payments.





# WESTERN BAY

## POPULATION ASSESSMENT REPORT

[www.westernbay.org.uk](http://www.westernbay.org.uk)