

Carer Friendly Southampton Terms of Reference and Inquiry Plan

1. Scrutiny Panel membership:

Councillor Savage
Councillor Coombs
Councillor McEwing
Councillor Prior
Councillor White
Councillor Windle
Councillor – To be confirmed

2. Purpose:

To identify opportunities to improve support for carers in Southampton.

3. Background:

- The Care Act 2014 defines a carer as ‘someone who helps another person, usually a relative or friend, in their day-to-day life. According to Carers UK, 6.5 million people are carers, supporting a loved one who is older, disabled or seriously ill across the UK
- Caring can have a huge effect on carers. Across the UK carers are holding families together, enabling loved ones to get the most out of life, making an enormous contribution to society and saving the economy billions of pounds. Yet many carers are struggling to juggle care with work and family life, or even suffering with poor health themselves.
- Carers UK have identified that many carers don’t know how or where to get help and that being a carer can be frightening and very lonely.
- There are estimated to be over 32,000 unpaid carers in Southampton.
- In 2016 a strategy that aimed to identify what is needed to improve the lives of carers now and in the future in Southampton, and to change services to meet those needs was produced. The Southampton Strategy for Unpaid Carers and Young Carers is due for renewal in January 2021.
- Across the UK, there are examples of local approaches that are improving the lives of carers.

4. Objectives:

- a) To review progress being made in Southampton to support carers.
- b) To identify good practice being employed to support carers elsewhere.
- c) To identify what initiatives could work well in Southampton to help support carers.

5. Methodology:

- a) Seek the views of carers and stakeholders
- b) Undertake desktop research
- c) Identify best practice

6. Proposed Timetable:

Seven meetings between October 2020 and April 2021.

7. Draft Inquiry Plan (subject to the availability of speakers)

Meeting 1: 8 October 2020

- Introduction, context and background
 - Overview of national position
 - Overview of current position in Southampton.

To be invited:

- Cabinet Member for Health & Adult Care
- Carers UK
- Carers in Southampton
- Carers Together

Meeting 2: 5 November 2020

- Carers health, wellbeing and safety
 - Time for yourself and isolation
 - Health & wellbeing, including mental health needs
 - Relationships support (family dynamics) and experience of loss

To be invited:

- To be confirmed

Meeting 3: 26 November 2020

- Carers identification rights, recognition and support
 - Role of professionals to identify
 - Self-identity
 - Planning for emergencies
 - Access and quality of respite or replacement care, planned and unplanned breaks

To be invited:

- To be confirmed

Meeting 4: 7 January 2021

- Access to information, advice and guidance
 - Financial support and the DWP
 - Access to practical support and help from the community
 - Housing and adaptations issues

To be invited:

- To be confirmed

Meeting 5: 28 January 2021

- Support to carers
 - Access to health and social care services in the caring role
 - Information advice and guidance for the caring role
 - Support and training for a carer

To be invited:

- To be confirmed

Meeting 6: 25 February 2021

- Support in education and work
 - Young carers protected and supported to learn and thrive
 - Opportunities and challenges in work and education
 - Access and availability for transport to support the caring role

To be invited:

- To be confirmed

Meeting 7: 8 April 2021

To approve the final report of the inquiry and recommendations.