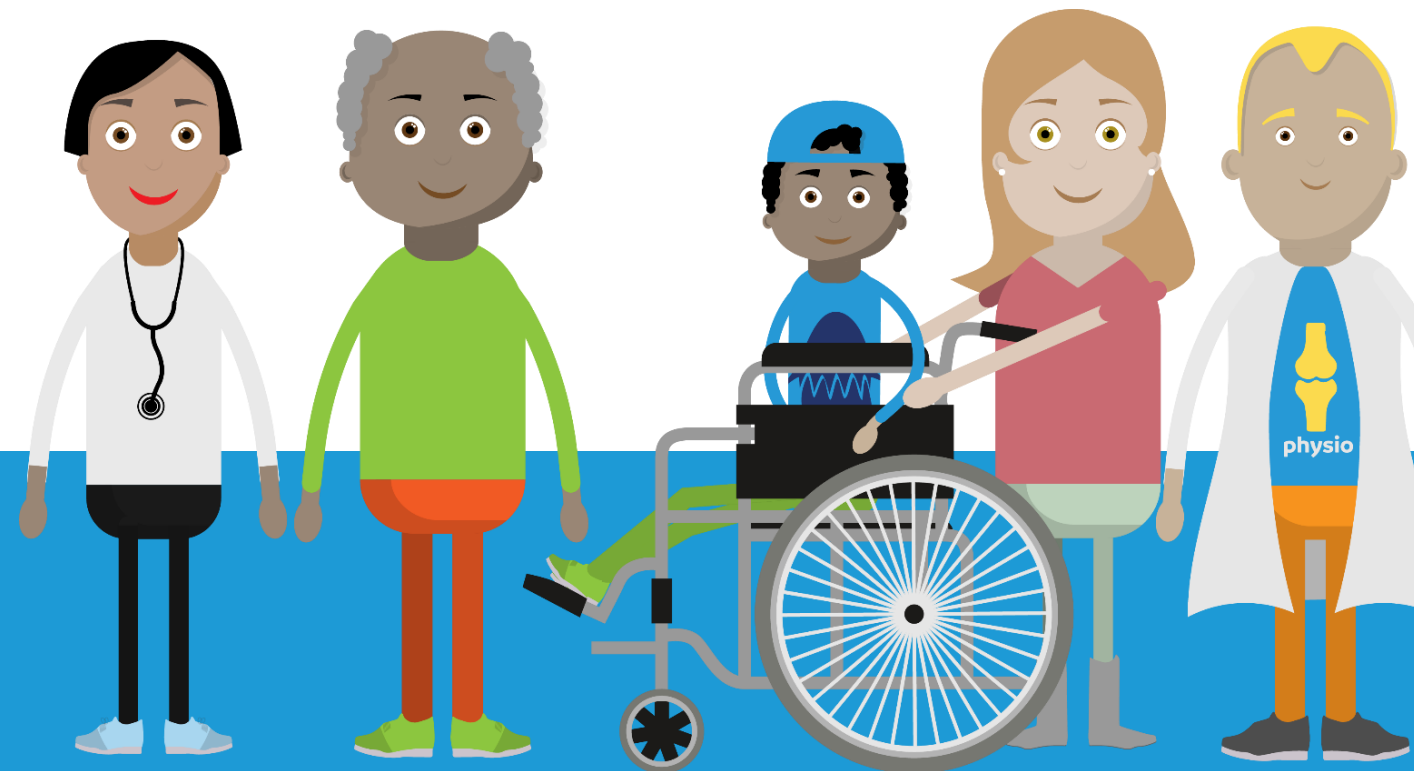


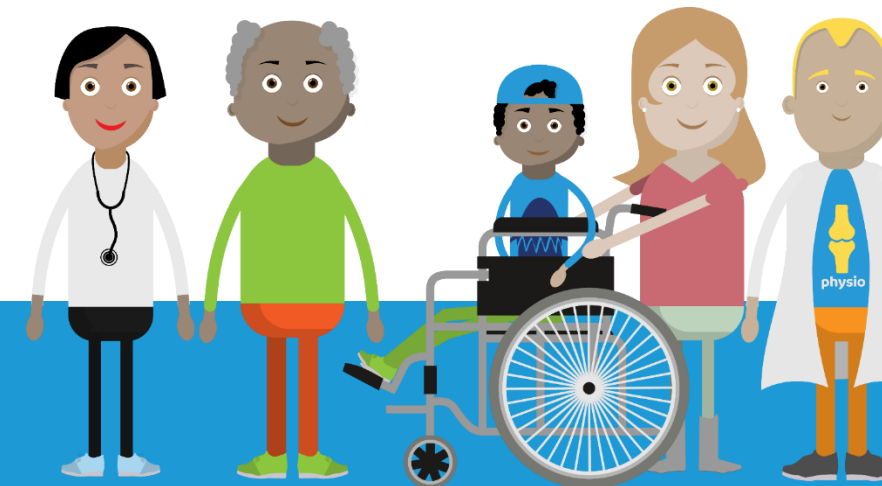
Carer Wellbeing

Clare Rachwal – Team Manager, Portsmouth Carers Service, Adult Social Care



Local context

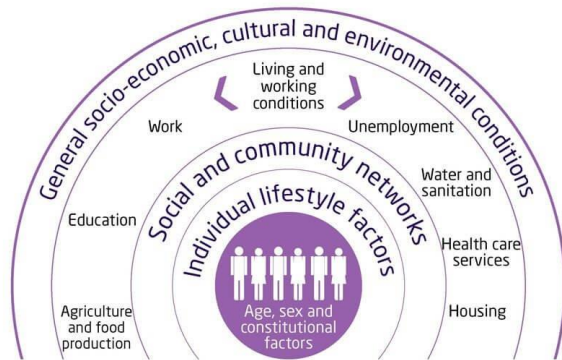
- Portsmouth Carers Service is based within Adult Social Care
- Previously based in a joint public health and prevention service
- Responsibility for Carers Assessments since 2009
- Early intervention and prevention approach
- Carers Centre as a community hub for a range of carer activity including groups, training, cooking activities, events



Why focus on Health and Wellbeing?

The NHS GP Patient Survey 2019 showed that carers' health and wellbeing is worse than the general population, 61% of carers reported a long-term condition, disability, or illness compared with 50% of non-carers

Research by Carers UK into carers' health and wellbeing found that most of those providing substantial care had faced mental ill-health and physical ill-health as a result of caring. Specifically, 6 out of 10 people (61%) say their physical health has worsened as a result of caring, while 7 out of 10 (72%) said they have experienced mental ill health



Covid-19 Context

- 9.1 million unpaid carers across the UK before the COVID-19 pandemic, providing
- 4.5 million new to caring since the start of the pandemic

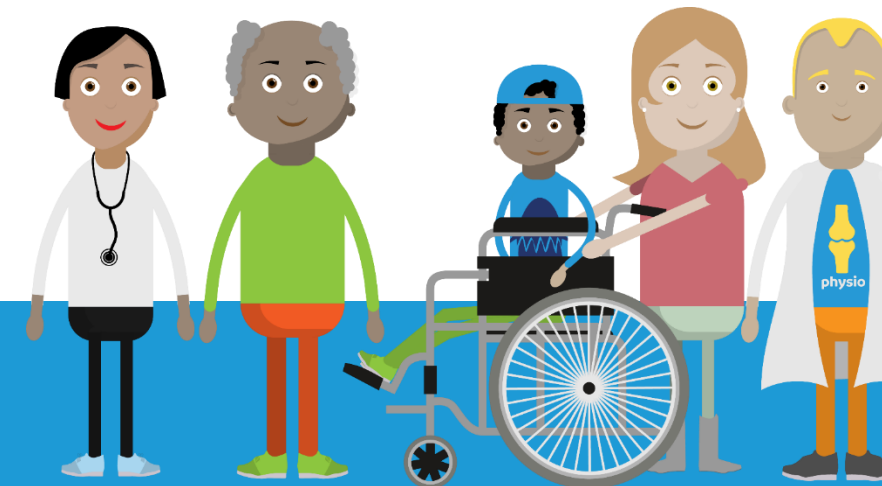
Carers UK Caring behind closed doors: six months on – key stats:

- 81% are currently providing more care than before lockdown.
- 78% of carers reported that the needs of the person they care for have increased
- 64% have not been able to take a break in the last six months
- 58% of carers have seen their physical health impacted by caring through the pandemic
- 64% said their mental health has worsened



Policy Context

- [NICE Guideline Supporting Adult Carers](#) published in January
- NHS Long Term Plan “Carers are twice as likely to suffer from poor health compared to the general population”
- NHS England – GP Quality Markers, Personalisation agenda, regional Carers Leads work
- Care Leave consultation
- NICE Carers Quality Standards Consultation
- Refresh of National Carers Action Plan?!
- Social Care Reform?!



Portsmouth Example

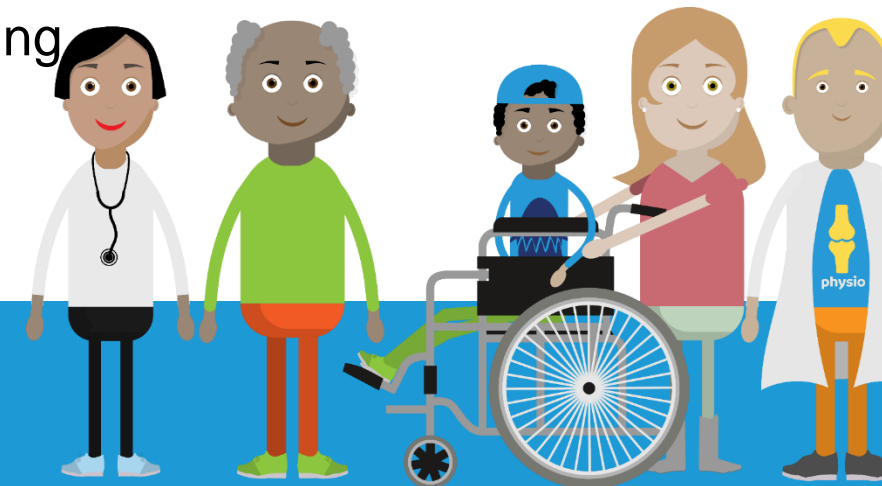
- Early intervention and prevention ethos seeking to reduce social isolation, promote physical activity and healthy eating, increase carer knowledge
- Carers staff are MECC trained
- Work closely with the Public Health funded Independence and Wellbeing Team including access to cooking groups, community allotment, social opportunities and specialist BAME links
- Staff aligned with key community organisations including Positive Minds, Remind, Parent Carer organisations, Learning Disability services, Older Persons Mental Health



Approach to Assessment

In 2017/18 we radically redesigned our assessment and support planning process based on what carers wanted, carers assessments now;

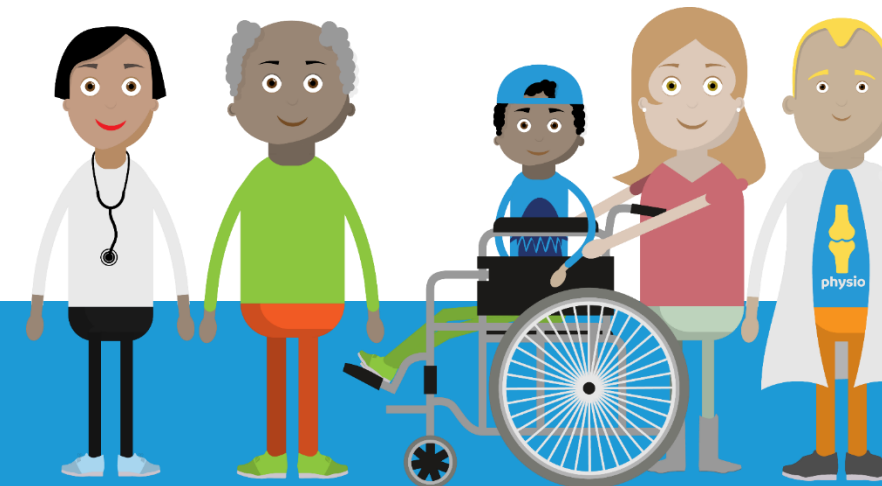
- Start at first contact, are proportionate and scalable
- Barriers are removed – no forms, open conversation in a way that suits the carer
- Whole family approach where wanted, combined or joint assessments – work in progress
- Focus on what matters - regularly includes health and wellbeing



Personalisation

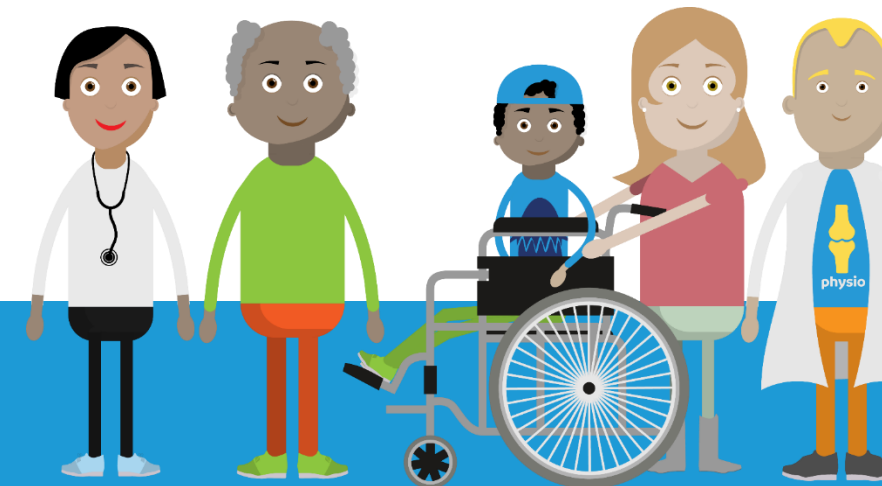
The assessment and support planning model currently meets the Key Features of Personalised Care and Support Planning as set out by NHS England;

- Perspective - a way of 'seeing people' and attitude towards them that is fundamental to good personalised care and support planning
- Process - the overall process of personalised care and support planning
- Plan - what a good plan looks like



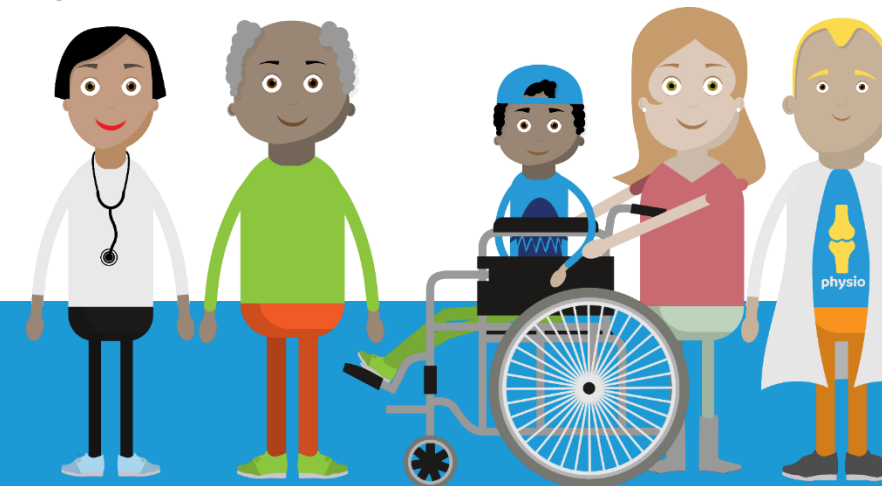
Carers Breaks and PHBs

- Where breaks are provided through a prepaid card direct payment they are counted as a Personal Health Budget
- Wide range of breaks options e.g. weekly coffee, break away, hair/beauty services, sports/crafting/hobby equipment, part payment for gym membership, kindle, TV subscriptions
- Replacement care includes 6 hours a week sitting service or equivalent via direct payment, two block purchased respite beds chargeable at LA rate for self funders
- Telecare/tech based solutions



Wider community based support for health and wellbeing

- Cooking groups – carer specific or general gives social contact, learning skills and a meal!
- Healthy lifestyle support – wellbeing service, support to access i.e. slimming world, encouragement and virtual hand holding to join new activities
- Tapping into existing opportunities such as leisure and tourism e.g. Gunwharf
- Community Development and partnerships



Thank you

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