



social care
institute for excellence

Exploring and understanding what it means to support carers

Accelerated Reform Fund (ARF)
Online learning workshop - July 2024

An important note about terminology

Many people caring for others do not identify themselves as
'carers'

Who is a carer?

We use the definition of the
Care Act 2014

An adult carer providing
support to an adult

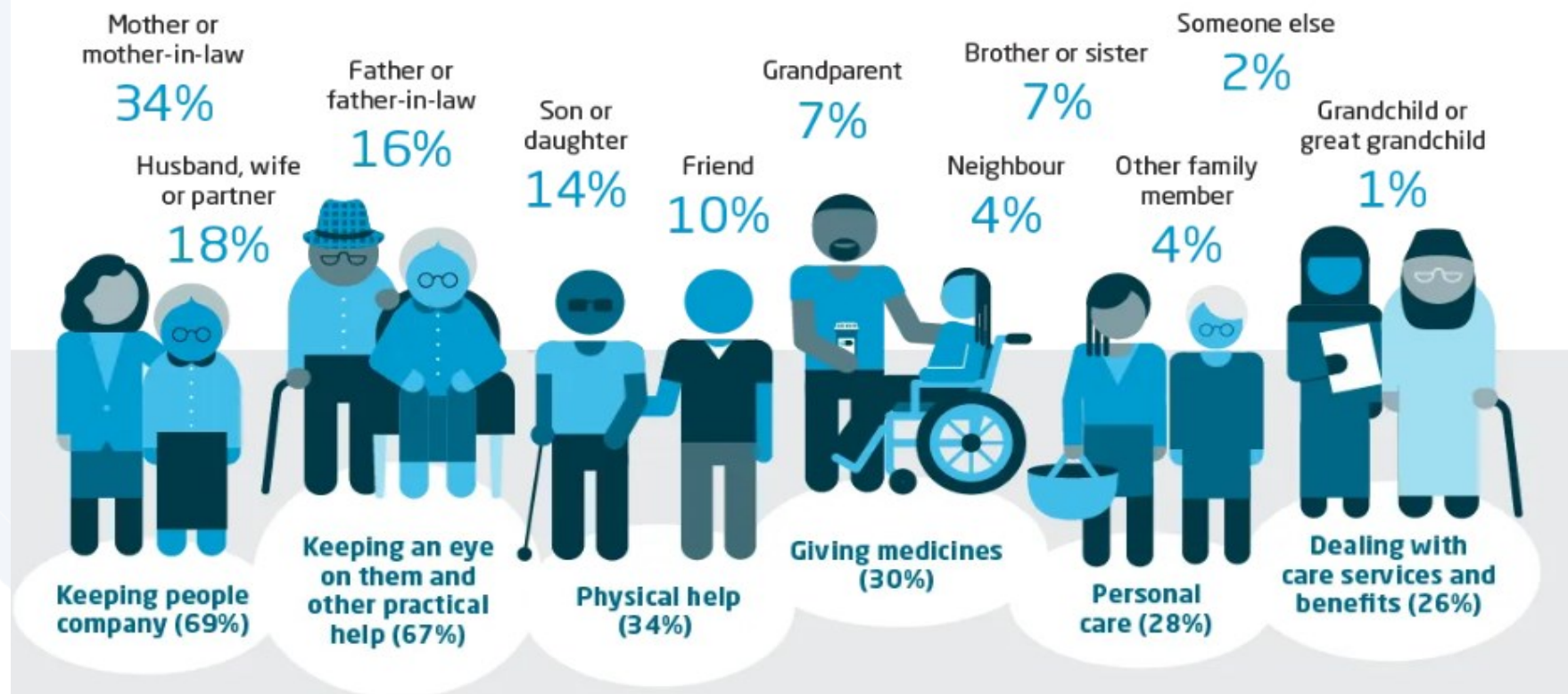
A young carer providing
support to an adult

A parent carer who
provides care for a
disabled child for whom
the person has parental
responsibility

"Caring in a complex world: perspectives from unpaid carers and the organisations that support them"

(Kings Fund, 2023)

Who are people caring for?



What tasks are carers performing?

Types of support for carers

Support to the carer -
interventions that are solely
delivered to the carer

Wider interventions -
to support carers but not
necessarily delivered directly to
them

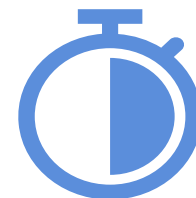
Support to the carer and the cared for –
interventions that might be delivered to the
carer and/or the cared for, but still provide
support to the carer

**WHAT
ELSE?**

Breakout Groups

What support interventions do you currently have in place within your organisations?

If your pen was a magic wand (therefore no barriers and limitless resources), have a think about what support you might be able to offer and write it down in the chat or share it with the group.....



20 Mins

What types of support do carers identify as important to them?

The state of Caring survey 2022 identified:-

- 61% of carers said they needed more support to be able to look after their health and wellbeing.
- 47% of carers said they needed **more breaks** or time off from caring.
- 42% of carers said they needed more support from the NHS or healthcare professionals
- 42% said they needed better recognition from the NHS of their needs as a carer.
- Some carers said they would appreciate more flexibility when making appointments, allowing them to balance their own health needs with their caring role.

Important factors for supporting carers

Caring in a complex work identified 4 factors when thinking about developing supporting carers

Develop and maintain a strong understanding of your population

Build your local support offer according to this understanding

Embed awareness of carers in strategic-level and commissioning decisions

Pay attention to the impact of wider health and care issues on carers

https://assets.kingsfund.org.uk/f/256914/x/1f6607287b/caring_in_a_complex_world_unpaid_carers_2023.pdf

NHS Cares and Hospital Discharge (2023)

NHS Cares and Hospital Discharge (Jan 2023) identified five key factors of supporting carers



- Identification
- Welcome and recognition
- Assessment and support
- Involvement
- Transition

The key points are equally as applicable to supporting carers outside of the health arena

Identification

- without identification, very difficult to prevent the need for support

Welcome and recognition

- 'I feel as if I am invisible, I am only existing to be a carer, and who I am is slowly disappearing'
- 'My caring role controls everything in my life and my needs are never a priority'

Assessment and support

- Carers rights under Care Act – including carers assessment, Personal Budget

During the assessment of need for support, one of the functions is to explore the how the right support at the right time may improve the carers individual wellbeing.

Research has identified the following as areas where wellbeing can be improved

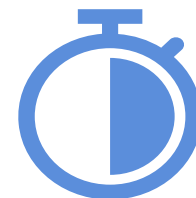
Table 4: What improves carers' wellbeing

What improves wellbeing	% of carers who said this improved wellbeing
Getting a good night's sleep	72%
Spending time with family or friends	68%
Being valued as a carer	59%
Taking a break from caring	58%
Engaging in my hobbies or interests	58%
Being physically active	57%
Having good quality care services for the person I care for	45%
Eating a balanced diet	43%
Having a pet	40%
Speaking to other carers	31%
Being in paid employment	28%
Counselling, therapy or listening support services	25%
Having a faith or religion	18%
Taking part in education/training opportunities	16%

Breakout Groups

How do you identify, welcome, recognise, assess and support carers currently?

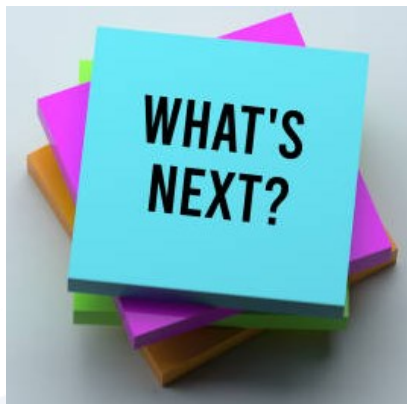
If your pen was a magic wand (therefore no barriers and limitless resources), have a think about what you might do within the three stages noted above and write it down in the chat or share it with the group.....



20 Mins

Reference and other resources

- <https://www.kingsfund.org.uk/insight-and-analysis/reports/unpaid-carers-caring-complex-world#:~:text=of%20diverse%20populations.-,Carers%20are%20a%20hugely%20diverse%20group%20%E2%80%93%20both%20in%20terms%20of,and%20advocate%20consistently%20are%20vital.>
- <https://www.england.nhs.uk/london/our-work/carers-and-hospital-discharge/>
- https://www.carersuk.org/media/xgwlj0gn/soc23-health-report_web
- <https://www.carersuk.org/media/fixafyvdcuk-carers-active-best-practice-guide-2023-web.pdf>



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SCIE – We will send a survey to understand what has gone well and what we can do better

arfevaluation@ipsosresearch.com

Ipsos - Ipsos will be conducting surveys and interviews with relevant stakeholders to evaluate the programme's processes and emerging impacts.

The slides, key message and identified tools will be uploaded to SCIE's website



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Thank you

For more information please visit

www.scie.org.uk (ARF) or email

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