



Carers breaks Webinar

9 July 2019

Watch the webinar recording on SCIE website



social care
institute for excellence

Welcome and introductions

Tony Hunter, Chief Executive, SCIE

Recording and sharing the webinar – including chat box

Type comments and questions in chat box

We answer questions



social care
institute for excellence

Purpose

- Share insights from recent guidance on how health and social care commissioners and providers can expand and improve regular breaks for carers of adults
- Hear updates from DHSC
- Learn from two practice examples
- Ask questions and share your insights



social care
institute for excellence

Agenda

11.30	Welcome, introduction and purpose Tony Hunter, Chief Executive, SCIE – Chair of the webinar
11.35	Why breaks matter - Carers' perspectives
11.45	Key messages for providers and commissioners - Tony Hunter
11.55	Breaks in the wider context: update on Carers Action Plan Rosamond Roughton, Director for Care & Transformation, Department of Health & Social Care Q&A
12.10	Breaks in practice: <i>GP Carer Breaks Personal Budget</i> - Debbie Hustings, Surrey Heartlands ICS & East Surrey CCG <i>MyTime Local Solutions</i> – Hazel Brown, MyTime Local Solutions
12.25	Q&A
12.45	Close



social care
institute for excellence



Why breaks matter

Carers' perspectives

A message from Isaac Samuels



social care
institute for excellence

Isaac's blog

It's holiday season but, those of us who provide care for loved ones often don't even think about a break as we are too busy providing the care and support to take a breath.

We just carry on.

We are just trying to get through every day.

We feel guilty and may be fearful of asking for help – or be afraid that a new environment may not meet our needs or be accessible.

Will the person I care for get good treatment while we are apart?

Can I afford to do anything even if I do have a break?

We are not aware of the opportunities for breaks until we have reached our capacity to cope, have become ill ourselves, are suffering stress

Our lives are so much better when we positively plan for these breaks.

A good break allows an opportunity to recharge our batteries and breathe.

Breaks are essential for the carers' own physical and mental health; ultimately meaning that we can be refreshed and continue.

It is also important that the person I care for gets a break from me!



Key messages for providers and commissioners

Tony Hunter, Chief Executive, SCIE

Key findings

- **Breaks are essential for carers:** Help to maintain carers wellbeing and ability to continue to care.
- **Carers are essential:** The value of carers' support is an estimated £139 billion per year
- **Not enough carers are getting breaks:** 46% unable to take a break in last five years
- Carers are **concerned** about quality of replacement care, guilt, how to access a break and cost



Key messages

- **Make breaks enjoyable** for both the carer and the person they care for – otherwise counter-productive
- **Coproduce** services and plans with carers, families and local community
- **Think broadly about breaks:** from respite and holidays, to daily or weekly activities, plus activities with the person they care for.



Key messages

- **Assess** local needs, and plan to support **diverse** communities
- Develop wider **range and innovative** options through market shaping, and partnerships with private and community sectors
- **Provide flexible funding** to help local groups and social enterprises
- **Enable carers** to use personal budgets



social care
institute for excellence

Key messages

- **Be flexible** about timing of services (e.g to enable carer to plan leave)
- Ensure **regular breaks** is routine element of **carers' assessments**
- **Provide information** about options for breaks, and how to plan and access them (See Carers UK videos)

www.scie.org.uk/carers/breaks

Carers

Carers' breaks

- Key messages
- Introduction
- Breaks in context
- Local needs
- Choice and control
- Commissioning
- Market shaping
- Providing breaks
- All practice examples
- Law and policy
- Evidence base
- Resources

Carers in employment

Research and knowledge review

Carers' breaks: guidance for commissioners and providers

This guidance is for commissioners, providers and others involved in the planning, shaping and delivery of support for adult carers, primarily in England. It will be of interest to commissioners within local authorities (including public health), clinical commissioning groups (CCGs), NHS trusts and mental health trusts. It will also be of interest to a wide range of providers – including those from the voluntary, community, private and public sectors, not just those already providing carers' breaks. Advice and information for carers is available from [Carers UK](#).



Key messages

Key messages about respite and carers' breaks for commissioners and providers.

[more >](#)



Introduction

Introduction to Carers' breaks: guidance for commissioners and providers.

[more >](#)



Context

Holistic approaches to supporting carers and their loved ones.

[more >](#)

Commissioned and funded by



Department
of Health &
Social Care

In partnership with



Advice for carers on
getting breaks

[VISIT CARERS UK](#)

News

Webinar 09 July: Expanding and Improving Carers' Breaks
This webinar offers an

www.carers.org/breaks

[Home](#)
[Help and Advice](#)
[About us](#)
[How you can help](#)
[News & campaigns](#)
[For Professionals](#)

You are here: > [Home](#) > [Help & advice](#) > [Supporting you to take a break](#)

Member Login 



Carers' breaks: What defines a break and why is taking one so important?

 Watch later

 Share



Finding time to have a break from your caring role is vital – welcome to our video series >



Facing guilt and anxiety

It's all too easy to lose yourself in your caring role, but you owe it to yourself to look after yourself too

[Read more...](#)



Where do I start?

Carers share their experiences and tips, explaining why it's vital to get advice and support

[Read more...](#)

Join our forum



Why not join our forum to share experiences with other carers?

[About](#)



Rosamond Roughton

Director for Care & Transformation, Department of Health & Social Care



social care
institute for excellence

Carers' breaks: guidance for commissioners & providers, and advice for carers

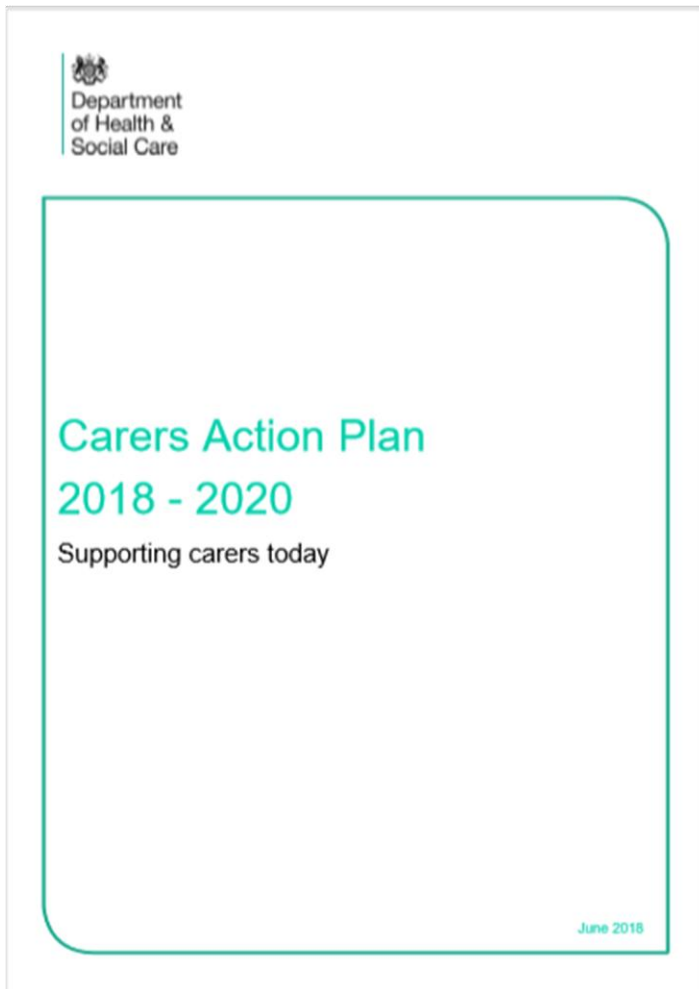
SCIE Carers' Breaks Webinar: Tuesday 9 July 2019

Rosamond Roughton, Director for Care & Transformation
Department of Health & Social Care

Improving Respite and Carers' Breaks

Action 1.13

The Department of Health and Social Care will fund a project on actions to promote best practice for local authorities, clinical commissioning groups, and other service providers and commissioners on carer breaks and respite care. This will include promotion of the existing option for carers and individuals to use personal budgets or direct payments to help pay for alternative care arrangements while carers take a break.



Carers Action Plan

Call for Evidence Consultation 2016

- Significant response – 6,802 submissions
- Five themes emerged to inform the Carer Action Plan, including:
 - Services and systems need to work for carers
 - Better employment and financial wellbeing
 - More support for young carers
 - Better recognition and support for carers in wider community and society
 - Strengthened research and evidence base

Carers Action Plan 2018 – 2020

- Published in June 2018
- Cross-government programme of target work
- Delivery over the next two years
- 64 actions across the 5 themes that emerged from the Call for Evidence
- Publication of 1st year progress report due July 2019

Beyond the Carers Action Plan

The action plan is delivering improvements for carers but it is not the whole story. We also want carers to be at the heart of the social care green paper. Carers are vital partners in the health and social care system and the needs of carers will be an important part of this.

A sustainable social care system for the future is simply not possible without focusing on how our society supports carers.

Call for Evidence Consultation

What the Call for Evidence told us – what we heard

- Carers often have extensive contact with the health and social care system. They highlighted the importance of having their expertise recognised by the people they interact with in these services, so that their views are taken into account in decision making. Carers also talked about the importance of awareness raising and training for health and social care professionals, so that they can help to identify carers and be proactive in providing information and support.
- We also heard that while carers frequently report the same difficulties, such as lack of time and energy or a lack of understanding from others, the impact of these factors depended on their particular circumstances and the nature of their caring role. They felt that services and systems needed to be flexible and responsive, to ensure they can recognise and support individuals across the full range of diverse caring roles, at different stages in the caring journey.
- Many carers described how they feel tired and less resilient physically and mentally, and reported the value of inexpensive opportunities for respite or carers' break services so they could try to balance life outside caring.
- The actions in the Carers Action Plan target the way health and care systems support carers. They are designed to improve awareness and understanding among health professionals and social workers, and work with local government to ensure carers are able to access the support they are entitled to, including a specific action on respite and carers' breaks.

How the Carers' break guidance for Commissioners and Providers will help and support improved access to respite and carers' breaks

The guidance outlines how health and social care commissioners and providers can expand and improve regular breaks for families and friends who care for other adults.

Through the guidance commissioners and providers have the opportunity to think of more innovative and flexible approach to support respite and carers breaks.

The guidance provides practice examples of innovative breaks that are highly valued by carers and families. Some draw on community assets and local business; others use technology to support breaks.

The guidance is accompanied by a series of films providing advice, information and reassurance to carers. Produced by Carers UK, the films feature carers sharing their experiences and tips, explaining why breaks are essential and how to get advice and support.

Commissioners and Providers should also consider looking at how DHSC's recently launched £5m Carers Innovation Fund could help them improve support for carers to increase their ability to take a break from their caring role.



Q&A for DHSC



GP Carer Breaks Personal Budget

Debbie Hustings

NHS Partnership Manager Carers

Surrey Heartlands ICS & East Surrey CCG



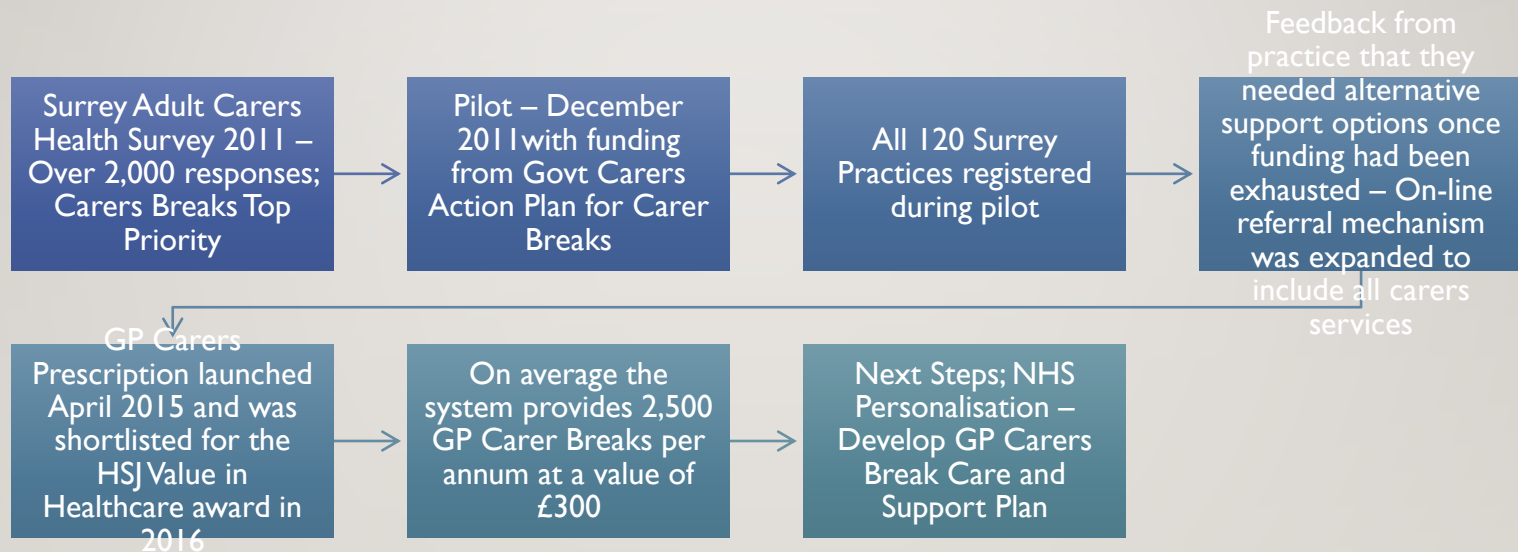
social care
institute for excellence

SURREY GP CARERS BREAKS SERVICE

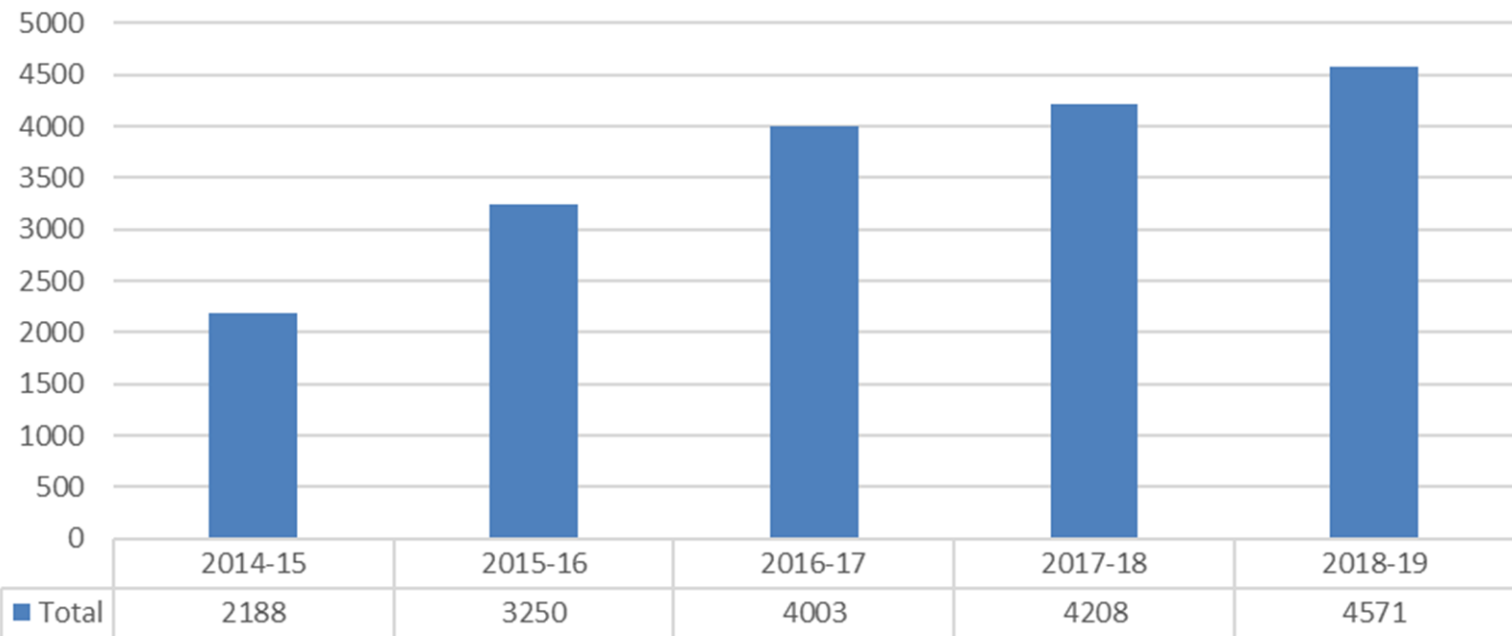
SCIE WEBINAR 9TH JULY



SURREY GP CARERS BREAK - HISTORY



Combined GP Carers Prescriptions & Breaks Year on Year



KEY TO SUCCESS



Engagement with Practice Managers and Carers



Co-design a practical, secure easy to use one stop shop referral mechanism



Funding Allocations based on Practice Size to provide budget



Developing resources such as Guidance, Carers Breaks Information Leaflets and Staff Training



Being flexible about how Carers Breaks funding can be used (within legal framework)



Partnership working with other carers support services



Sharing results through quarterly monitoring

CONTACTS

- Debbie Hustings
- NHS Partnership Manager Carers
- Surrey Heartlands and East Surrey CCG

Email: debbie.hustings@nhs.net

- Ron Critcher
- Carers Policy and Development Manager
- Surrey County Council

Email: Ron.Critcher@surreycc.gov.uk

<http://carersworldradio.ihoststudio.com/GPCP.html>



MyTime Local Solutions

Hazel Brown

MyTime Local Solutions



social care
institute for excellence



Liverpool Carers Centre



Why the My Time model came about



- Repeated requests for respite
- A model that would work for both the carers and those offering to support them
- A model that could show partnership work at it finest
- A model that was carer led.
- A model that provided a service that addressed carers needs in an innovative and efficient way.



In Year 1 of lottery funding:

Over **1000** carers have access a break (x2) through mytime.

38 Organisations/Businesses have given gifted a break/activity to mytime

In Year 2:

Over **3,000** carers have accessed a break through mytime.

54 Organisations/Businesses have given gifted a break/activity to mytime



Activity	No of Carers Supported (yr1)	No of Carers Supported (yr2)
Overnight hotel breaks	482	2,000
Theatre tickets	120 inc families	350
Afternoon Tea	56 (LJMU 50)	60
Restaurants	118	351
Graduation and lunch invite	28 (vice chancellors lunch)	25
Lord Mayors event	10	
Museum (Terracotta Warriors)		30
Gin Masterclass and lunch	50	
Carers Events (Aintree, LFC/EFC tkts/tours, Watersports, Coach trip)	12 including families	198
Music Events (Liverpool Cavern club, British Music Experience)		160
Spa/ Hairdressers		92
Barista Training		24



Working in Partnership





Q&A

**Listen to recording of the Q&A and read
the Chat Box**



social care
institute for excellence

Key links from SCIE guidance

- **SCIE – Carers Breaks guidance**

[Commissioning breaks](#)

[Market shaping and breaks](#)

[Providing breaks: what good looks like](#)

[Key resources](#)

[Summary of evidence](#)

[Practice examples](#) (inc contact details)

[MyTime – Summary & contact details](#)

[Surrey GP Carers Breaks – Summary & contact details](#)

- **Carers UK - Videos for carers about breaks**



social care
institute for excellence

Useful links: other sources

- [NHS England – Carers Toolkit](#)
- [Carers Innovation Fund](#)
- [The Economics of Caring: a scoping review](#)
- [Economic Case for Local Investment in Carer Support](#)
- [Surrey – Adult carers JSNA](#)
- [MyTime website](#)



social care
institute for excellence