




*Caring for the Carers in
Sefton -Promoting the Carers
Equal opportunities Act 2004*





Who are carers?



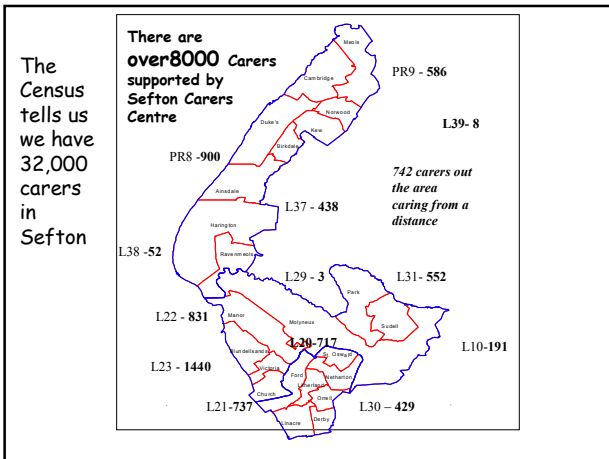


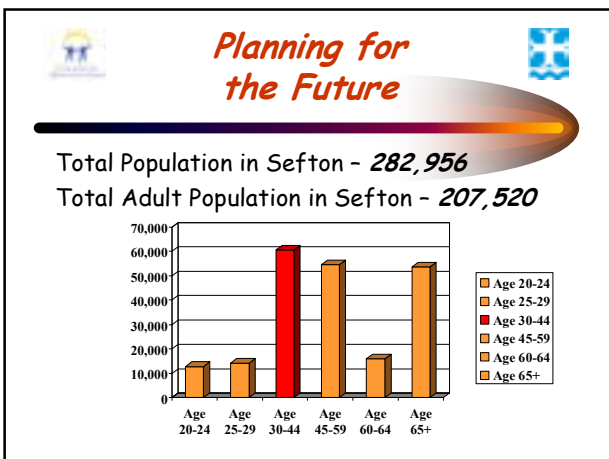
*Carers
- the hidden workforce*



- A Carer is someone who looks after a partner, relative, friend, neighbour, who is ill, frail, disabled, vulnerable or having difficulty coping
- Carers can be all ages and Young Carers under the ages of 18 often provide support to a parent or sibling.
- Caring can have both a positive and negative impact on carers' lives.

What do carers do?

- Carers give practical, physical and emotional support to vulnerable people. They help the person they care for to deal with problems associated with short and/or long term illness, disability or mental distress.
- Caring responsibilities may vary over time and may be difficult to predict from day to day.
- Anyone of us could become a carer at anytime.





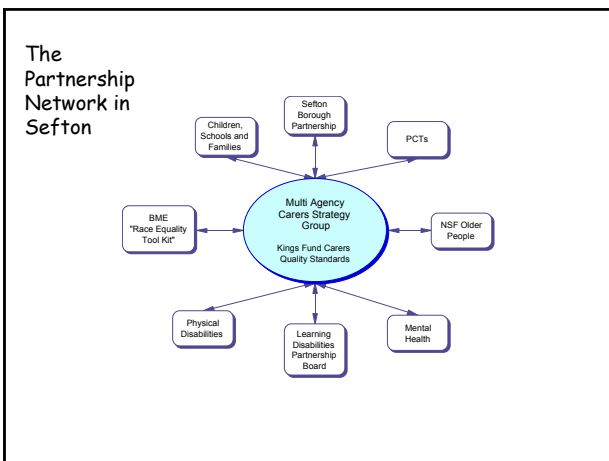
 **Legislation and National Guidelines** 

Carers (Recognition and Services) Act 1995
Carers and Disabled Children Act 2000
Carers (Equal Opportunities) Act 2004

 **How do we ensure carers work a good quality of life and the services they care for are improved all over the city? They work...** 



Are you heading in the right direction?





Carers in LA Employment

Sefton Council :

- Corporate Personnel have worked with Sefton Carers Centre to ensure staff who are carers can access support services
- Flexi working hours, where possible.
- Special leave
- Support through Supervision Policy
- Staff counselling service
- Investors in People.





Consultation Listening to Carers

- Consultation with carers has shaped the diverse range of services developed through the carers grant
- Carers Planning & Development post ensures links are maintained between carers, Senior managers, from Statutory sector and Providers (Voluntary sector and Private agencies)





How do Sefton Council invest in carers?



- Community Care Budgets
- The Carer's Grant
- Core funding for the Sefton Carer's Centre Grants to Voluntary organisations
- Welfare Rights Team help Carers to access benefits.
- Marketing tele-care

 **Information can be provided in many ways** 

- Meetings
- Newsletters
- Carers support groups
- Leaflets
- Website development
- Through carers link workers
- Carers assessments & Care plans

 **Addressing Carers Health Needs** 

- Chiropody
- Training with lifting and handling
- Stress management training
- Link workers in GP surgeries to Identify hidden carers
- Health works during carers week
- Aromatherapy
- Reflexology
- Indian Head massage



 **Recognition and Emotional Support** 

- Carers lead the way with Person Centred planning
- Carers are usually the experts
- People power/ carers get things done
- Carers steer the way
- Carers care about carers
- Carers need a life too
- What about Life after care ?





The Voice of carers

- One to one participation in care planning
- Carers having assessments of their own needs
- Participation in the Sefton Carers Forums
- PALS groups
- Carer co-chairs Sefton Learning Disabilities Partnership Board
- Carers form Voluntary Organisations
- examples being Sefton Carers Saturday club
- Partners in Policy making
- Consultation events have led to service development



Sefton Carers Centre: What difference they we make?

- Sefton Carer's Forum
- Direct Payments Team
- Carers Emergency Respite (C.E.R.T)
- Locality Link Workers
- Hospital Discharge Link workers
- Advocates



Sefton Carers Centre: What difference do they make?

- 370+ carers in training and education more carers remaining in work or being able to return to work after caring role ends
- PSS Young Carers Scheme funded by LA through core budget and various projects through carers grant.



Sefton Carers Centre: What difference do they make?



- Exploring obtaining a hotel which will provide training and employment for carers
- Boost economy
- Boost Tourist and Leisure for the Sea-side resort of Southport
- Ensure even better links at the North of the Borough
- Working with the Council to promote tele-care



www.idea.gov.uk/beacons/carers

Beacon Year 1:



- Toolkit for assessing your strategy
- Herts toolkit - Act implementation
- Case studies - what has worked
- Ongoing events - Open Days, Learning exchanges, Video on Carers' assessments, "Opening Doors for Sefton's Carers", Peer Support days /Phone a friend !!



Beacon Year 2



- ODPM funding peer mentoring processes
- 10 local authorities to get support
- Develop balanced performance measure
- Transfer of best practice to permanent home
- Build up ADSS regional networks



What will help you most?

- Ensure you have an effective multi-agency strategy and networking between practitioners/Review on an annual basis
- Use Beacon Self-Assessment Toolkit and SCIE Practice Guide
- Prioritise what carers tell you is most important and is achievable
- Use Beacons and ADSS regional networks
- Ensure ADSS has your carers' lead's correct details



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