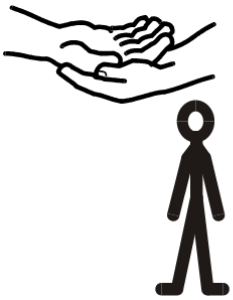
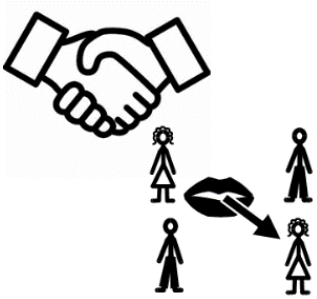
Joint Carers Plan

2023 to 2028

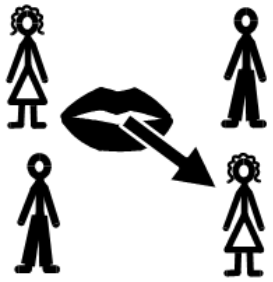


This plan is for all unpaid carers who live in, or are caring for someone that lives in, Nottinghamshire County or Nottingham City**.**



The plan has been co-produced by:

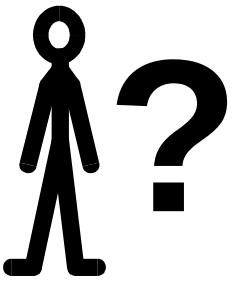
- Carers
- Nottingham and Nottinghamshire Integrated Care Board
- Nottinghamshire County Council
- Nottingham City Council



Having conversations and working together with carers has helped us to think about what needs to be in the plan.

Carers will be involved in every part of planning and designing future support services.

This is called co-production.



Who is a carer?

A carer is someone who helps another person, usually a relative or a friend in their day-to-day life.

This is **not** the same as someone who provides care as their job.

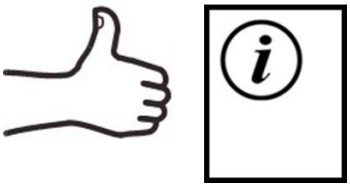
What did carers say is most important?

We want the right support for the person we care for.

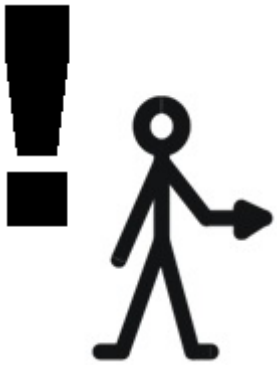
We want to get the right information, advice, and guidance to support us.

We want to be able to access a break from caring.

We want support for our health and wellbeing.

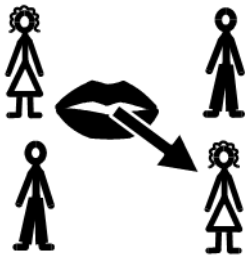


Good communication – we want to be listened to and get good information from health and social care providers.



The key parts of our plan

Finding carers and offering early support

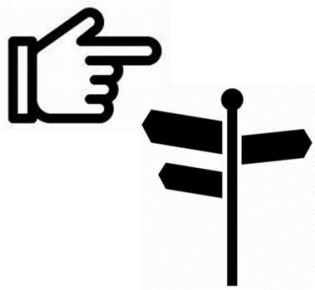


What carers told us they need

I should be able to find information and support when I need it.

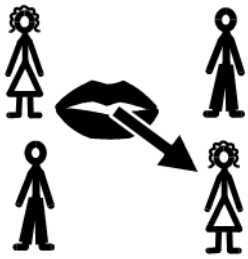
The first person I speak to, about support should listen and understand what I am saying.

What organisations will do



We will work together with organisations to show carers where to go for the support they need.

Information, advice, guidance, and training



What carers told us they need

I want information and training to support me at the time I need it.

I want information to be easy to access and to meet my needs.

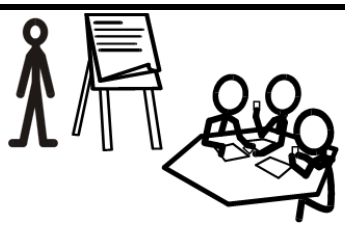
I want information to be available from anyone I contact.

What organisations will do

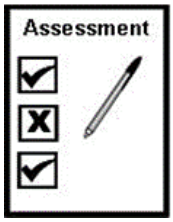
We will work with carer support services to ensure carers have the right information and that the information is correct.

We will provide information that will include carers assessments, carers rights and personal budgets.

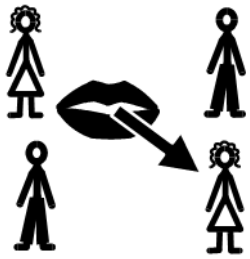
We will provide information that will support carers in understanding the needs of the person they care for.



We will provide opportunities for training for carers on practical tasks and self-care.



Assessments



What carers told us they need

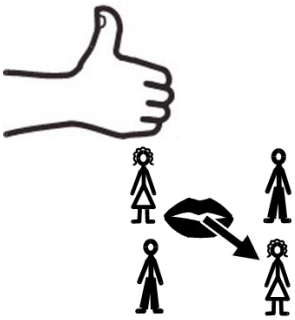
I want the right to a Carers Assessment.

I would like to tell my story once.

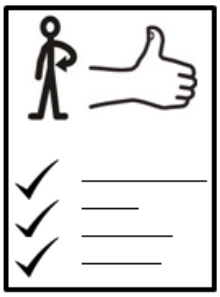
I should not need to repeat what I tell organisations every time I speak to someone.

I want to feel valued and listened too.

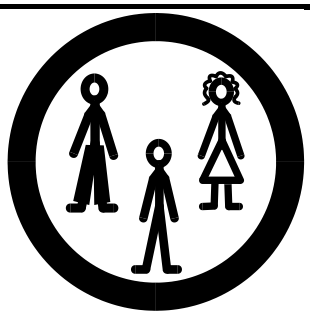
What organisations will do



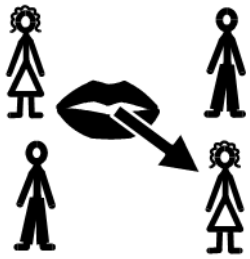
We will make sure carers have the right conversations that focus on their strengths.



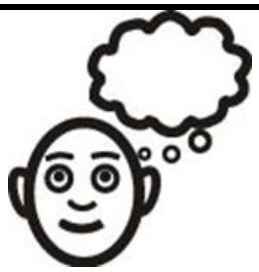
We will work with carers to agree outcomes that build on their strengths and skills.



Whole Family Approach



What carers told us they need



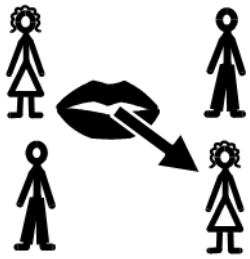
I want my needs as a carer and the needs of my family to be thought about.

I want the right support that also thinks about the effect my caring role has on all of us.

What organisations will do

We will work together to have conversation with carers and the people they support.

Breaks from caring



What carers told us they need

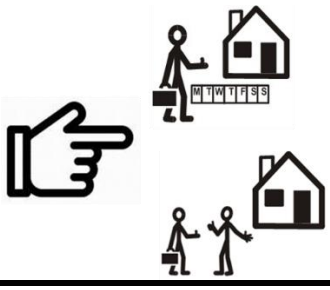
I should be able to get information and support when I need it.

I should be able to have different kinds of breaks that meet my needs and are offered when I need it.

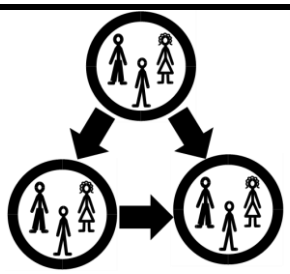
What organisations will do

Carers will get the right information, advice, and support when they need it.

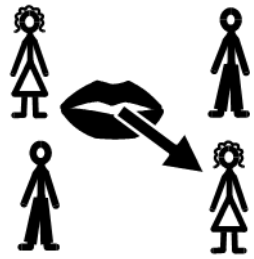
We will help with support plans for emergency situations.



We will provide carers with options to take breaks from caring, for their own physical and mental health and wellbeing.



Connecting carers

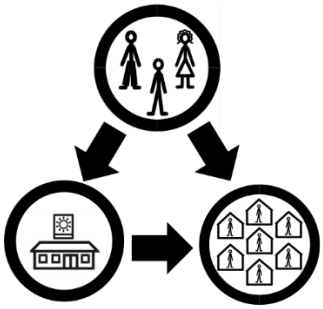


What carers told us they need

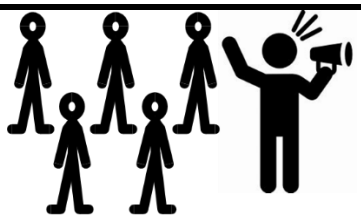
I want to be able to share my experiences with other carers.

My support needs to be in ways that are accessible for me such as face-to-face or over the internet.

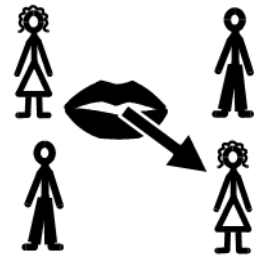
What organisations will do



We will support carers and the people they care for to be in touch with their local communities and services.



Giving carers a voice

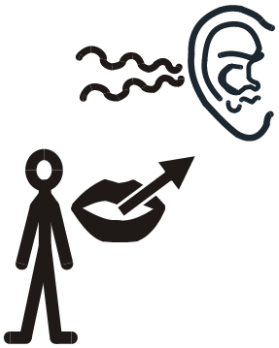


What carers told us they need

I want to be involved in decisions affecting the people I care for.

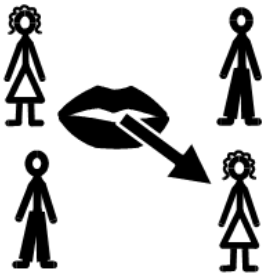
I want to be involved by all the professionals and services.

What organisations will do



We will help carers to have a voice and be listened to by professionals when agreeing care and support.

Health and wellbeing and living a balanced life.



What carers told us they need

I want to feel safe and supported in my caring role.

I want the person I care for to be safe and well looked after.

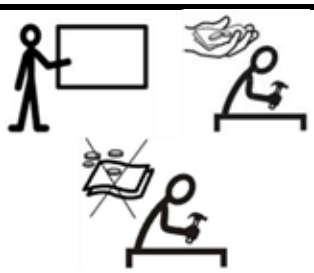
I want to be seen as more than a carer and have opportunities to live a good balanced life outside of my caring role.

What organisations will do

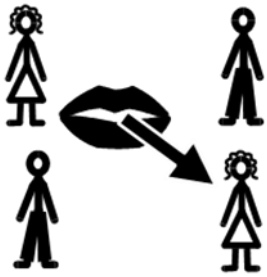
We will provide carers with options to help them get equal and fair health and social care services and support.

We will help carers to look after their own health and wellbeing, and to feel safe and looked after.

We will make sure carers think about their own personal needs and goals as well as those around their caring role.



Education, training, volunteering, and employment



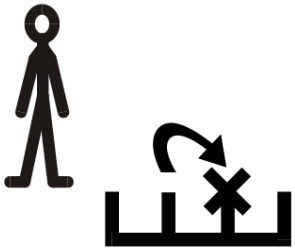
What carers told us they need

I want to be able to take up education, employment, and volunteering opportunities offered to me.

My caring role should not stop me taking these opportunities.

What organisations will do

We will ask organisations to support carers to take opportunities or training,
voluntary or paid employment if they choose to.



Life after caring

What carers told us they need

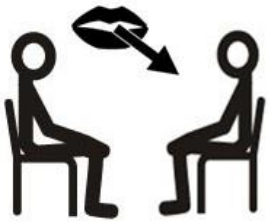
I should still be seen as a carer, after my caring role ends.

I need support to get ready for the time when my caring role reduces or stops.

What organisations will do

We will support carers to get ready and plan for when changes in their caring role happen.

If you have any questions



Please show this document to carers who support you.