Joint Carers Strategy

2023-2028

Nottinghamshire County Council

Nottingham City Council

Integrated Care System
Nottingham & Nottinghamshire

NHS
Nottingham and Nottinghamshire

Contents

Foreword	3
Introduction and overview to our strategy	5
Who is a carer?	6
Our vision and principles	9
Informing the strategy	10
What carers have told us is most important to them	12
What do we know about carers?	14
Support we provide for carers	15
Our successes and achievements – what are we doing well?	16
Key components of the Carers Strategy	18
Our plans for the future	24
Appendix A	26
Appendix B	29
Appendix C	32
Glossary	33

Foreword

Becoming a carer is something many people will experience in their lifetime, this role can be rewarding but also hugely challenging. We want to ensure that carers are recognised, valued and supported to live happy, healthy and fulfilled lives. We welcome the publication of a new Carers Strategy, which for the first time will be a strategy to support carers across the whole health and social care system in Nottingham City and Nottinghamshire County.

We recognise the important role that carers undertake in providing unpaid care to their family members, friends, or others and how valued and vital their commitment and contribution to society is in sustaining our local health and social care systems. We are conscious that many individuals will have experience in a caring role with three in five of us taking on a carer role within our lifetime. Carers provided an invaluable contribution of £193 billion in savings to the UK economy in 2020. This includes the £530 million a day saved within the first eight months of the pandemic.

We recognise and understand the many challenges that carers face. It has been well highlighted especially in more recent times, how the responsibility of caring can have a detrimental impact on people's lives and specifically on their physical and mental health and wellbeing. The impact of the Covid-19 pandemic has made caring even more challenging and has resulted in many carers taking on additional responsibilities impacting on their lives even further. Carers have told us that they are stretched and require more support. Despite these challenges, we also acknowledge that caring can be very rewarding for those providing invaluable assistance and support for their loved one.

The aims and objectives of this new strategy will detail how we plan to better support and meet the needs of all carers over the next five years, by working together to make best use of our joint resources. Its basis will focus on building on and refining those things that have worked well for many carers but will also focus on our aspirations for the future. This includes earlier identification of carers in the community, the provision of more personalised support, addressing health inequalities and improving access to support for those carers who are seldom heard. It will also include providing better support for working carers and young carers, and support for carers when their caring role has ended.

Our commitment to the aims and objectives set out in this document, working in co-production with our carers and key partners will improve the lives and opportunities of carers living within Nottingham City and Nottinghamshire County.

Amanda Sullivan
Chief Executive
NHS Nottingham and Nottinghamshire Integrated Care Board

Cllr Matt Barney
Portfolio Holder
Adult Social Care and Public Health, Nottinghamshire County Council

Cllr Linda Woodings
Portfolio Holder
Health and Adult Social Care, Nottingham City Council

H Yates
Service Lead
Nottinghamshire Carers Association (on behalf of carers who co-produced the Strategy)

Introduction and overview to our strategy

This strategy is for all unpaid carers who live in, or are caring for someone that lives in Nottingham City or Nottinghamshire County, regardless of the condition or age of the person they are supporting.

The strategy sets out what we will do together to improve the health and wellbeing of carers. We will develop high quality support services for carers that meets their needs and improves their lives as a carer and ensure they are recognised and valued as partners in delivering services. To do this Nottinghamshire County Council, Nottingham City Council and NHS Nottingham and Nottinghamshire Integrated Care Board (ICB) will work together as a whole Integrated Care System (ICS) to plan and deliver the carers strategy. This is the first time we have worked together in this way to support carers.

We know that working together will improve the lives of both carers and those they care for, by improving the way carers are identified and supported, by making the best use of our joint resources and ensuring consistency of services across the city and county.

This strategy has been co-produced with carers from Nottingham City and Nottinghamshire County, and they have been involved in every stage of the development and design of the strategy. Their voices and experiences of their caring roles are directly shaping the future of services and support which are important to them. We are also talking to other key stakeholders and providers of carer support services to help develop future support for carers.

In developing the strategy, we understand that all carers are different and have their own strengths, needs, priorities, interests and desired outcomes.

Who is a carer?

Nationally women make up **58%** of carers and **20%** of women aged 45 to 54 are providing unpaid care to someone with a disability or illness who is older
(Carers UK, 2021)

The Care Act 2014 defines a carer as *"**an adult who provides or intends to provide care for another adult" and "A carer is someone who helps another person, usually a relative or friend, in their day-to-day life. This is not the same as someone who provides care professionally, or through a voluntary organisation**"*.

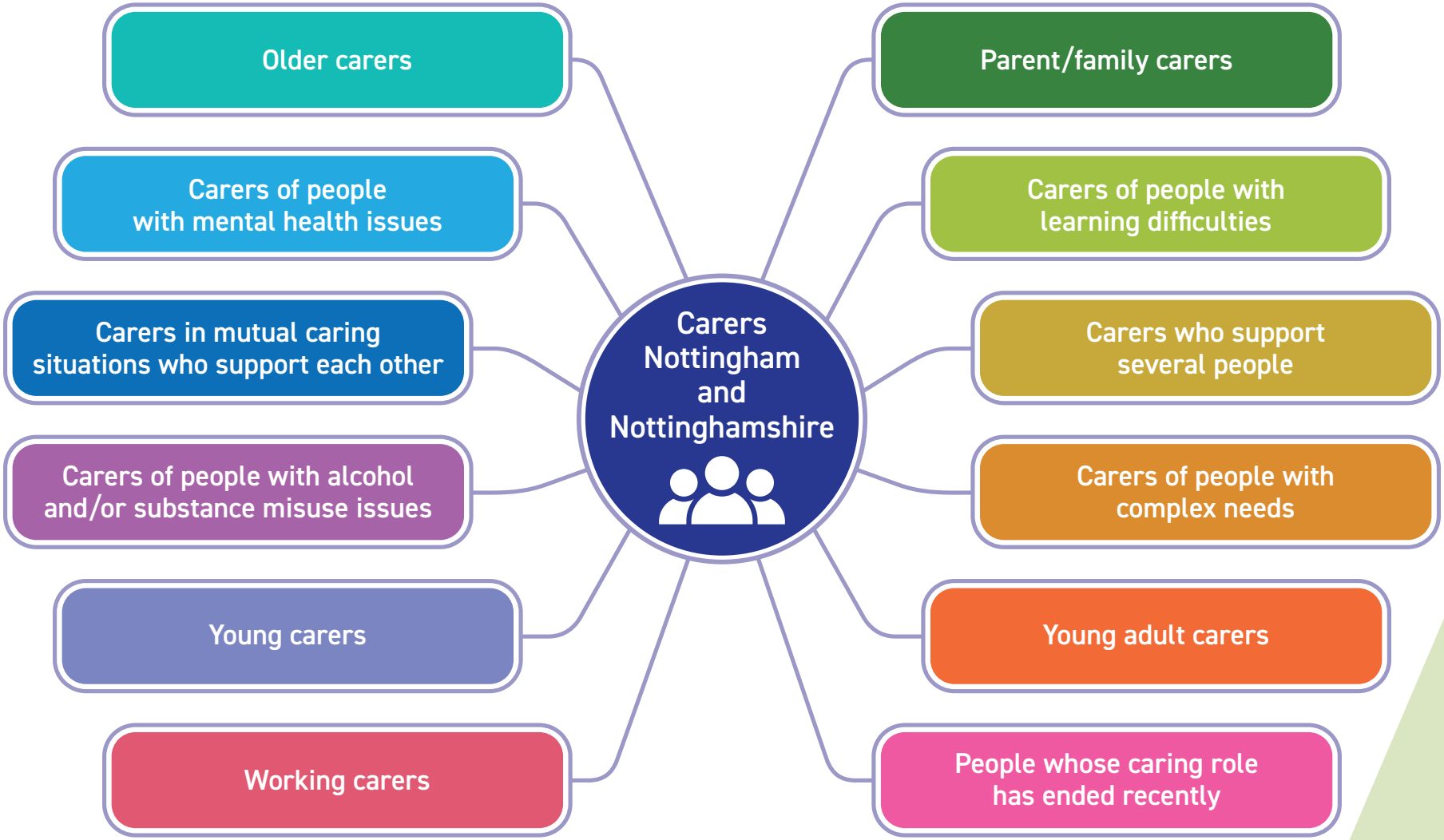
The Children and Families Act 2014 defines a young carer as *"**a person under 18 who provides or intends to provide care for another person**"*.

The Children's and Families Act 2014 also defines a parent carer as *"**a person aged 18 or over who provides or intends to provide care for a disabled child for whom the person has parental responsibility**"*.

A carer doesn't necessarily have to live with the person they care for to be a carer - some carers don't live in the same town or city as the person they care for, but their lives are still affected by their caring role. Anyone can become a carer, and often caring responsibilities for a family member, loved one, friend or neighbour can arise unexpectedly.

Many carers, especially early in their caring journey, do not see themselves as carers or see that the support they provide is helping someone close to them who is in need due to disability or illness.

This strategy is for all unpaid carers who live in, or are caring for someone that lives in Nottingham City and Nottinghamshire County, including but not limited to:



The purpose of the Carers Strategy is to provide an overall agreed direction for how carers in Nottingham City and Nottinghamshire County will be supported. It is not intended to be an action plan in its own right, but for an action plan to follow from the Strategy. This will include the detail of how the Carers Strategy will be followed through, informing service design and transforming intentions into action.

The diagram shows how the Strategy will be used to influence and improve system-wide support for carers.

Nottingham and Nottinghamshire Joint Carers Strategy

Co-produced by -

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

Feedback from consultation

- Changes to the Strategy, based on feedback from consultation (May 2022) were agreed by a panel of carers and officers, and incorporated into the final strategy
- Strategy is signed off by the lead partner organisations –
  - Nottinghamshire County Council
  - Nottingham City Council
  - Nottingham and Notts Integrated Care Board
- **Final Carers Strategy is published**

Action Plan

- An Action Plan will be developed which sits behind the Carers Strategy and shows the actions that are needed which will make the Strategy happen
- The Carers Strategy Action Plan will be taken to Nottingham and Notts Integrated Care System (ICS) for wider partners (including Health, Social Care and voluntary sector providers) to agree who will carry out individual actions and make the plan SMART
- The Action Plan will sit with the ICS, and partners will report to the ICS board for accountability

Carers services

- Services which specifically support carers will be re-commissioned in line with the principles and direction set out in the Carers Strategy and Action Plan. These services include

Carers Hub | Carers Respite | Young Carers Service | Carers Engagement

- These services will fulfil some of the needs and actions identified in the Carers Strategy and Action Plan
- The contracts for these services will be managed by the local authorities and health partners, and reviewed regularly
- The carer support services will work with community and wider partners to deliver services that meet the needs of local communities and neighbourhoods

Our vision and principles

'Our vision is to support and work in true and active partnership with carers and their families for them to achieve healthy, balanced lives, to give them the confidence that they will be supported in a fair, respected and honest way by all the agencies they come into contact with.'

The following principles will underpin the work that we do to support carers, and from these detailed action plans will be created to identify the specific things that will develop our services further.

Our principles are:

1. To work in a way that is tailored to each carer to meet their needs and support their health and wellbeing and maintain their independence
2. To reduce isolation and health inequalities by improving access to carers who are 'seldom heard' or who are from minority ethnic groups
3. To ensure carers have a voice, that they are listened to and are treated with respect as people with lived experience in carer support
4. To improve the lives of all carers by everyone working together
5. To identify and support carers as early as possible
6. To provide the right support across the health and social care system to meet the needs of all carers and the people they care for by delivering high quality services
7. To make best use of available resources in supporting carers across the health and social care system

Informing the strategy

Nationally **1 in 5 young people** under 18 are caring for someone (BBC, 2018)

The voices and experiences of carers are the most powerful influence in informing this strategy.

Carers will be involved in every aspect of planning and designing future support services, and this is called **co-production**.

'Co-production is when you as an individual influence the support and services you receive, or when groups of people get together to influence the way that services are designed, commissioned and delivered' (Care Act 2014)

As organisations we are committed to becoming increasingly co-productive. Over the last two years, there has been a lot of engagement and involvement with carers locally, regionally and nationally to find out their views and feedback from their personal experiences.

One key source of feedback from carers is the national survey of adult carers in England (SACE), which takes place every two years. This survey asks carers about their quality of life and their general health and wellbeing. The data from this survey informs the wider report of the Adult Social Care Outcomes Framework (ASCOF), which measures how well care and support services achieve outcomes which matter most to people.

The results are included in official statistics reports and help inform local and national policy decisions, such as this strategy.

In England and Wales, the total number of unpaid carers has decreased from 5.8 million in 2011 to **5 million in 2021** according to data from the 2021 Census. Despite this decrease, **51% are providing between 20 and 50 hours of care per week**, compared to 37% of carers in 2011

We are also informed by the Government about how we should provide support to unpaid carers. The recently published Government white paper, 'People at the Heart of Care: Adult Social Care Reform' sets out a 10-year vision for care and support in England. Based on the aims of the Carers Action Plan 2018 to 2020, the white paper highlights three key core strands relating to improving support to unpaid carers. These are:

1. Working with the sector to kick-start a change in the services provided to support unpaid carers
2. Identifying, recognising and involving unpaid carers
3. Supporting the economic and social participation of unpaid carers.

In addition to national requirements set by the Government, we need to make sure that this strategy sets out how carers are recognised and supported in the wider health and care system as well as in carers support services locally. Examples include the Health and Wellbeing Board, adult social care, primary care, mental health and urgent care. All of these have strategies which outline how health and social care will work together to improve how we plan support around the individual and those who care for them.

What carers have told us is most important to them

National research shows
1 in 4 (26%) of adults
provided unpaid care during the height of the pandemic

Carers have told us what is most important to them in their caring role and how the Covid-19 pandemic has impacted on this.

The feedback given tells us about the contact, support and services carers have experienced from local authorities, health providers in the local community, hospital services and social care providers. It can include any contact with key agencies or organisations that carers may access to help support them in their caring role.

Several common key themes have been identified from the engagement and consultation work, feedback and research that has been undertaken – more details of this work is listed in Appendix A. Many of these are not new, but by understanding carers needs and the impact of their caring role, organisations can think about what support and services are needed now and in the future.

The top five key themes identified are:

1

Accessing the right support for the cared for

2

Access to relevant and appropriate information, advice and guidance

3

Access to short breaks or replacement care to get a break from caring

4

Support for carer health and wellbeing - both mental and physical

5

Being listened to and being able to access good communication and information from health and social care providers

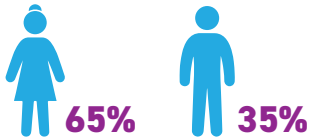
What do we know about carers?

In Nottinghamshire **38.5%** of carers are aged over 65 compared with **26.6%** in Nottingham City
(Carers Hub)

The 2021 Census data tells us that there are now **82,172** carers within Nottinghamshire, of which **24,499** are carers providing **over 50 hours** of care per week

The Census 2021 indicated that there are **24,346** within Nottingham City, with **7,710** providing **over 50 hours** of care per week

In Nottingham City



65% are **female**

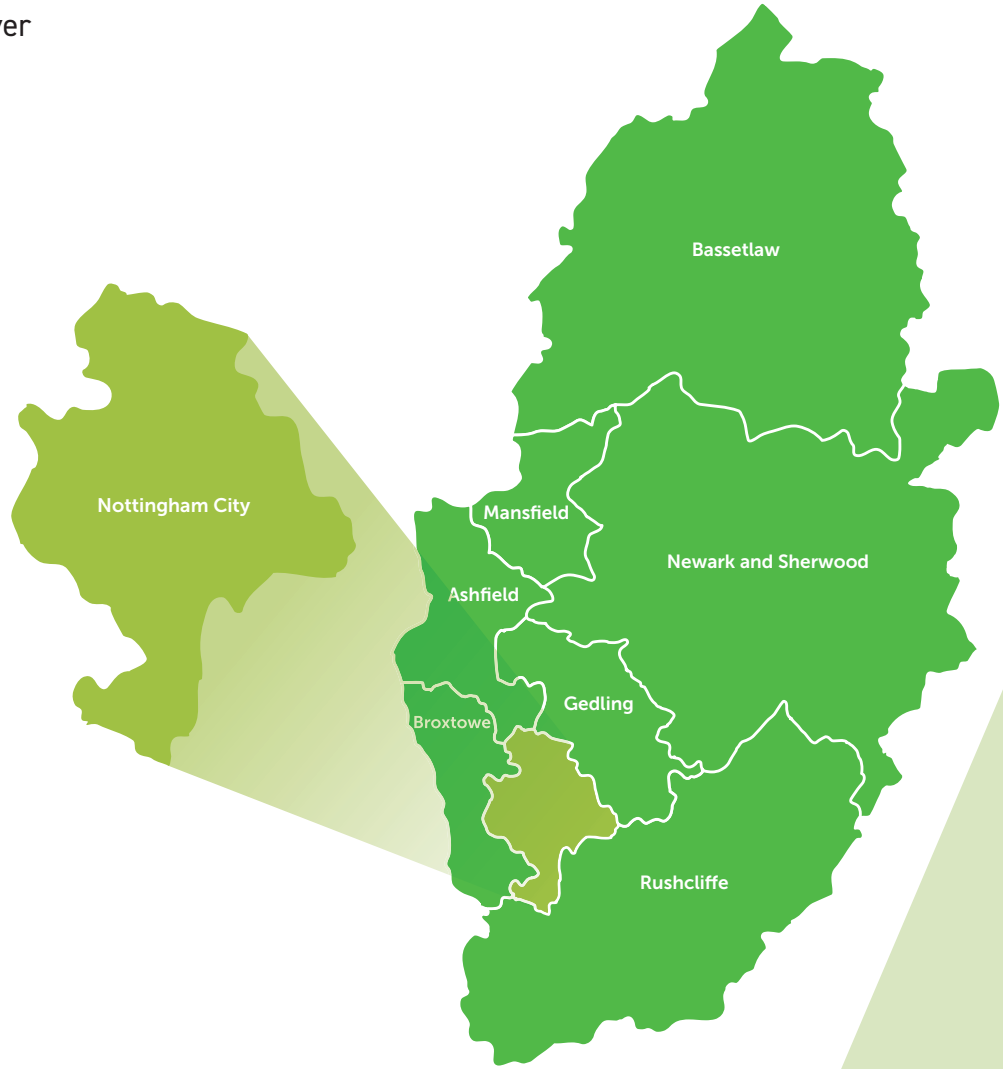
35% are **male**

(Carers Hub)

In Nottinghamshire

70% are **female**

30% are **male**



Support we provide for carers

Carers across the Nottingham City and Nottinghamshire County are able to access a number of services to support them with their caring role. Available support may depend on whether the cared for is an adult or a child. All carers can access free information and advice and be referred and supported onwards as appropriate.

Other forms of support may include:

- Support groups for carers or to support them with the condition of the person they care for
- Access to health and leisure activities, sometimes at a reduced rate
- One to one support and guidance
- Access to activities for young carers
- A break from the caring role or respite care
- Direct payments for the carer to meet their assessed outcomes

We also work with a number of organisations and services to:

- Identify carers at an early stage in GP practices and schools
- Work with GP practices and schools to help them provide appropriate support once carers have been identified
- Engage with carers to improve services and provision of support
- Develop carer friendly communities and services

For further information on the services that offer this support please visit the Nottingham City Council or Nottinghamshire County Council website.

Our successes and achievements – what are we doing well?

The Care Act 2014 and the Children and Families Act 2014 state what we must do legally to support carers. Over the past six years, our support to carers has evolved and developed in ways that go beyond these legal requirements.

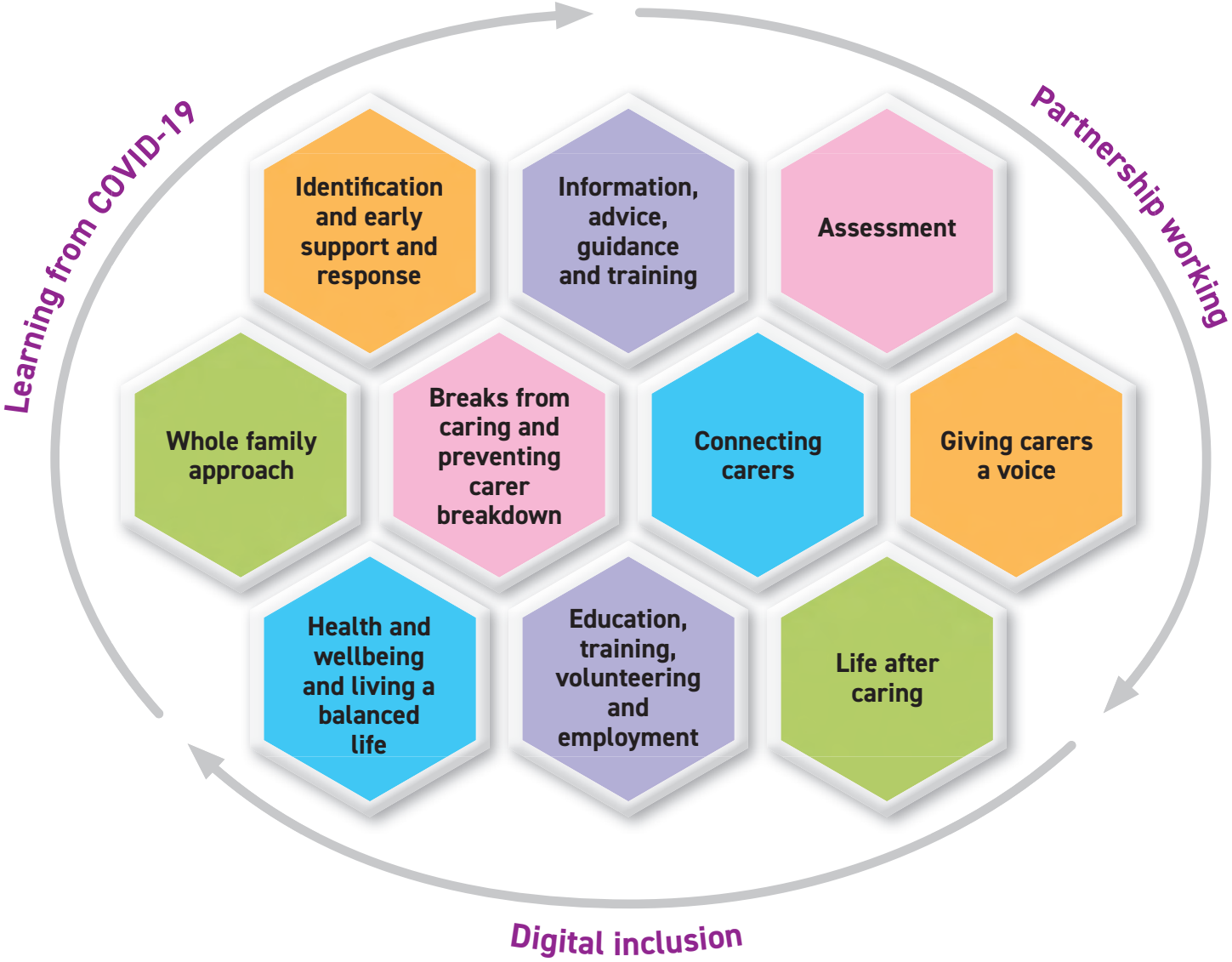
We need to continue to build on those things that have worked well, by developing and refining those support offers which mean carers have a wider range of support options which meets the needs of all carers.

We have been successful in developing more choice for carers to provide them with an improved support offer by:

- enabling more carers of adults to have an assessment of their needs, and developing the way in which assessments are undertaken to identify more personalised support to carers in meeting their needs
- providing access to a wider range of short breaks and replacement care to enable carers to get a break from their caring responsibilities
- increasing the number of carers identified and referred for support from partner organisations
- a Carers Hub service, which provides information, advice and support to carers in Nottingham City and Nottinghamshire County, including access to carer support groups, carer breaks, support with physical and mental health and wellbeing, and a range of other support options
- specific support for young carers, including assessment and personal budgets, age-appropriate activities, and peer support groups

- access to carer information via various on-line platforms, including local authority websites, Notts Help Yourself and Ask Lion, Facebook Nottinghamshire County Council, Facebook Nottingham City, Nottinghamshire County Council twitter and Nottingham City Council Twitter
- access to learning and training to support carers with practical tasks
- improved access to services and support for the cared for
- access to register for a Carers Emergency Card
- helping schools with identifying and supporting young carers
- supporting GP practices with carer identification and awareness to enable signposting to ongoing support
- access to assistive and digital technology to support caring
- help for employers and businesses to support carers in their workforce
- improved support provided to carers in response to the Covid-19 pandemic including:
    - a successful campaign to enable carers to get priority access to their Covid-19 vaccination
    - wellbeing phone call checks to all carers
    - on-line carer support groups and activities via Zoom and Microsoft Teams
    - on-line wellbeing sessions, including mindfulness, counselling, and self-care for carers

Key components of the Carers Strategy



Carers have worked with us to create the ten key components of the strategy. They have formulated "I" statements which describe what good services and support should look like for carers.

In response to these "I" statements, the partner organisations have developed "We" statements to say what they should be doing to meet carers' needs and outcomes.

Key component

1 Identification and early support	
Vision: Carers should be identified and offered support at the earliest opportunity, i.e. at the point of diagnosis or discharge.	
'I' statements • I want to be able to access information and support when I need it • I would like support at first contact to understand my situation • I would like help to understand what a carer is	**'We' statement** • We will work together with key partners across the system to identify carers and provide signposting and support. This will include GP practices, schools, healthcare providers (including hospitals), and care providers
2 Information, advice, guidance and training	
Vision: Carers should be able to find information easily and quickly. Professionals should have consistent training and be involved in delivering equal quality experiences for carers.	
'I' statement • I would like information or training to support me at the time I need it, for it to be easily accessible, meets my needs and available from whoever I make contact with	**'We' statements** • We will work with carer support services to ensure carers have access to accurate and relevant information about carers assessments and carer's rights, personal budgets and direct payments as well as support in understanding the specific needs of the person that I care for • We will provide opportunities for training for carers including both on practical tasks and self-care

3 Assessment	
Vision: Assessments need to have an end point/clear goal. This needs to be shared with carers to promote need for assessment.	
'I' statements • I want the right to an assessment of my needs as a carer • I would like to tell my story once and then agree when I will have further conversations to explain my situation so my needs can be best met • I want to feel valued and listened to	**'We' statements** • We will make sure carers have the right conversations in the right place that focus on their strengths and support them to solve problems, and find solutions when looking at their needs and how these can be met • We will work with carers to agree outcomes that build on their strengths and expertise
4 Whole Family Approach	
Vision: Appropriate support and guidance is given to all family members (including extended family networks) and their needs and impact of the person they care for's condition are considered continually.	
'I' statement • I want my needs and the needs of my family to be considered and appropriate support provided recognising the impact on all of us	**'We' statement** • We will work together with everyone's agreement to have joint conversations with carers and people they support to meet needs and agree what to do

5 Breaks from caring and preventing carer breakdown	
Vision: Carers should be able to access different types of respite, depending on their needs, including short breaks, sitting services, weekly breaks. This should be easy to access. Carers should be supported from an early stage with plans in place for changes/emergencies and access to breaks for their own wellbeing.	
'I' statements • I can access information and support when I need it • I should be able to access different types of bespoke flexible and timely respite to meet my needs	**'We' statements** • We will ensure that carers have access to the right information, advice and support when they need it and help support planning for emergency situations • We will provide carers with options to take breaks from caring, to maintain their own physical and mental health and wellbeing
6 Connecting carers	
Vision: Peer support for carers needs to be accessible for all. Carers can learn from each other and share experiences.	
'I' statement • I want to be able to share my experiences with other carers in ways that are accessible to me face-to-face, virtual or otherwise	**'We' statement** • We will support carers and people they care for to be in touch with their local communities and services to avoid being cut off from people or feel lonely or isolated

7 Giving carers a voice	
Vision: Carers feel valued and that their views and experiences are listened to by professionals and others. Opportunities to give feedback and have a say are frequent, relevant and have a purpose/impact.	
'I' statement • I want to be involved in decisions affecting my cared for at all stages and by all professionals/services involved	**'We' statement** • We will enable carers to have a voice and be listened to by professionals in agreeing care and support decisions
8 Health and wellbeing and living a balanced life	
Vision: Carers should have their wellbeing prioritised as well as that of their cared for. Carers should be able to access respite and support so they can look after their own health and wellbeing needs, access relevant support easily and take breaks.	
'I' statements • I want to be able to feel safe and supported in my caring role, as well as knowing the person I'm caring for is also safe and well looked after • I want to be seen as more than a carer and have opportunities to live a balanced life outside of my caring role	**'We' statements** • We will provide carers with options to enable equal and fair access to health and social care services and support, to maintain their own health and wellbeing, and to feel safe and looked after • We will ensure carers can consider their own personal needs and goals as well as those relating to their caring role

9 Education, training, volunteering and employment	
Vision: Carers are able to access courses, employment and opportunities without their caring role limiting their options. They are supported to do this.	
'I' statement • I want to be able to take up education, employment and volunteering opportunities offered to me, professionally and personally, without my caring role impacting on these opportunities	**'We' statement** • We will encourage organisations to support carers to access opportunities for training, voluntary or paid employment to fulfil their potential if they choose
10 Life after caring	
Vision: Recognise and put support in place to enable carers to be supported to see their life outside of caring while they are receiving support as a carer, so they are prepared when their role changes.	
'I' statements • I deserve to be recognised as a carer after my caring role ends • I need support to prepare me for a time when my caring role reduces or ceases	**'We' statement** • We will support carers preparing and planning with the changes in their caring role or to a non-caring role

These 'I' and 'We' statements will be used to form an action plan. Each organisation will commit to actions in the action plan so that we can develop and improve support for carers. This is on top of making sure we support carers in the way set out in the Care Act 2014 and the Children and Families Act 2014. We will work to make sure that carers remain a priority for Nottingham City and Nottinghamshire County by working with the ICS.

Our plans for the future

As well as the successes of what we have achieved in supporting carers over the past seven years, there have been challenges in ensuring that carers can get the support that they need. The impact of Covid-19 has highlighted many of these challenges even further.

By building on the strengths of what has worked well for carers across the system, we will work jointly together along with our carers in the co-design and co-production of what future support will look like during the life of this strategy and beyond.

Where there were challenges or gaps in support over the past six years, we aim to address these in response to what carers have told us and what good will look like for them:

- better carer identification and support in local health community care settings
- develop a joint approach with all providers of health and adults and children's social care to support carers for the lifetime of their caring role
- have better conversations with carers at the first point of contact to identify support options for carers and the person they care for
- develop services which will support the whole family
- the offer of short breaks or replacement care to be more flexible, accessible and available in meeting carers needs and preventing carer breakdown. Access to some of these services may be dependent on meeting certain eligibility criteria
- break down barriers where communication and sharing of information about the cared for person is an issue

- provide access to digital solutions and technology to support the carer and the cared for
- continue to develop and build on the involvement of carers in the co-production and co-design and monitoring of services
- find ways to improve access to support those carers who are 'seldom heard' and carers from minority ethnic groups to reduce isolation and health inequalities
- further develop advice and information for employers and businesses with supporting carers in their workforce
- develop ways to support carers with a life after their caring role has ended
- develop a new information, advice and support Carers Hub service for carers in Nottingham City and Nottinghamshire
- develop new services for young carers to provide age-appropriate support
- support carers with issues around transport for carers and their cared for to get to essential appointments

Appendix A

Engagement activity with carers

Nationally:
Carers UK: Breaks or Breakdown Carers Week 2021 report
'Breaks or breakdown', Carers Week 2021 report - Carers UK

NHS Digital: Measures from the Adult Social Care Outcomes Framework
Measures from the Adult Social Care Outcomes Framework - NHS Digital

Regionally:

- Sortified: Supporting Unpaid Carers by adapting services and responding to need during the Covid-19 crisis report (on behalf of ADASS East Midlands) – March 2021 (Not yet publicised)

Locally:

Date	Event/Document	Method	Numbers	Findings/outcome
February 2019	Nottingham City Council: Carers Consultation - collated feedback			• Carers need to know o what they're entitled to o how to access it o where to go to resolve issues and complaints • Carers are still not sure where to go for support particularly – o carers without internet access o carers of people with substance misuse issues o parent carers
November 2020	Day Opportunities consultation	Consultation and survey	Over 1,500 responses received from service users and carers	With carers citing the following as being of importance to them: • getting a regular break • having their own support network • being able to carry out their caring role • having the opportunity for hobbies and leisure activities • being able to keep going to work
February 2021	Carers survey/ consultation (new carers assessment proposals)	Consultation and survey	5287 sent out 1957 returned	Consultation question on new proposals (Yes/No) Survey to ask carers to rank in order what support is most important to them based on eight key areas of support

Date	Event/Document	Method	Numbers	Findings/outcome
March – August 2021	Short Breaks Carers Group	Co-production group with 6 carers	N/A	Carers were asked about their experiences of short breaks and other types of respite
March – August 2021	'Impact of Covid-19' Carer Group	Co-production group with 11 carers	N/A	The group identified a number of key themes on what impacted on carers during the first 12 months of the Covid-19 pandemic
May – June 2022	Draft Carers Strategy	Consultation and survey	143 returned	Feedback highlighted key points requiring clarification and expansion within the strategy document

Appendix B

Local documents

Nottinghamshire County Council
The Nottinghamshire Plan
The Nottinghamshire Plan: Our plan for a healthy, prosperous and greener Nottinghamshire
Adult Social Care Strategy
Adult Social Care Strategy | Nottinghamshire County Council
Nottinghamshire Local SEND Offer

Nottingham City Council
Adult Social Care Strategy – Better Lives, Better Outcomes
Better Lives Better Outcomes - Nottingham City Council
Nottingham City Local SEND offer

NHS Nottingham & Nottinghamshire Integrated Care Board
Nottingham and Nottinghamshire Integrated Care System Health Inequalities Strategy 2020-2024
Our plans & priorities - Nottingham & Nottinghamshire ICS - Nottingham & Nottinghamshire ICS (healthandcarenotts.co.uk)

National documents

Carers UK State of Caring – A snapshot of unpaid care in the UK State of Caring Survey - Carers UK

Carers Week 2020 Research Report The rise in the number of unpaid carers during the coronavirus (COVID-19) outbreak

Carers Week 2020 Research Report - Carers UK

Caring Behind Closed Doors: six months on (2020)
https://www.carersuk.org/scotland/policy/policy-library/caring-behind-closed-doors-six-months-on

House of Commons Informal Carers Report 2021
Informal carers - House of Commons Library (parliament.uk)

NHS Commitment to Carers 2014
NHS England » NHS England's Commitment to Carers

NICE Guidelines 2020
Overview | Supporting adult carers | Guidance | NICE

People at the Heart of Care: Adult Social Care Reform White Paper – December 2021
People at the Heart of Care: adult social care reform white paper - GOV.UK (www.gov.uk)

The Care Act 2014
Care Act 2014 (legislation.gov.uk)

The Children and Families Act 2014
Children and Families Act 2014 (legislation.gov.uk)

The NHS Long Term Plan 2019
NHS Long Term Plan

Engagement activity with carers has been undertaken by the following organisations:

Nationally:
Carers UK: Breaks or Breakdown Carers Week 2021 report
'Breaks or breakdown', Carers Week 2021 report - Carers UK

Regionally:
- Sortified: Supporting Unpaid Carers by adapting services and responding to need during the Covid-19 crisis report (on behalf of ADASS East Midlands) – March 2021
  www.sortified.com/eastmidlandscarers

Locally:
Nottingham City Council: Carers Consultation - collated feedback - February 2019

Nottinghamshire County Council:
- 'Impact of Covid-19' Carer Group – March – August 2021
- Carers survey/consultation (new carers assessment proposals) – February 2021
- Short Breaks Carers Group – March - August 2021
- Day Opportunities consultation – November 2020

Appendix C

Committees, Board and Cabinet are responsible for approving or supporting the development of this Strategy:

Nottinghamshire County Council:

- Adult Social Care and Public Health Committee - Historical Committees > Adult Social Care and Public Health Committee (nottinghamshire.gov.uk)
  (The draft strategy and request to go out to public consultation were approved by the then Adult Social Care and Public Health Committee on 14 March 2022)
- Children and Families Select Committee - Democratic Management System > Committees > Children and Families Select Committee (nottinghamshire.gov.uk)
- Commissioning Board
- Carers' Commissioning Forum

Nottingham City Council:

- Adults Leadership Team
- People's Leadership Team
- Corporate Leadership Team
- Executive Panel
- Executive Board - Browse meetings - Executive Board - Nottingham City Council
- Nottingham City Health and Wellbeing Board - Health & Wellbeing Board – Nottingham City Health & Wellbeing Board (healthynottingham.co.uk)

NHS Nottingham & Nottinghamshire Integrated Care Board:

- Quality and Performance Committee

Glossary

Assistive and digital technology	Refers to a range of electronic or digital equipment or tools which can help assist and support carers and the people they care for to improve their quality of life. Electronic equipment can include lifelines and sensor monitoring equipment used to detect falls or dispense medication which can support independence and give carers a break. Carers may also be able to have support to access the internet, thus allowing attendance at online carer support events or classes reducing isolation, increasing mental wellbeing and improving job opportunities.
Carer's emergency card	The carers emergency card can identify carers in the event of an emergency. The card is carried by the carer and includes an emergency phone number anyone can call, which will enable contact to be made to family or friends to let them know there is an emergency or visit person you care for and arrange emergency help. This scheme is currently only available to carers who live in the county.
Digital inclusion	Digital inclusion is about making sure everyone can have access and use the internet in a way that makes their life easier. Improving digital inclusion can involve enhancing people's digital skills, providing them with internet connectivity, and making the internet accessible to a range of user needs.
Direct payments	Direct Payments are monetary payments available to people who are eligible for care and support, which provide independence, choice and control for individuals by enabling the arrangement and payment of care and support themselves in order to meet their needs.
Health inequalities	Health inequalities are systematic differences in health between different groups of people that are avoidable and unfair. For example, differences in life expectancies, physical and mental health.
Integrated Care System	This is a partnership between organisations, within a given area, that meet health and social care needs of their local population. Within Nottinghamshire, the organisations include Nottingham City Council, Nottinghamshire County Council, Nottingham and Nottinghamshire Integrated Care Board and the mental health and acute NHS hospital trusts.
Partnership working	Working together with key organisations to enable or achieve a joint outcome.

Personal budgets	This is an amount of money, calculated by local councils, which is allocated to a carer to meet their assessed needs. The amount provided is determined by the type of support needed and the cost. The council can manage this budget and provide and arrange services on behalf of the person, or alternatively the amount of money can be given directly, so that the person can arrange and pay for their own services. This is called a direct payment.
Respite	Respite is a break from caring. This can take different forms, for example a sitting service in the person's home, a replacement care service which is put in place to provide the support normally provided by a carer to enable them to have a break, day activities for the cared or overnight care in a residential care home. Respite can be planned or accessed at short notice (i.e., in an emergency or crisis). Respite is sometimes called Short Breaks or replacement care.
Replacement care	A respite care service which is put in place to provide the support normally provided by a carer to enable the carer to get a break from their caring responsibilities.
Seldom-heard	Refers to groups of under-represented people, who are less likely to be heard by health and social care service professionals and decision-makers due to various barriers, which may prevent their engagement.
Short breaks	A term used to describe a type of respite service which provides a break from the normal routine of caring. Short breaks are usually planned in advance and are not the result of an emergency or crisis in the home, or because of illness e.g., hospitalisation of the carer.
Sitting services	Sitting services are a form of respite or short breaks support provided in the cared for and carers own home, usually for a short period of time during the day (i.e. 2 to 3 hours). The support provided to the cared for includes engaging with and supporting the person, which could include some personal care tasks. Where personal care is needed, support workers are required to be trained in providing personal care.

SMART	This stands for Specific, Measurable, Achievable, Results focused, and Time bound. It's a way of making sure that the objectives set can be met and we will know when they have been achieved.
Social prescribers	Social prescribers are link workers who work in local health communities, that give people time, focusing on what matters to them by taking a holistic approach to people's health and wellbeing. They connect people to community groups and statutory services for practical and emotional support. Social prescribers also support existing community groups to be accessible and sustainable, and help people to start new groups, working collaboratively with all local partners.

Nottinghamshire County Council

Nottingham City Council

Integrated Care System
Nottingham & Nottinghamshire

NHS
Nottingham and Nottinghamshire

D&P 80456