

# Respite Care for Carers

## Report for Overview and Scrutiny Individuals Subcommittee

7 March 2019

# Respite Care for Carers - Background

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- The Local Authority provides respite to carers based on an assessed need, on either a planned or an emergency basis
- The Local Authority also provides informal respite to carers through programmes delivered by our commissioned services, through Direct Payments, and through carer engagement and involvement work being delivered by the council itself, which provide carers with opportunities to spend time away from their caring role
- This report will cover all aspects of the respite offer

## Aims of respite for carers

- Prevent, reduce or delay needs
- Reduce stress for carers
- Allow carers to have a break from their caring role
- Strengthen carers ability to care and reduces the risk of neglect or abuse
- Support individuals and meet their needs in a crisis

# Respite Care for Carers – Assessed Offer

- A review of respite is currently being carried out by the Joint Commissioning Unit, and early analysis shows:
  - ❖ 574 residents have had respite commissioned from 2015-19
  - ❖ The total spend on respite over this period is:
    - 2015-16: £528,008
    - 2016-17: £603,419
    - 2017-18: £596,831
    - 2018-19 (as of November 2019): £304,155
- Carers can also access respite through an assessed Direct Payment. As of December 2018 there were 143 carers with a Direct Payment in place. This Direct Payment can be used for carers to undertake leisure activities, which provide a break from their caring role

# Respite Care for Carers – Havering Carers Hub

- Adult Social Care has commissioned the Havering Carers Hub to provide support to unpaid carers
- The overall aim of the Havering Carers Hub service is to reduce isolation, and increase resilience among carers to enable them to continue caring for their loved one, and be healthier and happier themselves
- The hub operates from Romford town centre, and provides a space in which carers can ‘drop in’ for advice or support
- The Havering Carers Hub also provides organised support to carers through peer support, one to one support, information and advice, signposting and referrals to services
- A key role of the hub is to identify ‘hidden’ carers who may not be receiving any support to sustain them in their caring role
- Havering Carers Hub actively signpost carers towards a carers assessment, which could result in the provision of commissioned respite

# Respite Care for Carers – Havering Carers Hub

- Havering Carers Hub provide the following services, which support carers to get a vital break from caring:
  - ❖ Peer support groups; generic carers support groups, and more specialised groups for specific types of carers (e.g. carers for people with mental health problems)
  - ❖ Carers forum; a 4 hour forum which takes place 3 times per year, providing carers with information about different services, and issues which affect them. Forums also provide an opportunity for carers to socialise with other carers, build connections and support networks
  - ❖ One to one support; more intensive intervention from a support worker to help carers to achieve specific goals (e.g. access education, training or employment)
  - ❖ Events and activities; the hub runs carers celebration events, day trips for carers, and activities during carers week

# Respite Care for Carers – wider VCS offer

- The Havering Carers Hub offer falls within a wider Voluntary Sector programme, funded by Adult Social Care
- The Voluntary Sector offer supports people in the following client groups:
  - ❖ Learning Disabilities
  - ❖ Mental Health
  - ❖ Dementia
  - ❖ Physical and Sensory Impairments
  - ❖ Frail and elderly
- Carers will be able to have a break from caring through their cared for accessing these services, providing them with time alone to dedicate to themselves

# Respite Care for Carers – Havering Carers Voice

- The Joint Commissioning Unit coordinate a carers engagement group called Havering Carers Voice
- Havering Carers Voice is an opportunity for carers to have their say about services available to them and the people they care for
- The group meet regularly, and as well as feeding back on services and initiatives, the group acts as a support network for members
- A project is underway to recruit new members to the group, and to look for a wider range of opportunities for members to be involved in
- The kinds of work that Havering Carers Voice can support are:
  - ❖ Development of the Council's Carers Strategy
  - ❖ Implementation of the action plan attached to the Carers Strategy
  - ❖ Feedback on services that are accessed by carers; e.g. GPs, hospital discharge, Direct Payments, Carers Assessments
  - ❖ Input into the Carers Partnership Board

# Respite Care for Carers – Carers Partnership Board

- The Carers Partnership Board is a partnership between the Local Authority, health, and carers, which oversees the implementation of the Carers Strategy and Action Plan, and monitors the performance of the Local Authority and health partners in their support for carers
- The board is chaired by the Joint Commissioning Unit and membership includes the JCU, Adult Social Care, Clinical Commissioning Group (CCG), Joint Assessment and Discharge (JAD), North East London Foundation Trust (NELFT), and carers themselves
- Sitting on the Partnership Board provides carers with an opportunity to take time out of caring, and to be involved in reviewing statutory services which relate to carers