



22<sup>nd</sup> July 2013

Agenda Item: 7

**REPORT OF THE SERVICE DIRECTOR FOR PERSONAL CARE AND  
SUPPORT – YOUNGER ADULTS**

**YOUNG CARERS AND DISABLED PARENTS UPDATE**

**Purpose of the Report**

1. The purpose of this report is to provide Members with an update on the Young Carers and Disabled Parents project and make recommendations for the future to ensure that there is an exit strategy for the project to ensure services can continue to be delivered.

**Information and Advice**

2. Reducing the burden on young carers, thereby enabling them to enjoy their childhood without pressures and responsibilities beyond their years is a key priority for the County Council.
3. In April 2011, the Council agreed an additional revenue investment of £1.8 million to support and improve the lives of young carers and their families. This investment has supported personal budgets for disabled parents to reduce their dependency on the support of young carers, and also delivered personal budgets to meet the needs and outcomes of young carers in the form of direct payments.
4. The Council is using assessment tools developed by the University of Nottingham to assess the impact of caring responsibilities on individual young carers and carer’s needs. The Council are assessing the needs of parents and of young carers and young adult carers up to the age of 24 years.
5. Between October 2011 and June 2013, 334 young carers’ assessments were completed. Table 1 below illustrates the increased take up of personal budgets by young carers over the last twenty one months. The cost of the increases outlined can be contained within existing budgets.

**Table 1** Personal budgets agreed for young carers since October 2011

<b>Quarter</b>	<b>Number of Personal Budgets</b>	<b>Cumulative Total</b>
October – December 2011	11	11
January – March 2012	14	25
April – June 2012	26	51
July – September 2012	67	118

October – December 2012	86	204
Jan – March 2013	48	252
April – mid June 2013	82	334

6. Within the overall budget to develop young carers' services, the authority has been employing a number of community care officers on a temporary basis to develop awareness, identify young carers and undertake assessment activity. These temporary posts were created to provide additional capacity to help establish the services with the intention that over time, services to young carers would be mainstreamed onto generic team workloads.
7. We are now nearing the point when this transfer of project activity can be realised. We propose therefore that the remaining temporary posts be refocused over the course of this financial year to ensure that young carers' interventions can be continued following the end of the initial project phase of activity and a proper exit strategy can be developed to maintain the success of the work thus far.
8. It is recommended that the contracts for the existing two Young Carer Workers operating in the Physical Disabilities team, Broxtowe, Gedling and Rushcliffe (BGR) and Children's targeted support team be extended until March 2014. The Young Carer Worker in the Mental Health (North) team is already in post until March 2014 and a new worker for the Mental Health (South) team will be in post for a 12 month period commencing August 2013. Key roles for these four Young Carer Workers will be to:
  - a) ensure their teams understand the Young Carers and Disabled Parents protocol
  - b) encourage their teams to recognise young carers when carrying out Adult Community Care Assessments
  - c) ensure teams understand the young carers' assessment process
  - d) encourage Children's Disability Service, Children's Social Care and Children's targeted support teams to refer young carers to the Adult care management teams
9. Since September 2011, there have been numerous briefings for front line staff and managers to raise awareness of the Young Carers Service and the funding available to support disabled parents and young carers. Media campaigns have taken place and all schools and GP practices in the County have been contacted.
10. In April 2013, a letter, poster and fact sheet was sent to all schools, academies, young people's centres, children's centres and girl guide/scout groups informing them of the support available for young carers. Some schools have requested further copies of the posters and have also been sent roller banners. Presentations have been given at school assemblies and joint working in schools with staff from the Young Carers' Service is taking place to encourage referrals.
11. A key feature of this work has been the development of closer working arrangements between the Adult Social Care, Health and Public Protection and Children, Families and Cultural Services Departments which has significantly helped in raising the profile of young carers.

## Outcomes for Young Carers

12. Young carers looking after a family member with a disability often have problems at school. They may be underachieving, not completing homework assignments or showing signs of fatigue and poor concentration. Young carers are often socially isolated and can be victims of bullying. Young carers often lack time for play, sport or leisure activities. They may find that there is a conflict between the needs of the person they are helping and their own needs leading to feelings of guilt and resentment. The type of caring that young people are doing includes help with tasks such as washing, dressing or taking medicines. They provide emotional and/or practical support and may help manage the behaviour of a parent or other family member. They may also be carrying out household chores including washing, cooking and cleaning on behalf of the whole family or they may care for younger siblings.
13. Young carers have been asked to complete questionnaires designed by the University of Nottingham at the time of their assessment and approximately four to six months after they have received a personal budget. An analysis of these results based on 64 reviews has demonstrated a significant reduction in the negative impact of caring. These results are in line with those carried out by University research. County Council staff are continuing to collect this information and further analysis will be carried out to look at those young people carrying out a very high amount of caring and the impact that other support is having.
14. Support is being offered to disabled parents to reduce the burden of caring. Following a young carers' assessment, the young person will be offered a personal budget to meet their needs. Examples of the type of support being offered are:
  - Ice skating lessons, dance and music lessons
  - Computer equipment for their education
  - Contributions towards outings and school trips
  - Sports equipment
15. Case studies have been collected during the project some of which are shown below:

M is 9 years old and looks after her mother who suffers with psychosis, anxiety and low mood. M pretends that all is well and has not told her friends that Mum is unwell because she feels her friends would make fun of her and wouldn't understand. M often feels lonely and does not understand why her Mum cannot do the things that other Mums do. Nottinghamshire County Council have provided a personal budget for M so that she can go away with her family and decorate her bedroom. A Support Worker from Family Action's 'Young Carers Service' is helping M and giving her the opportunity to meet other children in similar caring situations.

Mrs R has Multiple Sclerosis and Fibromyalgia. The MS has impacted on her mobility and she has to use elbow crutches to get around. She is still able to drive but if she needs to do any walking she now uses a wheelchair. She is very prone to falling this is also due to

some loss of vision as it affects her spatial awareness.

Mrs R also suffers from Fibromyalgia. Bringing with it a different set of joint pain, lack of sleep and concentration as well as continued and prolonged bouts of Chronic fatigue.

Mrs R lives with her two sons. Nottinghamshire County Council staff set up a direct payment for personal care so that the sons are not conducting inappropriate care. However, they are still involved with certain tasks for instance the cooking as they love food, recipes and actually making a meal.

In addition to the support provided for Mrs R, a one-off direct payment was set up for the sons to have a shared laptop. The sons wrote the following letter to the County Council Worker:

'Dear Gayle,

Thank you very much for nominating us for a Young Carers award. We never thought that we would get such an amazing reward for looking after our Mum! Although it could not have happened without your hard work.  
Love From I and J'

E has a brain tumour which has caused her to lose her sight. The tumour is benign but is now in-operable. The tumour was discovered during her pregnancy and after the birth of her daughter P. In 2007 E reported a sudden return of a small amount of sight in her left eye. This small amount of sight remained stable for a few years but is now gradually deteriorating again and she has been told that she will eventually lose all sight as the tumour grows.

E now has a guide dog to support her when out in the community but still relies a lot on P to be with her when she is out and about. P also supports her at home with washing/bathing, choosing and fetching her clothes and helping her to get dressed, helping to make the beds, undertake household tasks, meal provision and stays in with her a lot to keep her company/entertained and to ensure that she is okay.

E is now receiving a direct payment to employ a personal assistant to reduce the support P was providing. After her initial young carers assessment P received a one off Direct Payment to purchase a laptop and bag to enable her to keep up with homework tasks and to keep in touch with peers and other family members. At the follow up 4 monthly review, there was a significant drop in the negative impact that caring was having on P.

## **Other Options Considered**

16. Some Nottinghamshire County Council workers are familiar with the Young Carers' process and are identifying young carers and conducting assessments. However, many staff will need guidance from the Young Carer Workers over the next 9 months before the project can be closed and the work mainstreamed.

## **Reason/s for Recommendation/s**

17. Extension of the Young Carer Workers contracts is needed to ensure their teams understand and follow the young carers' assessment process encouraging other workers to recognise young carers when carrying out Adult Community Care Assessments. This is needed so that young carers' interventions can be continued following the end of the initial project phase of activity.

## **Statutory and Policy Implications**

18. This report has been compiled after consideration of implications in respect of finance, the public sector equality duty, human resources, crime and disorder, human rights, the safeguarding of children, sustainability and the environment and those using the service and where such implications are material they are described below. Appropriate consultation has been undertaken and advice sought on these issues as required.

## **Implications for service users**

19. The Young Carers and Disabled Parents funding ensures that young carers are protected from undertaking excessive and inappropriate caring roles and those parents and other family members are effectively supported. This is leading to improved outcomes for the young carers and their families.

## **Financial Implications**

20. The total cost of this proposal is £25,493 including on-costs to be met from the disabled parents and young carers' budget:
  - a. 1 fte (scp 24) for 8 months = £17689
  - b. 0.8 fte (scp 27) for 4 months = £7804

## **Human Resources Implications**

21. Two of the Community Care Officer – Young Carer posts are to be extended until the end of March 2014 as follows:
  - a. 1 fte Community Care Officer – Young Carer post in Physical Disabilities Broxtowe, Gedling and Rushcliffe be extended for 8 months.
  - b. 0.8 fte Community Care Officer – Young Carer post in children's targeted support (reporting to Adult Community Learning Disabilities Newark team manager) be extended for 4 months.
22. The Trade Unions have been consulted and no comments have been received.

## **Ways of Working Implications**

23. The posts outlined above are already established on a temporary basis and therefore are already accommodated within existing office resources.

## **RECOMMENDATION/S**

It is recommended that the Adult Social Care and Health Committee:

- 1) Approves the extension of 1 fte Community Care Officer, NJE Grade 5, scp 24 for a period of 8 months.
- 2) Approves the extension of 0.8 fte Community Care Officer, NJE Grade 5, scp 27 for a period of 4 months.

### **JON WILSON**

**Service Director for Personal Care and Support – Younger Adults**

#### **For any enquiries about this report please contact:**

Sue Foster

Project Manager, Joint Commissioning Unit

Tel: 0115 9773110

Email: sue1.foster@nottsc.gov.uk

#### **Constitutional Comments (LM 08/07/2013)**

24. The Adult Social Care and Health Committee has delegated authority within the Constitution to approve the recommendations in the report.

#### **Financial Comments (KAS 09/07/2013)**

25. The financial implications are contained within paragraph 20 of the report.

#### **Background Papers**

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

- a. Support for disabled parents and young carers – protocol dated July 2011
- b. Report to the Adult Social Care and Health Committee – Temporary Community Care Officers - Young Carers project September 2012
- c. Young Carers Strategy Update – report to Policy Committee March 2013

#### **Electoral Division(s) and Member(s) Affected**

All.

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