

3rd February 2014**Agenda Item: 7****REPORT OF THE DEPUTY DIRECTOR FOR ADULT SOCIAL CARE, HEALTH
AND PUBLIC PROTECTION****YOUNG CARERS AND DISABLED PARENTS UPDATE****Purpose of the Report**

1. The purpose of this report is to agree ongoing arrangements for allocation of the Young Carer's and Disabled Parent's funding and to provide Members with an update regarding outcomes and achievements following closure of the project.

Information and Advice

2. 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.
3. The Young Carers and Disabled Parents project is now closed and the young carers' assessment process has been mainstreamed. A separate End Project Report has been produced describing how well the Young Carers' and Disabled Parents Project performed against its Business Case, including the original planned cost, schedule and tolerances and final version of the Project Plan.
4. 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. Now that these services have been mainstreamed, these temporary posts will cease next financial year.
5. Over 500 young carers have received personal budgets since November 2011 and approximately 40% of their parents are also receiving support from Adult Social Care. The average age of these young carers is 13 and the average personal budget that they received was £530.
6. Following the evaluation of 145 young carers who received personal budgets, the results are demonstrating a significant reduction (24%) in the negative impact that caring is having on young people's lives. The tools designed by the University of Nottingham used for this evaluation are now part of the assessment

process. The results from this evaluation are in line with national statistics produced by the University of Nottingham.

7. Now that the project manager has concluded the project, ongoing work will be required in the Joint Commissioning Unit maintaining policy and publication documentation, raising awareness and promoting the use of a new e-learning module.
8. It is recommended that the Children's Targeted Support team take over the assessment of young people looking after children under 18 with a disability from April 2014. Some of the budget will be allocated to Targeted Support for the commissioning of sibling carer's personal budgets as part of the overall allocation of Direct Payments to young carers.
9. The Adult Social Care Younger Adult teams will continue conducting young carers' assessments for those looking after disabled parents and provide support for the parent so that the young person is not conducting caring that is inappropriate for their age.

Case Studies

10. Case studies have been collected during the project, some of which are shown below.

F is 10 years old and looks after her sister (19) who is Deaf and suffers with psychosis, borderline personality disorder and has challenging behaviour. F said that she has not told her friends that her sister is unwell, as she feels they will not understand and may make fun of her and her sister. F said she does not want this to happen so she pretends that everything is okay. F said that she would like someone else she can talk to about her caring role. A referral was made to the Young Carers Service as F said it would be nice to talk to someone about how she feels, and would like to meet other boys and girls who also look after a family member. F said that she spends as much time with her sister as she can, as she does enjoy having sister time together, but when her sister is not feeling well, F finds this very upsetting.

A Young Carer Worker from the Community Mental Health Team completed an assessment with F. Her score on the negative impact that caring is having (PANOC negative score) was 16, very high and a potential cause for concern. The caring role has made F feel lonely and isolated, and she doesn't feel like talking to her parents about how she feels at times, which makes her feel frustrated.

F used her personal budget (£800) to contribute towards the cost of social and leisure activities, such as having quality time with her parents away from the caring role and responsibilities of looking after her older sister. F used the remainder of the personal budget to cover the cost of new protective gear and clothing which is required for the Taekwondo Club she is a member of.

The Young Carer Worker visited the young carer four months later and asked her to complete the questionnaires again. There was very little change to her caring role but the impact that the support and personal budget made reduced her negative PANOC score to 6.

E is a young girl, aged 11 who looks after her brother, 17 who has a congenital condition that

causes a visual impairment. He is currently supported by the Children's Disability Service and has been allocated a Transition Worker.

E helps her Mother a lot, so that her Mum has more time to look after her brother. She cleans the house, makes the main meals, snacks and drinks, does the washing up, supermarket shopping and always helps with decorating. It is important to keep the floor clear to avoid her brother tripping.

She also helps her brother to choose clothes and get him dressed. Sometimes she helps him to have a bath or shower. At meal times she cuts up his food so that he can eat it independently and whenever he needs a snack or drink in the evenings or at the weekend she will make it.

When her brother goes out to undertake his hobbies she goes with him to support and guide him. This involves weekly trips to play Goalball, a sport for athletes with visual impairment and weight lifting where she helps him use the equipment. She helps her brother to communicate with others. She sometimes has to read her brother's mail and the contents might be upsetting for him especially if it is a personal letter and this also upsets E.

In the evenings E stays in a lot to keep her brother company and play games with him and keep an eye on him to make sure that he is alright and most nights she chooses to sleep on a camp bed in his bedroom to make sure that he is alright.

When the Young Carer Worker completed a young carers' assessment with E, she had a very high score for the amount of caring (23) and her negative PANOC score was 14 (which is also cause for concern). She was referred for counselling and was also referred to the Young Carers' Service where she sees a support worker every month. E said that 18 months ago she ran away because it all got too much for her. Sometimes she feels so sad she can hardly stand it and sometimes life doesn't seem worth living.

The Young Carer worker asked E what she would like to support her in the caring role. She was given a one off direct payment to pay for a den bed, storage boxes and a guest bed so that a friend can stay and also for a day out.

Four months later, the Young Carer Worker reviewed E's caring situation. Her brother is a lot more independent with his personal care tasks, therefore E no longer has to support him. Her brother will also ensure that he has his own bag packed for college and no longer asks E to read his mail, which was at times upsetting for her. One of E's outcomes was to spend time with her mum and after a weekend away with mum and dad where her brother stayed home alone, it made them realise how much B could do for himself and how much he enjoyed his independence. E therefore no longer feels that she has to sleep in her brother's bedroom and he doesn't request it of her. As E's mum has more time now, she doesn't rely on E to carry out so many of the household chores. E's mum reported an improvement in E's confidence and how lovely it has been to see her really smiling.

Having completed the young carer's questionnaires again, E now scores 15 on the MACA (amount of caring) and 9 on the negative impact that caring is having (PANOC). This is a significant reduction in the amount of caring and the negative impact that this is having.

A What About Me (WAM) Worker referred T for a young carers' assessment via the Customer Service Centre. WAM provide support for children and young people affected by their parent's substance misuse issue. T is 17 years old and the only person at home looking after his mum who is alcohol dependent. T undertakes many chores around the house which includes washing the dishes, cleaning, shopping for essential food items and help with financial matters. When mum is 'in drink' T gets his mum ready for bed. He stays with mum at home when she has been drinking to ensure she remains safe. He encourages mum to eat, change her clothes and wash. T provides lots of emotional support to his mum when she is drinking as she becomes in a depressive mood.

T's mums' sporadic alcohol use has a huge effect on his ability to concentrate at school and keep up with his coursework as he is very anxious about her wellbeing. Mum also suffers

with depressive moods and is very emotional when she is drinking. When T stays at home to look after his mum to ensure she is safe and does not harm herself he does not see his friends. School have been supportive and provided uniform and shoes when needed so that he does not get grief from teachers and other students. School have also provided breakfast and a hot meal for T when there is no money to buy items.

T likes to keep himself fit and has used his personal budget for gym equipment and gym membership. He has also purchased train tickets, football tickets and stadium tour to see Newcastle United football team. As he wants to be able to keep in touch with his mother, part of his budget was used to purchase a mobile phone.

At the first assessment, T's MACA score was 20, his positive score was 15 and negative 10 (cause for concern). Following the support from WAM and the personal budget, after a 4 month period, his MACA score was reduced to 11, the positive score increased to 16 and his negative score reduced to 2. T is now at College and enjoying this. He is able to concentrate more and is becoming more confident with his work.

Other Options Considered

11. The Project considered ways of providing support to young carers and disabled parents through Nottinghamshire County Council staff and through other organisations. Access to personal budgets and Direct Payments was most effective in reducing the negative impacts of caring and enabling access to support, activities and interests to promote self-confidence.

Reason/s for Recommendation/s

12. Based on performance over the last 2 years and the predicted number of annual reviews, an annual budget of £270,000 is recommended for the young carers' personal budgets. The remaining funding (£1,530,000) is to be allocated to the Younger Adult's Physical and Mental Health teams for 'disabled' parents support and young carer assessments and reviews.
13. Adult Social Care teams will continue conducting young carers' assessments where the cared for is 18 years or over. Due to the number of young carers identified looking after siblings under 18, these will be assessed by the children's targeted support teams from April 2014.

Statutory and Policy Implications

14. This report has been compiled after consideration of implications in respect of crime and disorder, finance, human resources, human rights, the public sector equality duty, safeguarding of children and vulnerable adults, service users, sustainability and the environment and ways of working 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

15. 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

16. The recommendations can be met from the Young Carer and Disabled Parents budget.

RECOMMENDATION/S

The Adult Social Care and Health Committee are asked to:

- 1) Approve an annual budget of £270,000 (from the £1.8 million) for young carers' one-off direct payments (2014/15)
- 2) Approve for the Children's Targeted Support team to conduct young carers' assessments for those looking after siblings under 18 with a disability from April 2014.
- 3) Note the end of project report and receive an update in 12 months.

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Constitutional Comments (LM 24/01/14)

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

Financial Comments (KAS 23/01/14)

18. The financial implications are contained within paragraphs 12 to 16 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
- d. Young Carers and Disabled Parents update – report to Adult Social Care and Health Committee July 2013 (ASCH141)

Electoral Division(s) and Member(s) Affected

All.

ASCH187