



This easy read tells you about the:



## Draft Joint Carers Strategy 2022 to 2027

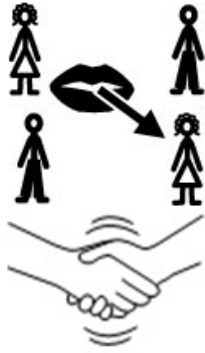


The Joint Carers Plan is for all **unpaid** carers who support someone living in Nottinghamshire and the City of Nottingham.



### Who is the plan from?

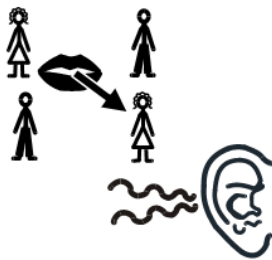
- Nottinghamshire County Council- Adult Social Care
- Nottingham City Council- Adult Social Care
- Integrated Care System Nottingham and Nottinghamshire
- NHS Nottinghamshire and Nottingham City Clinical Commissioning Group
- NHS Bassetlaw Clinical Commissioning Group



## Co-Production



What has been most imported in helping us write the Carers Strategy (plan) is the voices and experiences of carers themselves.



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



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



## Who is a carer?



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



A carer doesn't have to live with the person they care for.

They might not live in the same area, but they are affected by their caring role.



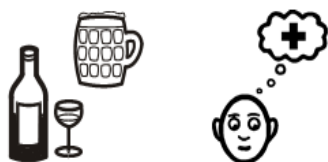
People who are carers could include:



- Older carers
- Parent/ family carers
- Carers in shared caring role (when two or more people support each other to live their everyday lives)



- Carers supporting more than 1 person (including those with caring responsibilities for different generations, such as children and parents)



- Carers of people with alcohol and/or substance misuse issues
- Carers of people with mental health issues



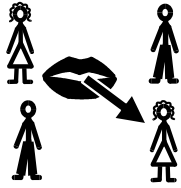
- Carers of people with learning difficulties
- Carers of people with complex needs
- Young carers



- Young adult carers
- Working carers
- People whose caring role has ended recently



## What is most important to carers?



Carers told us about the contact, support and services they have experienced from:



- Local authorities (councils)
- Health providers in the local community
- Hospital services
- Social care providers.

Here are the 5 main areas people talked about:



1. Being able to have short breaks or someone to take over their caring role so they can have a break from caring



2. Being able to get to right information, advice and guidance to support carers with their role

Including information and advice about benefits and managing money



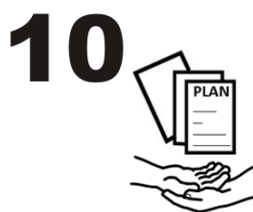
3. Support for carer health and wellbeing, both mental and physical wellbeing



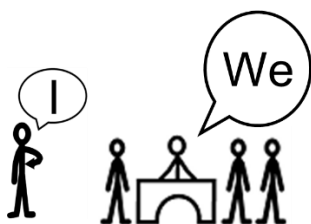
4. Getting the right support for the person they care for



5. Communication – being listened to and being able to get good communication and information from health and social care providers



Carers have worked together with us and we have 10 key areas in the plan.



We have used 'I' and 'We' statements to help us make an action plan.



## **'I' Statements**

They say what a good service and support should look like for carers.



## **'We' Statements**

How organisations will support carers to meet their needs

# 10



## **The 10 key areas of the Carers Strategy (plan)**



### **1. Identification and early support**

Finding out who are carers and offering support as early as possible.



## **'I' Statements**

What a good a service and support should look like for carers.



- I want to be able to get information and support when I need it



- I would like the 1st person I speak to about support to understand me and my situation

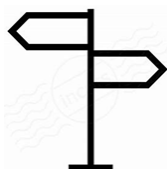


- I would like help to understand what a carer is



## **‘We’ Statements**

How organisations will support carers



- We will work together with key partners to show people where to go for the support they need.

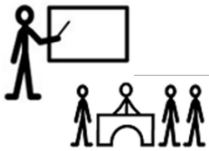
This will include GP practices, schools, healthcare providers (including hospitals), and care providers





## 2. Information, advice, guidance and training.

Carers should be able to find information easily and quickly.



Professionals should have training and be involved in delivering equal quality experiences for carers



### **'I' Statements**

They say what a good a service and support should look like for carers.



- I would like information or training to support me at the time I need it



I want it to be easy to access and to meet my needs



I want it to be available from whoever I make contact with



## **'We' Statements**

How organisations will support carers



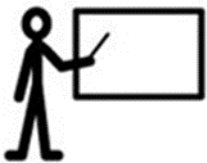
- We will work with carer support services to ensure carers have access to the right.



It will cover carers assessments, carers right and personal budgets



It will Support in understanding the needs of the person that I care for



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



## **3. Assessments**

Assessments need to have a point where they will end and have clear goals.



Carers will need to know when the assessment ends and what the goals are.



### **'I' Statements**

They say what a good a service and support should look like for carers.



- I want the right to a carers assessment



- I would like to tell my story once



- I want to feel valued and listened to



### **'We' Statements**

How organisations will support carers



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

This will help us 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 builds on their strengths and skills



## 4. Whole Family Approach



The right support and guidance should be given to all family members.



Make sure that family needs are thought about all the time and how they are affected by the person they care for.



## 'I' Statements

They say what a good a service and support should look like for carers.



- I want my needs and the needs of my family to be thought about.



- I want the right support provided and that also thinks about the effect our caring role has on all of us



### **‘We’ Statements**

How organisations will support carers



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

This will help us meet their needs and agree what we will do



## **5. Breaks from caring and preventing carer breakdown**

Carers should be able to access different types of respite to meet their needs



It should include short breaks, sitting services, weekly breaks and be easy to access.



There should be plans in place for changes or emergencies.

There should be access to breaks for carers own well-being.



### **'I' Statements**

They say what a good a service and support should look like for carers.



- I can get the information and support when I need it



- I should be able to get different types of respite that meets my needs and is offered when I need it.



### **'We' Statements**

They say how organisations will support carers.

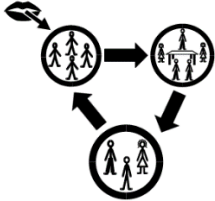


- Carers will get the right information, advice and support when they need it

We will help with support plans for emergency situations



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



## 6. Connecting carers

Support between carers needs to be accessible for everyone.

Carers can learn from each other and share experiences.

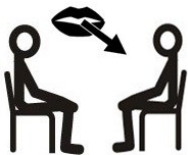


### 'I' Statements

They say what a good a service and support should look like for carers.



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

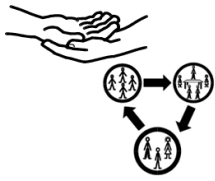


- Support needs to be in ways that are accessible to me such as face-to-face, virtual (over the internet) or other ways.



### 'We' Statements

They say how organisations will support carers.



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

This will help stop them being cut off from people or feel lonely or isolated



## 7. Giving carers a voice

Carers should feel valued and that their views and experiences are listened to by professionals and others.



Opportunities to give feedback and have a say should happen often, be relevant, have a purpose and make things change and improve.



### ‘I’ Statements

They say what a good a service and support should look like for carers.



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

I want to be involved in all the stages and by all the professionals and services involved



### ‘We’ Statements

They say how organisations will support carers.





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



## 8. Health and wellbeing and living a balanced life

Carers wellbeing should be as important as the wellbeing of the person they care for.



Carers should be able to get respite and support so they can look after their own wellbeing needs.



Carers should be able to access the right support easily and be able to take breaks



### ‘I’ Statements

They say what a good a service and support should look like for carers.



- I want to be able 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 balanced life outside of my caring role



## **‘We’ Statements**

How organisations will support carers



- We will provide carers with options to help them get 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 make sure carers can think about their own personal needs and goals as well as those around their caring role



## **9. Education, training, volunteering and employment**

Carers can access courses, employment and opportunities without their caring role limiting their options and they are supported to do this.



## **'I' Statements**

They say what a good a service and support should look like for carers.



- 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.



## **'We' Statements**

They say how organisations will support carers.



- 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**



Support carers 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**

They say what a good a service and support should look like for carers.



- I deserve to be seen as a carer after my caring role ends

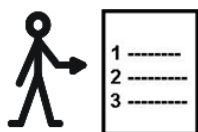


- I need support to prepare me for a time when my caring role reduces or stops



## **'We' Statements**

They say how organisations will support carers.



- We will support carers to prepare and plan these changes in their caring role or to a non-caring role



## Carers Survey

Please tell us what you think by completing the questionnaire.

You can do this by contacting:



**The Carers Hub on:**



**0115 824 8824**



**Nottinghamshire County Council on:**

**0300 500 80 80**



They can provide you the survey in different formats.  
If you are Deaf or hard of hearing you can use the text relay service by dialling:



**18001 0115 9774050**



**BSL**

**SignVideo app**



Download the app to communicate with us using British Sign Language through an interpreter.



## If you have any questions



Please speak to people who supports you

Or



Email Adult Social Care at

[Carersstrategy.consultation@nottsccl.gov.uk](mailto:Carersstrategy.consultation@nottsccl.gov.uk)



Call our Customer Services on:

**0300 500 8080**