OP JSNA Factsheet 16: Carers

Summary
Many older people require support from a carer to remain independent; many older people are themselves carers. The caring role itself may have an impact on the physical and mental health of the carer, and tip them into poverty. This Factsheet refers to those providing unpaid care.

In Southwark 18,515 people (7.6% of the total adult population) identified themselves as carers of another adult of any age, and an estimated 2,248 aged 65 and over providing unpaid care.

In 2010/11 a smaller proportion of carers of older people who were assessed, received services in Southwark (26% ), compared to comparable London boroughs (52%) and 48% in England as a whole. (See Figure 1 in the Appendix).

The local Carers Commissioning Strategy 2010-2013 set out a vision for services to carers to ensure that they are delivered systematically, equably and in line with national strategies.

The local picture
The 2001 Census in 2001 found that 18,515 people in all (7.6% of the total adult population) identified themselves as carers of another adult of any age. Of this group, 36.3% said that they provided more than 20 hours of care a week. Rates of caring in Southwark were slightly lower than London as a whole (8.5%) and England (9.9%) but given that the population had a younger demographic structure, the rate is not as low as we might expect. This information will be updated when Census 2011 information becomes available.

An estimated 2,248 aged 65 and over are providing unpaid care. This figure is expected to rise to 2,713 by 2025. (More detail in Table 1 in the Appendix) Many older people receive care from adult children and other family members who may themselves be juggling responsibilities between their own children and their parent(s).

Not all carers are known to adult social services. Some people may not even define what they do as ‘caring’ seeing it as a natural part of life. With older age groups the amount of support needed may increase over time, so that help with shopping once a week becomes a daily commitment to help with a wider and more challenging range of tasks and personal care some years later.
Carers Allowance
Carers allowance is a means tested state benefit for carers who look after another person for 35 hours a week or more, payment is currently up to a maximum of £55.55 a week. The person being cared for needs to receive disability benefit such as DLA (higher or middle level) or AA for their carer to be eligible. The rules around this allowance are complex. Many people in receipt of a state pension may not be entitled to it as their income may be above the qualifying threshold. Even so, applying may be worthwhile as if there is deemed to be an underlying entitlement even if the allowance is not payable, it may increase pension credit or housing benefit or council tax relief. In May 2011, 2,480 people in all claimed the Carers Allowance: only 130 of these were of pensionable age. Given that there are estimated to be over 2000 older carers, the actual number in receipt of the benefit seems low.

Carer experience
Although we do not have survey data on carers locally, a survey of Carers commissioned by the Department of Health gives an idea of what the carer experience may be in Southwark. The survey found that

- 80 per cent of carers defined their quality of life as ‘good’. Those who were providing more than 20 hours of support per week or were looking after someone in the same household were less likely to say this was the case (72 per cent and 75 per cent respectively).
- Around half of carers in England experience ill health because of their caring role.
- Nearly a third of the estimated five million carers in England also say they feel stressed and a quarter has disturbed sleep.
- One third report they are left tired from caring.
- Nationally only eleven per cent of carers receive Carer’s Allowance, with the figure rising to just under a quarter for those caring for more than 35 hours a week. The figure is similar for Southwark, suggesting that the benefit may be under claimed.
- Carers were more likely to be women than men; 60 per cent of carers in England were women. Carers were most likely to be aged 45-64 (42 per cent); a quarter (25 per cent) was aged 65 or over.

What we know works
The Carers’ Hub is a model of comprehensive carer support designed by Princess Royal Trust for Carers and the Association of Directors of Social Services. It represents a working consensus between commissioners and providers on the complete range of interventions that will be needed to deliver the major outcomes of the National Carers’ Strategy relevant to older people.

- Recognised and supported as an expert care partner
- Enjoying a life outside caring
- Not financially disadvantaged
- Mentally and physically well; treated with dignity
The interventions indicated by the Carers’ Hub and some indication of the work that needs to be undertaken and the partnerships that need to operate are shown below:

<table>
<thead>
<tr>
<th>Domain</th>
<th>Examples of work which could be included under this domain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emotional support &amp; counselling</td>
<td>Helping people to access ongoing emotional support whether via informal networks or by access to mental health services.</td>
</tr>
<tr>
<td>Brokerage</td>
<td>Support when the person who receives care is offered Direct Payments/personal budgets. Support for carers to access personal budgets.</td>
</tr>
<tr>
<td>Advocacy</td>
<td>Ensuring the carer is aware of their rights and can choose the level / type of caring they take on. Empowering the carer to have their voice heard in decisions that affect them. Help with complaining.</td>
</tr>
</tbody>
</table>
Access to health & well being services

Equality of access to NHS and other local services (e.g. priority access where needed, provision of alternative care arrangements to enable uptake of health services).

Access to well-being services and health promotion/health checks.

Holistic approaches to reducing stress/exhaustion and promoting well-being.

Caring support & training

Helping carers who wish to, to carry on caring, safely and sustainably.

“Expert carer” approaches such as Caring with Confidence and Looking After Me courses.

Information

Static information such as leaflets etc.

Researching and supplying information from national and local sources and signposting.

Carer Support Workers providing personalised information alongside emotional and practical support.

Carers shaping policy & services

Helping carers to participate in local planning, commissioning and service design.

Supporting carer-led groups.

**Local action**

Councils have a statutory duty to provide support and services to carers and to promote better joint working between health and social services to ensure support for carers is delivered in a coherent manner. This is most likely to take the form of a carer’s assessment resulting in provision of service but, more often, provision of advice and information.

The Carers Commissioning Strategy 2010-2013 set out a vision for services to carers to ensure that they are delivered systematically, equably and in line with national strategies. Major components of the local strategy are to:

- Commission a carers ‘Hub’, which will act as a single central point of information, advice and promotion of primary and secondary preventative support to all adult carers. It will function as a bridge for carers to access universal services (law centres; housing officers; Citizens Advice Bureau; Job Centre Plus; health services etc.). It may also host the provision of some services for carers

- Use personal budgets to put eligible carers in control of the services they want and work towards offering eligible carers are personal budgets by April 2011.

In 2010-11, a total of 1305 reviews/assessments of the needs of carers were carried out, 812 (62.2%) of which were for carers of an older person. Of this group, 315 were themselves aged 65 or over. No reviews/assessments were declined – some indication
that carers welcome the opportunity to discuss their needs and situation. 95% of this activity related to people who were looking after older people who were frail/physically disabled. In all, 209 carers of older people received services and 603 were provided with advice and information as an outcome of the review/assessment. More detail is available in Table 2 in the Appendix.

In 2010/11 a smaller proportion of carers of older people who were assessed, received services in Southwark (26% ), compared to comparable London boroughs (52%) and 48% in England as a whole. (See Figure 1 in the Appendix).

**What still needs to be done**

Over the next three years, we should

- improve the identification and recognition of carers
- improve information for all carers to promote independence and self help.
- to devise personalisation, support planning and referral pathways which work effectively for all carers
- improve access to range of carers breaks
- improve access to and consistency of carers assessments
- help carers to stay healthy
- support carers with employment and financial hardship

**References**

Projecting Older People Population Information System ([http://www.poppi.org.uk](http://www.poppi.org.uk)) provided by the Institute of Public Care on licence from the Department of Health


Southwark Adult Social Care: Carers Commissioning Strategy 2010-2013

Southwark Carers Strategy and Carers Hub Implementation Plan 2011-2014
Appendix

Table 1 People aged 65 and over providing unpaid care to a partner, family member or other person, by age, projected to 2030

<table>
<thead>
<tr>
<th>Age group</th>
<th>2011</th>
<th>2015</th>
<th>2020</th>
<th>2025</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>65-74</td>
<td>1,458</td>
<td>1,493</td>
<td>1,633</td>
<td>1,855</td>
<td>2,264</td>
</tr>
<tr>
<td>75-84</td>
<td>641</td>
<td>648</td>
<td>625</td>
<td>664</td>
<td>732</td>
</tr>
<tr>
<td>85 and over</td>
<td>149</td>
<td>160</td>
<td>176</td>
<td>195</td>
<td>210</td>
</tr>
<tr>
<td>Total aged 65 and over</td>
<td>2,248</td>
<td>2,302</td>
<td>2,434</td>
<td>2,713</td>
<td>3,206</td>
</tr>
</tbody>
</table>

Source: Office for National Statistics (ONS) 2001 Census, Numbers have been calculated by applying percentages of people providing unpaid care in 2001 to projected population figures.

Table 2 Number of carers assessed/reviewed in 2010-11 broken down by outcome and primary need of person they look after

<table>
<thead>
<tr>
<th>Primary client type (over 65)</th>
<th>Services for the carer</th>
<th>Information and advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical disability/frailty</td>
<td>180</td>
<td>591</td>
</tr>
<tr>
<td>Mental Health</td>
<td>29</td>
<td>11</td>
</tr>
<tr>
<td>Learning Difficulties</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Substance misuse</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Other vulnerable person</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Total</td>
<td>209</td>
<td>603</td>
</tr>
</tbody>
</table>

Referrals, Assessments and Packages of Care 2010-11

Figure 1: Percentage distribution of carers looking after people aged 65 and over receiving information and services, 2010-11

Source - NASCIS002 Older People Report 2010-11 RAP C2. Data for 2010-11 is based on Provisional RAP (2nd cut) information.

Southwark Older People’s JSNA 2012