



REPORT TO: MORAY INTEGRATION JOINT BOARD ON 30 MARCH 2023

SUBJECT: DRAFT STRATEGY FOR UNPAID CARERS IN MORAY 2023-26

BY: LEAD OFFICER FOR UNPAID CARERS

1. REASON FOR REPORT

- 1.1. The Carers (Scotland) Act 2016 requires the Moray Integration Joint Board to prepare and review a local carer strategy. The purpose of this report is to present the final version of Health and Social Care Moray Carers Strategy 2023-26 and seek the approval of the Board to publish the strategy on 1 April 2023.

2. RECOMMENDATION

2.1 It is recommended that the Moray Integration Joint Board (MIJB):

- i) Note the engagement work that has taken place to date on the Strategy;
- ii) Instruct the Lead Officer for Unpaid Carers to launch the strategy as proposed in April 2023; and
- iii) Instruct the Lead Officer for Unpaid Carers to report back to the MIJB on an annual basis, as a minimum, to monitor the progress of the actions within the strategy

3. BACKGROUND

- 3.1. Unpaid carers provide vital support to the people they care for and are fundamental to Moray's health and care system. It is estimated that around 16,200 people in Moray are likely to be providing some form of care to a partner, family member, friend or neighbour who could not manage without their support.
- 3.2. The Carers (Scotland) Act 2016 requires local carer strategies to be developed which set out plans to identify carers, provide information about local support, and provide support and services. The duty to prepare local carer strategies applies to local authorities and relevant health boards but is delegated to integration joint boards.

- 3.3. Due to the pressures over the last two years, many carers are at breaking point, and in need of support. Due to the impact of the COVID-19 pandemic and the current cost of living crisis, we need to recognise the contribution made by unpaid carers and support them more than ever.
- 3.4. The National Carers Strategy has been published, outlining the national approach for unpaid carers, highlighting the value of the dedication and expertise of unpaid carers cannot be overstated.
- 3.5. The local strategy supports the national vision of Valuing, Recognising and Supporting Carers. The key strategic outcomes for Scotland include:
 - Carers are recognised and their contribution is understood and valued by society
 - Carers' voices are heard and their views and experiences are taken into account in decisions which affect them.

4. KEY MATTERS RELEVANT TO RECOMMENDATION

- 4.1. To develop the all-ages Moray 2023-26 strategy, a Strategy Development Group was established which includes officers from Health and Social Care Moray, a representative from Quarriers which is the commissioned carer support service, and the MIJB carer representative. Many of the members currently represent Moray on a number of national carer organisations and forums.
- 4.2. The Strategy Development Group carried out final engagement on the strategy at the end of February into March with adult carers to gain their feedback and identify the key areas to focus on within the first year of the strategy implementation. Focus groups with young carers is to be carried out mid-March and the strategy updated to reflect their feedback. A verbal update will be given at the MIJB on 30 March following the engagement.
- 4.3. Health and Social Care Moray's Carers Strategy has three strategic priorities to be delivered on over the next three years. These are:
 - **Recognition for Carers**
We want carers to be able to say, 'I can identify as a carer. I am able to access the information and advice I need as a carer and I know and understand my rights'.
 - **Valuing Carers**
We want carers to be able to say, 'I am listened to and valued as an equal and expert partner by people working in health and social care. I am involved in the planning and delivery of services and support for myself and for the person/s I am caring for'.
 - **Supporting Carers**
We want carers to be able to say, 'I am able to manage my caring role and reduce any negative impact on my health and wellbeing. I can access the support and services which are right for me. I am able to take a break from my caring role when I need to. I am not disadvantaged because I am a carer. I am able to achieve my own goals and maintain my education and/or employment'.

4.4. The ambition of the strategy is that by 2026, unpaid carers in Moray should:

- Be able to identify themselves as a carer early in their caring journey
- Have timely access to the information and advice they need
- Know and understand their rights
- Feel listened to and valued as an equal and expert partner by people working in services
- Be fully engaged in the planning and delivery of services
- Be empowered to manage their caring role and have access to effective support which enables them to look after their own health and wellbeing
- Have access to regular and sufficient breaks from their caring role
- Be able to achieve their own goals, free from discrimination, and be able to maintain their education and/or employment as they wish.

4.5. A number of high-level actions are set out in the strategy which will be further developed into the implementation plan. This is intended to be a live document with new actions added as they are identified and indicators in place to support performance reporting.

4.6. Within the recent engagement, unpaid carers have been asked for their interest in joining a Carer Voice Group, with feedback from the engagement being updated at the MIJB meeting on 30 March 2023.

4.7. Regular monitoring of the delivery plan that will accompany the strategy will be monitored through the Carers Steering Group, the Carers Voice Group and through the Strategic Planning and Commissioning Group (SPCG).

5. **SUMMARY OF IMPLICATIONS**

(a) Corporate Plan and 10 Year Plan (Local Outcomes Improvement Plan (LOIP)) and Moray Integration Joint Board Strategic Plan “Partners in Care 2022 - 2032”

Carers who are supported to carry out their role in a way that supports their own health and wellbeing and their educational and economic potential, are key to achieving the ambitions of the MIJB Strategic Plan, the Corporate Plan and LOIP. The strategy will support HSCM to demonstrate impact on Outcome 6 of the National Health and Wellbeing Outcomes.

(b) Policy and Legal

Having a local carer strategy in place meets the legal obligation on the MIJB as prescribed in the Carers (Scotland) Act 2016. It also supports carers right to:

- Access a local information and advice service
- Be included in the hospital discharge of the person they are caring for
- Request and Adult Carer Support Plan (if over the age of 18) or a Young Carer Statement (if under aged 18 or younger)
- Access Support if they have eligible needs
- Be consulted on services for them and the person they are caring for

(c) Financial implications

Annual Carer Act funding is in place to support delivery of the strategy. The actions outlined within the Strategy and Action Plan, including the commissioning of the local information and advice service, require to be delivered within the existing resource envelope and through additional, applied for, funding streams where available.

(d) Risk Implications and Mitigation

The provisions of the Act are considered to contribute to overall risk management across the responsibilities of the health and social care partnership. Demand for support is likely to increase significantly as more people are identified as carers. A local eligibility criteria is in place to determine whether a carer should receive formal support.

(e) Staffing Implications

The strategy will be delivered by the workforce in partnership with unpaid carers, the public, third and independent sectors, and the wider community.

(f) Property

None arising directly from this report.

(g) Equalities/Socio Economic Impact

Carers are more likely to experience inequality of outcome and more likely to be in poor health than people who do not undertake a caring role. The strategy aims to enhance equality of opportunity for all carers. An Equalities Impact Assessment is attached at APPENDIX 1.

(h) Climate Change and Biodiversity Impacts

None arising directly from this report.

(i) Directions

No Direction required.

(j) Consultations

Consultations have taken place with the Carer Representative on the Board, Chief Officer, Interim Chief Financial Officer, Interim Strategy and Planning Lead, Provider Service Manager, the Senior Management Team (SMT) and Tracey Sutherland, Committee Services Officer with comments incorporated regarding their respective areas of responsibility.

6. CONCLUSION

- 6.1 The contribution of unpaid carers of all ages to the health and social care system in Moray must be acknowledged, celebrated and supported.**
- 6.2 Health and Social Care Moray's Carers Strategy 2023-2026 should be launched and reviewed on a regular basis, with updates given to the MIJB on an annual basis to monitor progress.**
- 6.3 The continued involvement of people with lived experience of the caring role will ensure the strategy is fully implemented to meet the needs and**

aspirations of carers in Moray. The Carer Voice Group is vital for the success of embedding the key priorities within the strategy.

Author of Report: Michelle Fleming, Self-Directed Support & Carers Officer

Background Papers:

Ref: