



REPORT TO: MORAY INTEGRATION JOINT BOARD ON 24 NOVEMBER 2022

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

BY: LEAD OFFICER FOR CARERS

1. REASON FOR REPORT

- 1.1. The Carers (Scotland) Act 2016 requires the Moray Integration Joint Board (MIJB) to prepare and review a local carer strategy. The purpose of this report is to present a draft of Health and Social Care Moray Carers Strategy 2023-26 and seek the approval of the Board to consult with stakeholders on the draft strategy.

2. RECOMMENDATION

2.1. It is recommended that the Moray Integration Joint Board:

- i) consider and note the draft all-ages strategy for unpaid carers in Moray (Appendix 1);**
- ii) note the engagement work that has taken place to date (Appendix 2);**
- iii) agree that as the strategy covers young carers, it will be presented to Moray Council's Education, Children's and Leisure Services Committee on 14 December 2022 for comment.**
- iv) agree that the draft strategy is published for consultation in January 2023; and**
- v) instruct the Lead Officer for Carers to present the final version of the strategy at the meeting of the Board on 30 March 2023 for approval prior to it being launched in April 2023.**

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. During the Covid-19 pandemic, the responsibilities of unpaid carers increased considerably. There are more unpaid carers than ever before, and most of those who provided unpaid care before the pandemic are now spending more time on providing care for another person. However, carers tell us they continue to feel invisible, undervalued and unable to rest or have a break.
- 3.3. There is a clear social, human rights and economic case for supporting carers which can be summarised as follows:
- Sustain carer in caring role by having a life alongside caring;
 - Reduce strain and stress on carer;
 - Reduce likelihood of carer health problems and breakdown;
 - Better outcomes for carers and for cared-for persons
 - Reduce costs to statutory services of meeting health needs and replacing care by unpaid carer with paid care.
- 3.4. The Carers (Scotland) Act 2016 came into force on 1 April 2018 and extends and enhances the rights of carers who are defined as someone who provides or intends to provide care for another individual. The aim is to better support carers on a more consistent basis so that they can continue to care, if they so wish, in good health and to have a life alongside caring. In relation to young carers, the intention is similar to that for adult carers but also that young carers should have a childhood similar to their non-carer peers.
- 3.5. Publication of the new National Carers Strategy which will articulate the Scottish Government's overall ambitions for unpaid carers and for carer support is due in November 2022.
- 3.6. The Act also 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.

4. KEY MATTERS RELEVANT TO RECOMMENDATION

- 4.1. A review of the previous Moray strategies for adult and young carers indicated that while many of the priorities have been addressed in part, there was still significant work required to make Moray a place where all adult and young carers are recognised and valued for the contribution they make, are enabled to provide the right support for the people they care for and are supported to balance their caring responsibilities with the other parts of their lives.
- 4.2. To develop the all-ages Moray 2023-26 strategy, a Strategy Development Group was established which includes officers from Health & Social Care Moray, a representative from Quarriers which is the commissioned carer support service, and the carer representative on the Board. Many of the members currently represent Moray on a number of national carer organisations and forums.
- 4.3. The Strategy Development Group reviewed the support currently available in Moray and engaged with carers through focus groups and a questionnaire to identify the areas where there is a need for further development or improvement.

- 4.4. The draft strategy outlines three strategic priorities to be delivered on over the next three years. These are: recognition of carers; valuing carers; supporting carers. 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. Unpaid carers and other stakeholders will be invited to be part of a Carers Strategy Steering Group to monitor delivery of the priorities through the action plan.
- 4.7. The steering group will actively involve carers, carers groups and partners in pieces of work that arise from the action plan so that their lived experience, ideas and input continues to inform ongoing improvement work. This will include the commissioning of the carers support service.

5. SUMMARY OF IMPLICATIONS

(a) Corporate Plan and 10 Year Plan (Local Outcomes Improvement Plan (LOIP)) and Moray Integration Joint Board Strategic Plan “Moray Partners in Care 2019 – 2029”

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 Moray IJB Strategy 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 Moray IJB 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 an 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.

(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, Heads of Service and Corporate Manager, and 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 and celebrated.

6.2 The draft strategy articulates the renewed commitment of the Board and Health & Social Care Moray to full implementation of the Carers Act in order to improve the experiences of unpaid carers and support them to live well and achieve their own wellbeing outcomes.

6.3 It is a result of engagement with unpaid carers and people working in the public and third sectors. 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.

Author of Report: Fiona McPherson, Involvement Officer

Background Papers:

Ref: