

NHS Haringey- Support to Carers

1. Introduction

In 09/10 the PCT received a general uplift of funds provided to PCTs to meet unmet needs. This would encompass services for carers. However, this money was not ring fenced for carers' services, and has gone into the baseline. **No money was specifically allocated to the PCT for carers breaks in 09/10, nor is any planned in 10/11.** Unfortunately, the nature of the NHS funding means that on occasion assertions are made that then do not translate into additional monies but require PCT to prioritise investments against all other calls on spending. Unexpected developments in other parts of the NHS policy have meant that the PCT is facing unforeseen financial pressures in 09/10. These financial difficulties have been shared with the Overview and Scrutiny Committee by NHS Haringey Chief Executive and Director of Finance. This means the PCT cannot guarantee additional funding to carers in 09/10.

However the PCT is very aware of the enormous values that carers provide, and since the beginning of 2009, increased budgets for adult services translating to new services being commissioned or extra capacity for existing services being bought, will indirectly benefit carers and allow them more "time off".

2. Background

The Haringey Adult Carer Strategy 2009-2014 has outlined four main outcomes to be achieved (derived from the 10 year National carer strategy 2008: *Carers at the heart of 21st century families and communities*)

- **Outcome 1:** Carers will be respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role
- **Outcome 2:** Carers will be able to have a life of their own alongside their caring role
- **Outcome 3:** Carers will be supported to stay mentally and physically well and treated with dignity.
- **Outcome 4:** Carers will be supported so that they are not forced into financial hardship by their caring role.

This carers strategy is underpinned by increased investments nationally for commitments including:

- Planned short breaks for carers
- Helping carers to enter or re-enter job market
- Improving support for young carers

Additionally the national carer strategy identifies the need for:

- Annual health checks for carers
- Training for GPs to recognise and support carers

The responsibility for carers does not however solely rely on the PCT. The Operating framework for the NHS in England in 2009/10, in setting priority stipulates that:

"One key requirement is that PCTs should work with their local authority partners and publish joint plans on how their combined funding will support breaks for carers, including short breaks, in a personalised way".

As such, the issue should be addressed by the Haringey Council and NHS Haringey Joint Leadership Team (JLT).

The 2009/10 Investment plan for NHS Haringey suggested allocating £50k for short breaks for carers of disabled patients, and a similar sum in 10/11. However, financial difficulties and

severe pressures has led this allocation to be invested in other prioritised areas. The PCT has yet to finalise the 10/11 budget, but the provisional allocation to carers' breaks demonstrates the PCT's commitment to carers and acknowledges their crucial role.

3. Demographic data on carers within Haringey

According to the 2001 census, 15697 people in Haringey (7.4% of the population) identify themselves as unpaid carers. Out of these, 3232 (20.6%) were providing 50 or more hours care a week, 2098 (13.4%) were providing between 20 and 49 hours of care a week, while 10637 (66%) provided less than 19 hours per week.

Additionally to self reporting, Haringey council keeps a register of carers. As of 31st March 2008, there were 1128 people on Haringey Carers' register, concentrated in the East of the borough.

4. Summary of PCT investments

Area of Investment	Extent of investment
Adults with physical disabilities	Total of > £2m, with an increase of £445k in 09/10. up to 10% will benefit carers
Elderly patients with special needs (including end of life care)	Total of > £2m, with an increase of £593k in 09/10. up to 10% will benefit carers
Mental Health Carers Support Association	£57k
The Carers Centre	£46.5k
Stroke club	£40k
Dementia Day care centre	Currently under discussion

Total investment for carers: up to £ 543k

4.1 Areas of increased investment

Area	Adult with physical disabilities
budget	>£2m
2009/10 increase:	£445k
What the increase in budget has translated to:	<ul style="list-style-type: none"> • New beds and equipment • Additional physiotherapy time • Additional nursing time • Increased quantity of neuro rehab packages • 10-15% increase in number of patients included in the services
How this service benefits carers	<ul style="list-style-type: none"> • Increased level of care means more time freed up for carers to have breaks (outcome 2) • More patients identified by the services means carers for these patients will now have access to carers' services and recognised as carers (outcome 1)

Area	Elderly patients with special needs (including end of life care)
budget	>£2m
2009/10 increase:	£593k
What the increase in budget has translated to:	<ul style="list-style-type: none"> • Increased nursing hours • Increased capacity for palliative care (more packages) • 10-15% increase in number of patients included in the services
How this service benefits carers	<ul style="list-style-type: none"> • Increased level of care means more time freed up for carers to have breaks (outcome 2) • More patients identified by the services means carers for these patients will now have access to carers' services and recognised as carers (outcome 1)

4.2 PCT supported schemes

NHS Haringey continues to support and has increased funding to a wide variety of schemes benefiting carers.

Name	Mental Health Carers Support Association
Extent of PCT contribution	£57k per year
Numbers of carers supported:	Around 300/year
Outcomes met (as outlined by National carer strategy/Haringey carer strategy)	Outcome 1 Outcome 2 Outcome 3
Services provided:	<ul style="list-style-type: none"> ▪ Advocacy – helping negotiate with teams caring for the person with the mental health problem ▪ Helping with carer's rights ▪ Members of various partnership boards including Acute care forum, Supporting people, clinical governance (community care) committee ▪ Provide respite care and counselling service for carers ▪ Peer support ▪ Produce a newsletter ▪ Hold monthly meetings ▪ Tried to introduce training e.g. developing skills in CBT, but the resourcing became difficult ▪ Host a group for carers of in-patients ▪ Will be introducing a befriending service – funding just been approved.

Name	The Carers Centre
Extent of PCT contribution	£39k per year (increased to £46.5k this year). Discussions in place for the PCT to provide free accommodation at Hornsey Central.
Numbers of carers supported:	1000 per year
Outcomes met (as outlined by National carer strategy/Haringey carer strategy)	Outcome 1 Outcome 2 Outcome 3 Outcome 4
Services provided:	<p>Service available to all unpaid carers over the age of 18 years who look after a relative or friend for generally over 20 hours a week.</p> <ul style="list-style-type: none"> • Advocacy • Carer information • Sign posting • Support groups, older carers and learning disabilities, coffee break, • Welfare benefits, advice • Carers assessments • Events • Respite breaks • Case work, involving issues relating to the carer and the cared for such as housing or o/t assessments

Name	Stroke club
Extent of PCT contribution	£40k per year
Outcomes met (as outlined by National carer strategy/Haringey carer strategy)	Outcome 2
Services provided:	<ul style="list-style-type: none"> • The groups meet 40 weeks per year (term-time only) from 12-2pm, transport is provided. • We offer social interaction, a programme of activities and outings, and light refreshments.

Name	Haringey Young Carers Project
Extent of PCT contribution	£31.5k per year
Outcomes met (as outlined by National carer strategy/Haringey carer strategy)	Outcome1 Outcome 2 Outcome 3 Outcome 4 improving services for young carers
Services provided:	<p>Service for children and young people aged 5 to 18 years, whose lives are restricted because of caring for someone with a long-term illness or disability. Services include one to one support, family support, advocacy, therapeutic work, social and recreational respite and a befriending service.</p> <p>There are five full time workers, including a Schools Outreach Worker and six volunteer befrienders who have been screened and trained.</p> <p>The project offers:</p> <ul style="list-style-type: none"> • someone to listen to carers • advice and support • the chance to meet other young carers • trips and activities • people who are trained to act on carers' behalf • help with money • guidance on what to do in an emergency • information about how to cope with illness and disability • the opportunity to discuss needs and available support

5 Additional actions taken by the PCT

<ul style="list-style-type: none"> • PCT has disseminated the carers directory to all GPs
<p>→ <i>complies with need identified by the National Carer Strategy 2008</i></p> <p>→ <i>Fits with outcome 3 of the Haringey Adult carer strategy</i></p>
<ul style="list-style-type: none"> • Primary care outcome (QOF): <i>MGMT9: The practice has a protocol for the identification of carers and a mechanism for the referral of carers for social services assessment</i>
<p>→ <i>46/57 practices in Haringey scored the maximum score for this outcome (80%) In april 2009. This issue was identified by the PCT, and by August 2009, 56/57GP practices had a mechanism in place for referral of carers. The remaining practice is being supported.</i></p>