

Suffolk All Age Carers' Strategy 2022 to 2027



Vision:

Improving the lives of carers and those they care for



About this document



This is an easy read summary of Suffolk All Age Carers' Strategy 2022 – 2027.



We have split this document into sections to make it easier to read.



The words in **blue are ones we think need explaining.**



We have explained what **blue words mean at the end of this document.**

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Introduction



It is likely many of us will be **young carers** or **adult carers** for loved ones at some point in our lives, and this can happen at any time.



A **young carer** is a young person under 18 years old who provides or intends to provide care for another person.



An **adult carer** is an adult over 18 years old who provides or intends to provide care for another adult.



Carers are different to support workers.



Support workers care as a job and are paid a wage to provide care for someone.



Carers do not care as a job and are not paid to provide care for someone.



Carers can get some benefits for caring.



People's lives can be affected by being a carer.



Carers sometimes find themselves -



**Struggling
with money**



**Doing less
work or
stopping
work**



**Having
poorer
health**



**Struggling
at school**



**Struggling
with
relationships**



**Being
lonely**



We know that all carers are different.

Carers may be looking after -



A friend



**A family
member**



A child



A parent



**A brother
or a sister**



A neighbour



Carers may also look after more than one person.



We have been working with carers of all types and ages to make the first **co-produced Suffolk All Age Carers' Strategy.**



Carers tell us that caring can be hard work but also very rewarding.



Carers need to be celebrated for everything they do.



You are important in supporting health and social care.



More than that, you are important.



Your needs also deserve to be looked after.

What will this strategy do?



This **strategy** has been developed in partnership with young carers and adult carers across Suffolk.



We worked with young carers and adult carers to identify these five **priorities**:



1 Early identification of all carers
(Finding out who carers are earlier)



2 Improved information and advice for carers



3 Young carers to have the same priority as adult carers



4 **Systems** and services that work for, and support for all carers



5 Improved health and wellbeing for all carers



This strategy will lead to an **action plan** built around something we call the "place based/locality approach".



This will mean young carers and adult carers will get the right kind of support at the right time, in the right places and in the right way.



The two important **legal frameworks** for carers are:



1

Care Act 2014



2

Children and Families Act 2014

About carers in Suffolk



The number of people living in Suffolk was about 772,553 people in 2022.



There were 77,745 unpaid carers in Suffolk.



This means that over 1 in every 10 people in Suffolk could be carers.



£1.9 Billion

Carers in Suffolk have saved the county about £1.9 billion in 2022.



6 in every 10 carers in Suffolk have been carers for over 5 years.



1 in every 4 carers in Suffolk have been caring for over 20 years or more.



There has been an increasing number of carers saying their health has been affected by their caring role.

Examples are:



Becoming stressed



Becoming ill

Examples of carers in Suffolk



We know that caring looks different depending on the carer.



We've put some examples together below to help people understand what carers do.

Young Carers



My name is Amy, I am 9 years old and live with my Mum who has recently been given a **diagnosis with a long-term health condition.**



There have been some big changes in a short space of time such as thinking about moving home to get my mum the support she needs.

Parent Carers



My name is Amanda I am a parent carer for my 7-year-old son who is Autistic.



I have 3 other children and work part-time.



I have recently accessed further information advice and guidance, activities unlimited, household fund support and food parcels.

Adult Carers



My name is Susan, I care for my partner who has a long-term health condition and cancer.



I am currently concerned about my partner getting Covid-19, so go out earlier in the morning to avoid people.



I link with services to support my partners' needs and my caring role.

Support carers in Suffolk



There are a number of services that help to support carers.



They offer both practical and health and wellbeing advice.



**Peer
Support**



**Support
Groups**



**Information
and advice**



**Family/
friends
network**



Community Groups



Community Activities



Advocacy support



Carers Assessment



Education



Department
for Work &
Pensions

Department for Work & Pensions



Voluntary, Community and Social Enterprise



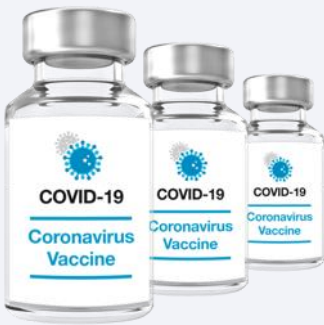
Health services/ hospital/ GP

Five priorities of the strategy



Priority 1: Early identification of carers (Finding out who carers are earlier)

What is working well?



1

Carers were identified for early COVID vaccines.



2

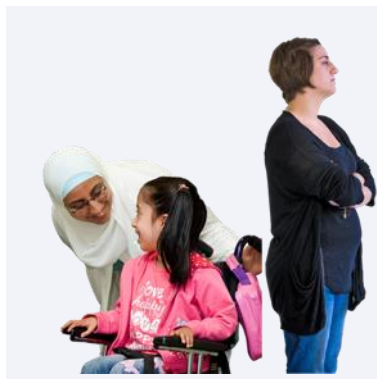
Someone to speak to at school.



3

Hospitals referred carers for carers support.

What are you worried about?



1

Not being seen as a carer, especially if you are a child.



2

Not understanding who a carer is.



3

Not knowing the support available until it's too late.

What needs to happen?



1

We will make sure you do not have to keep telling your story before you are seen as a carer.



2

We will make sure more carers are found earlier by having links with:



Education



Schools



University



**Public
health**



Employers



**Carers
groups**



3

We will encourage people supporting your loved ones to ask if they have a carer.



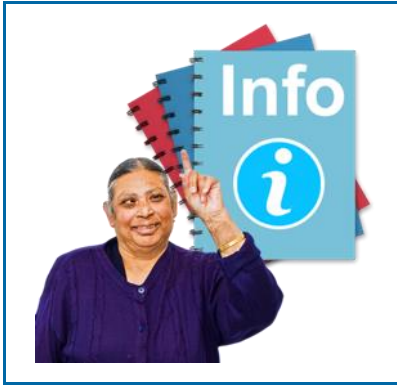
4

We will make guides and training for staff to help identify carers.



5

We will support children and adults to recognise when they are in a caring role and where to find help.



Priority 2: Improved information and advice

What is working well?



1

Young carers said they had someone to talk to out of school.



2

Digital technology can help to find information, such as smart speakers.



3

Clubs, activities, and groups help with providing information.

What are you worried about?



1

Not everyone has the internet.



2

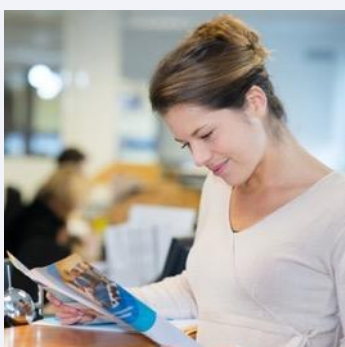
Too many leaflets.



3

**Information not available online
that children and adults access.**

What needs to happen?



1

**We will make sure information
and advice will be available in
lots of places such as family
hubs and GP surgeries.**



2

We will make sure information is:



Clear



Detailed



**Accessible
to all**



3

**We will have better information
online for adults and children.**



4

We will make sure local organisations such as Suffolk County Council are able to identify carers.



They should provide information and advice to meet carers' needs.



5

We will support employers to support carers in employment or carers who want to return to employment.



Priority 3: Young carers to have the same priority as adult carers

What is working well?



1

Clubs in schools.



2

Someone to talk to in schools.



3

Activities to help me get out of the house and feel happier.

What are you worried about?



1

Young carers who are not in school may not be getting the support they need.



2

Worry about attending school.



3

I feel stressed and find it difficult to sleep.

I am helping around the house rather than having fun.

What needs to happen?



1

We will make sure that young carers who are not in school have the same access to support as other young people.



This will include working with young carers finding out what is missing.



2

We will make sure all schools will have a carers champion to support young people who have a caring role.



3

We will have more places for young carers to talk to someone.



This will be a safe place at school or other safe places outside of school.



4

We will find out what is needed to see young carers as children first.



Making sure young carers are not doing too much.



5

We will have ways to support young carers and their families in their **wellbeing and **mental health**.**



So young carers are happier, both in and out of school.



Priority 4: Systems and services that work for carers

What is working well?



1

Having a **professional** to see the bigger picture.



2

Priority as a carer to access important health services.



3

Having one person to contact helps if I need support.

What are you worried about?



1

Services are different depending on where you live.



2

Carers' assessment can be confusing and you may not be sure if you had one.



3

Uncertain when hospital discharge will happen and the support that will be in place.

What needs to happen?



1

We will make sure services that young carers and adult carers should have are available across Suffolk.



We will improve the way organisations work together, including breaks for carers at short notice.



2

Signpost people to find out if they have had a carer's assessment or where to get one.



We will make sure having a carer's assessment is simpler and you are seen as a person and not only seen as a carer.



3

We will make sure information and advice is provided to carers at time of discharge from hospital from all organisations involved.



4

We will support and raise awareness of housing and accommodation needs for you and the ones you care for.



5

We will support you to have a plan in place in the event of an emergency, where you are unable to provide care.



Priority 5: Improved health and wellbeing for carers

What is working well?



1

You feel better after a break.



2

Groups and clubs help you feel better.



3

Someone to listen to you helps.

What are you worried about?



1

You feel stressed and tired, you cannot sleep.



2

You cannot look after someone else properly if you are not looking after yourself.



3

You want your voice to be heard.

What needs to happen?



1

We will celebrate and recognise the efforts of young carers and adult carers -



Carers rights day



Carers week



Young carers action day



Events



2

We will make sure that carers are not only seen as carers.



3

We will make sure healthcare professionals know who carers are.

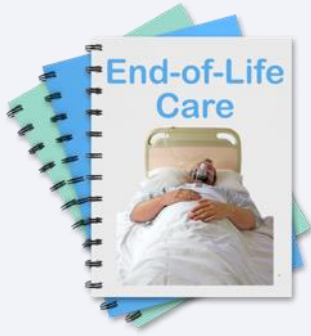


Carers need to be seen as important as they need to be kept fit and healthy to care.



4

We will support you to link with other carers if you want too or have hobbies.



5

We will have support when providing end of life care and after death.

The strategy and making an action plan



The Family Carers Partnership Board will make an action plan based on the five priorities.



Quarterly reports will be made available to the Family Carers Partnership Board regarding the action plan.



The Suffolk Health and Wellbeing Board will be responsible for the strategy and action plan.



6 monthly reports will be made available for Suffolk Health and Wellbeing Board, Alliance members and other working partners.



An annual review of the All Age Carers' Strategy will happen.



Any changes to the strategy and action plan will need to be co-produced.



Carers will have a voice in creating the right support in the right place at the right time.

Useful Contacts



Suffolk Family Carers

Telephone 01473 835477

Or visit

[Suffolk Family Carers | Established Charity
Helping Family Carers](#)



Adult and Community Services/Customer First

Telephone 0808 800 4005

Or visit [Carers assessments | Suffolk
County Council](#)



Activities Unlimited

For parents and carers of children with
SEND

Telephone 01473 260026

Email admin@activities-unlimited.co.uk



Early Help

Customer First on 0808 800 4005.

Or visit [Social Care & Early Help page](#)



Suffolk InfoLink

[Community Directory \(suffolk.gov.uk\)](http://suffolk.gov.uk)



Suffolk Advocacy
— Service —

Advocacy

Telephone 0300 456 2370

Or visit

www.pohwer.net/suffolk-advocacy-service



Dementia Connect Service

Ipswich, East, and West Suffolk

Telephone 0333 150 3456

email dementiaconnect@alzheimers.org.uk



Specialist Integrated Dementia Support Service Norfolk and Waveney

Telephone 01603 763556

email Norfolk@alzheimers.org.uk



Parent Carers

[Parent Carer Needs Assessments |
Community Directory \(suffolk.gov.uk\)](#)

Health and Wellbeing
SUFFOLK

The Suffolk Health and Wellbeing Board

[The Suffolk Health and Wellbeing Board
\(suffolk.gov.uk\)](#)

Blue word glossary



Action plan - a checklist for the steps or tasks you need to complete in order to achieve the goals you have set.



Adult Carer - an adult who provides or intends to provide care for another adult.



Advocacy support - support from another person to help you express your views and wishes, and help you stand up for your rights.



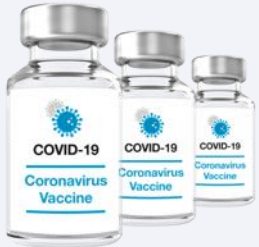
Carers Assessment - an assessment to see what might help make a carer's life easier.



Co-produced - organisations and people working together to create something.



Covid-19 - a virus with symptoms similar to those of flu but more severe and could cause death.



Covid-19 vaccine - something given to help prevent someone getting Covid-19.



Department
for Work &
Pensions

Department for Work & Pensions - responsible for welfare, pensions and child maintenance policy.



Diagnosis - finding out what caused an illness or other problem by examination of the symptoms.



Digital technology - digital devices and resources that help to create, store, and manage data.



Legal frameworks - a set of rules made by the government.



Mental health - affect your mood, thinking and behaviour.



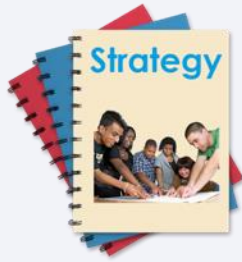
Peer Support - people in similar situations support each other.



Priorities - things that are regarded as more important than others.



Professional – a person being paid to do a certain job.



Strategy - a plan of action to achieve a long-term aim.



Systems - a way of planning services to make sure that health and social care services work together and can meet people's needs at the right time.



Voluntary, Community and Social Enterprise - They are groups that exist for the good of the community. Examples include charities.



Wellbeing - The feeling of being comfortable, healthy, or happy.



Young Carer - a person under 18 who provides or intends to provide care for another person.

If you would like any further information on the work that is happening in Suffolk please look at the Suffolk County Council website.

Support for adult carers:

www.suffolk.gov.uk/care-and-support-for-adults/caring-for-someone/

or

Support for young carers:

www.suffolk.gov.uk/children-families-and-learning/support-for-young-carers-in-suffolk/

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