

# SUFFOLK ALL AGE CARERS' STRATEGY

2022-2027

## Vision:

*Improving the lives of carers and those they care for*



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# FOREWORDS

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I am pleased to be able to write in support of the new strategy which is an important step along the road of improving support and provision for family carers throughout Suffolk. Many of us have been involved in working towards this stage - genuine co-production between those with direct experience of caring, voluntary agencies and the statutory sector.

This is however only the first stage, we now look for widespread adoption of the strategy, and most importantly action to implement it in practice - indeed the true measure of the strategy will be its impact 'improving the lives of carers and those they care for'.

”



**Neil Watts**

Chairman of the  
Family Carers Partnership Board

“

It is good to see this strategy has been written and there are some really important things included for all carers. I think what matters most is that they are put in place and not just words on a piece of paper. Young carers need to be able to get support and help at any time when they need it.

”



**Millie**

(Aged 14)  
Young Family Carer (Ipswich)

# 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 unexpectedly. It may be that you have been a carer and may be a carer again in the future.**

Carers UK estimated **4.5 million** people became carers in 2020 due to the pandemic, finding themselves in positions of financial hardship, reducing or stopping work, deterioration in their health, school pressure, breakdown in relationships or isolation.

In 2020, research from Carers UK indicated that there were 13.6 million unpaid carers in the UK, which it is estimated saved the country in the region of £193 Billion during the COVID-19 pandemic alone. In the 2011 census, 17,194 carers in Suffolk said they provided 50+ hours of care per week. Our previous Carers' Strategy came to an end

in December 2021 and it was clear that our next strategy needed to go further and include carers of all types and ages.

With that in mind, we have been working with carers and other stakeholders to develop the first co-produced Suffolk All Age Carers' Strategy 2022-2027 and accompanying Action Plan that will follow.

Carers tell us that caring can be challenging but also very rewarding, and that carers need to be celebrated. We agree, and we know that all carers are unique - there is no such person as a typical carer. You may be looking after a family member, friend, a child, parent, sibling, neighbour, or a combination of loved ones. You are essential in supporting the health and social care system but more than that: you matter, and your needs also deserve to be met.

With all that in mind, Suffolk's first All Age Carers' Strategy has been co-produced with carers at the very centre of each stage. We hope you can join us on this journey to improve support for carers in Suffolk. We understand that the care you provide to the people you care for is invaluable to them.

## The legal definition for a carer is below:

**Children and Family Act 2014:** 'A person under 18 who provides, or intends to provide, care for another person. The concept of 'care' includes practical or emotional support, and 'another person' means anyone within the same family, be they adult or child'. "Parent carer" means a person aged 18 or over who provides or intends to provide care for a disabled child for whom the person has parental responsibility. **Care Act 2014:** "Carer" means an adult who provides or intends to provide care for another adult (an "adult needing care")



In 2020, research from Carers UK indicated that there were **13.6 million** unpaid carers in the UK, which it is estimated saved the country in the region of **£193 Billion** during the COVID-19 pandemic alone.





## SCOPE

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

Although carers are already represented as members of the Family Carers Partnership Board and the Suffolk Care Fund to develop new services, we understand that there is much more to do, particularly as the cost of living and the pandemic has impacted carers further.

Many carers do not identify themselves as carers for approaching 2 years - they are reluctant to do so; any research, therefore, may be limited by this and a key goal within this strategy is to reduce this timeframe.

“

**This strategy will lead to an action plan built around something we call the “place based/locality approach”: for young carers and adult carers to get the right kind of quality support at the right time, in the right places and in the right way.**

”

The two key legal frameworks for carers are the Care Act 2014 and the Children and Family Act 2014. Further links to the legal and policy framework can be found in the appendix at the end of the strategy.

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

1. Early identification of carers .....
2. Improved information and advice .....
3. Young carers to have the same priority as adult carers .....
4. Systems and services that work for and support all carers .....
5. Improved health and wellbeing for carers

# NATIONAL RESEARCH

**Research by Carers UK estimates that each carer in the UK saves the country an average of **£19,336** each per year. The national savings by carers has been estimated at **£119 Billion** per year in 2011, **£132 Billion** per year in 2015 and **£193 Billion** per year in 2021 during the pandemic: more than the cost of the NHS.**

## Survey of Adult Carers in England 2021:

- Suffolk has the highest percentage of Carers who are caring for more than **100** hours or more per week (**40%**) compared with **36%** Nationally and **37%** in the Eastern region
- **62%** of carers in Suffolk have been carers for over **5** years with **25%** caring for over **20** years or more.

## Carers Trust - Our survey on the impact of Coronavirus on young carers and young adult carers 2020:

- **69%** of both young carers and young adult carers are feeling less connected to others since Coronavirus.
- **7.74%** of young carers and **14.94%** of young adult carers who responded to the survey, said that they are now spending over 90 hours a week caring for a family member or friend.
- **40%** of young carers and **59%** of young adult carers say their mental health is worse since Coronavirus.

## Carers UK state of caring report 2021:

- **61%** felt uncertain about what practical support they may be able to access in the next year.
- **24%** had a carer's assessment or re-assessment in the last 12 months.
- Only **24%** felt that their need to have regular breaks was thoroughly considered within the assessment.
- **30%** said their mental health was bad or very bad.
- **1 in 8** carers (**13%**) had to reduce their working hours during the pandemic.
- **64%** of carers said their physical health has got worse as a result of caring in the pandemic.
- **58%** of young carers who are caring for longer since Coronavirus are spending on average ten hours a week more on their caring responsibilities. Among young adult carers the proportion is even higher at **63.6%**.





# ABOUT SUFFOLK

**Suffolk is a large county covering approximately 1,466 square miles, mainly comprised of low-lying arable land with the wetlands of the Broads in the North East, the Suffolk Coast and Heaths Area of Outstanding Natural Beauty in the East, and the sandy heathlands of Breckland in the North West.**

Suffolk has a mix of vibrant market towns and includes Britain's biggest and busiest seaport in Felixstowe. Being a rural area offers unique challenges and requires us to work together with all sections of the rural community.

From 1st July 2022, Suffolk and North East Essex Integrated Care Board assumed NHS Planning functions previously held by the Clinical Commissioning Groups (CCGs) – West Suffolk, Ipswich and East Suffolk and North East Essex. Waveney has a similar partnership with Norfolk. Suffolk is committed to work together to improve the health and care system for all carers. By working together in an Alliance we can have an impact on wellbeing, care and physical and mental health outcomes for all carers.

**Although the broad County outline of Suffolk remains the same, on 1 April 2019 the geographical boundaries within Suffolk changed. Suffolk now has 5 district and boroughs:**

- Babergh
- East Suffolk (previously Suffolk Coastal and Waveney)
- Ipswich
- Mid Suffolk
- West Suffolk (previously Forest Heath and St Edmundsbury)

In August 2018, there were nearly **8,400** individuals in receipt of carer's allowance in Suffolk, of whom **3 in 4** were female. This represents a small subset (**11%**) of the unpaid carers identified in the 2011 Census (**77,745**).

The state of Suffolk report 2019 found that the population growth since 2011 has been exclusively in older age groups. This is expected to continue, with the number of people aged 65 and over increasing while the proportion aged under 65 falls. Currently, about **1 in 5** people living in Suffolk are aged 65 or over.

Over the next 20 years, this is forecast to change, with **1 in 3** Suffolk residents being aged 65 or over, compared to **1 in 4** for England.

Projections suggest that the number of people aged 65 and over who provide unpaid care in Suffolk will increase between 2019 and 2035, from **25,300** to **33,700** (an increase of **33%**).

# ABOUT CARERS IN SUFFOLK



Largest age band of carers was **55-64** years in the Survey of Adult Carers in England. (SACE) 2021

Whilst there are no clear statistics on LGBT+ carers, the ONS calculates this figure at **1.5%** of the population. (Carers UK 2019)

**8.9%** of the population in Suffolk is not White British, in England this is **20.6%**. (2011 census)

The population of Suffolk was estimated to be **772,553** people in 2022. **77,745** unpaid carers in Suffolk (2011 Census). This means that over **10%** of the population could be carers.

Nationally the estimate of young carers in the UK is **1 in 12**, that equates to an average of **2** children or young people in every classroom across the country.

There have been increases in carers reporting that their health has been affected by their caring role, with **56%** feeling depressed (**2.8%** increase), **53%** feeling short tempered (**2.8%** increase), **67%** reporting general feelings of stress (**2.0%** decrease). (SACE 2021)

**62%** of carers in Suffolk have been carers for over **5** years with **25%** caring for over **20** years or more. (SACE 2021)

Estimated value of carers in Suffolk in 2001 was **£714** million. In 2011 this increased to **£1.385** billion, in 2015 **£1.436** billion and in 2022 **£1.9** billion.

The average age of Sandwich carers - those caring for more than one person was 40-54. (Carers UK)

The youngest carer responding was 21 and there were two respondents aged 94. **29%** of respondents were male and **71%** female. (SACE 2021)

**61%** of young carers identify as female. (Healthwatch 2019)

Suffolk Family Carers now estimate there are **98,000** carers in Suffolk (2022).

**17,194** carers each provided 50+ hours of care per week in Suffolk. (2011 census)

**4,700** young people aged under 25 identified themselves as unpaid carers. (2011 census)

**1 in 7** employees are carers, **1 in 6** carers give up work or reduce their hours to care. (Carers UK)



# EXAMPLES OF CARERS IN SUFFOLK

**We know that caring looks different from carer to carer. We've put some examples together below, not to label you but to help people understand what caring might look like in different circumstances.**



## Young Carers

My name is Amy, I am 9 years old and live with my Mum who has recently been given a diagnosis of MS. There have been some big changes in a short space of time such as thinking about moving home to get mum the support she needs.

## Sibling Carers

My name is Ahmed, I am 11 and live with my brother who has been diagnosed with anxiety, this means my life is quite different to my friends.



## Young Adult Carers

My name is Jordan, I am 17. I care for my mum who has stage 4 cancer. I am struggling emotionally to process this as well as having to assist her with things around the house such as cleaning and tidying. I am trying to keep studying as I know that's what mum wants but it's hard to concentrate.

## Transitions Carers (Moving to adulthood, 14+ years to 24 years)

My name is Julie, I am 17 and care for my mum, I am hoping to go to university.



## 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 parcel.

## Adult Carers

My name is Susan, I care for my partner who has a neurological condition and cancer. I am currently concerned about my partner getting COVID, so tend to go out earlier in the morning to avoid people. I link with services to support my partners' needs and my caring role.

## Sandwich Carers

My name is Sarah, I care for my 25-year-old son who lives in my home and also my mum who is 86 and lives in her home.



## Working Carers

My name is Robert, I work full time and feel at some point I may need to give up work due to the needs of my caring role. I care for my father who is 88 and has dementia, I support him with daily living skills and have Power of Attorney. I also support a neighbour by undertaking shopping and doing DIY jobs. I am waiting for a needs assessment for my father, I have just had a carers assessment.



## Carers over 75

My name is Jane, I am 86 and care for my husband who is 88, I have cared for him for the past 9 years. He has sight loss and dementia. Due to his dementia, he can sometimes be calm and I cope very well, however sometimes he is verbally aggressive to me, which is difficult as he is a different person than he was before having dementia. We live in independent supported accommodation, so I get support when I need to.



## Life after caring/ between caring

My name is June, I cared for my sister Kate for many years. Kate has now moved to a care home; I still visit and help my sister to go into the community or with some shopping and managing money. I have friends whose loved ones have passed away, they don't stop caring though.

# WHAT WAS ACHIEVED PREVIOUSLY

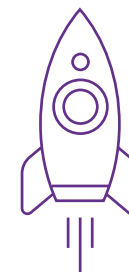
## Key achievements to date



- ✓ Family Carers Partnership Board (FCPB) established.
- ✓ FCPB involved in commission of carers' contract.
- ✓ Suffolk Carers' Fund includes carers in the development of new support applications.
- ✓ Acknowledgement that an All Age Carers' Strategy would benefit carers in Suffolk.
- ✓ Strong Adult Carers and Young Carers contract.
- ✓ Suggested updates to carers website pages.
- ✓ Collectively supported carers during the pandemic.
- ✓ Further development of advocacy support for carers.

## Opportunities within the 2022 - 2027 strategy

- ✓ Further development of support available for all carers.
- ✓ Measurable outcomes with responsibility and accountability for the delivery of the strategy.
- ✓ Increasing visibility and clarity of data.
- ✓ Further opportunities for carers to be involved.
- ✓ Age inclusive strategy for family carers.
- ✓ To create a seamless transition for young carers into adulthood.



# WHAT YOUNG CARERS SAID

**Q.** What has been working well for you?

**A.** Monthly activities, school visit.

**Q.** How do you know this has been working well for you?

**A.** Someone to talk to.

**Q.** When thinking back over the past year, what have been the challenges for you as a young carer?

**A.** It can be hard to know that my mum is going through all of that and I have to help her.

**Q.** When thinking back over the past year, what have been the challenges for you as a young carer?

**A.** Not being able to go back to work.

**Q.** When things weren't going so well what was happening?

**A.** I feel I can't help him. It's not nice for me to see dad in the condition he's in. I feel sorry for him.

**Q.** What do you think needs to happen to support young carers?

**A.** More people to help with my problems and to support my mum.

**Q.** What do you think needs to happen to support young carers?

**A.** More wellbeing and getting together.

**Q.** What do you think needs to happen to support young carers?

**A.** Transport so you can get to more things.

**Q.** How would we know this is happening?

**A.** We would tell you.

**Q.** What would life be like for a young carer?

**A.** Wouldn't feel so lonely.

**Q.** What would you be telling the strategy makers?

**A.** That sometimes we need extra support if we feel overwhelmed as it would help us emotionally.

**Q.** What difference would it make to you?

**A.** Something to look forward to.



# WHAT ADULT CARERS SAID

**Q.** What's been working well for you?

**A.** Having one professional who sees the bigger picture really helps.

**Q.** What's been working well for you?

**A.** Formation of carers groups.

**Q.** What's been working well for you?

**A.** Employer's understanding and practical support made a massive difference.

**Q.** What's been challenging or not working well?

**A.** Having priority for accessing health care as a carer.

**Q.** What's been challenging or not working well?

**A.** Not having the same Social Worker means having to repeat the same information.

**Q.** What happened?

**A.** Finding supported accommodation difficult.

**Q.** What happened?

**A.** Not knowing what to do or who to call in a crisis.

**Q.** What needs to happen going forward?

**A.** GPs to ask who is looking after you.

**Q.** What needs to happen going forward?

**A.** A system put in place to identify carers.

**Q.** What needs to happen going forward?

**A.** Frequent assessments to stop situations escalating and carer breakdown.

**Q.** What needs to happen going forward?

**A.** Breaks for carers.

**Q.** What needs to happen going forward?

**A.** Keep carers top of the agenda as easy for carers to drop off the radar.

# EXISTING SUPPORT FOR CARERS

**There are a number of statutory and community services that help to support carers, offering both practical and health and wellbeing advice.**

Peer Support



Support Groups



Information and Advice



Family/Friends Network



Community Groups



Community Activities



Advocacy Support/  
Assessment



Carers Assessment



Education Environment



Department for Work and Pensions



Voluntary, Community and Social Enterprise



Health/  
Hospital/GP



# PATHWAY TO DEVELOP THIS STRATEGY

- **December 2021** - Family Carers Partnership Board was briefed and All Age Carers' Strategy preferred format agreed.
- **February 2022** - Cabinet member report sent with good news story regarding the All Age Carers' Strategy.
- **February 2022** - Counties outside of Suffolk contacted to learn from experience.
- **February - May 2022** - Online carers focus groups for young carers, adult carers, Voluntary Community and Social Enterprise (VCSE), Adult and Community Services (ACS), Children and Young People's Services (CYP) and Clinical Commissioning Groups (CCGs).
- **February - May 2022** - Adult carers and young carers groups contacted and visited.
- **March/April 2022** - Suffolk County Council Adult and Community Services and Children and Young Peoples Management Teams briefed and agreement to continue All Age Carers' Strategy.
- **March 2022** - Radio and news articles presented by councillor regarding All Age Carers' Strategy.
- **March 2022** - Health and Wellbeing Programme Office Meeting.
- **May 2022** - West Suffolk Alliance.
- **May 2022** - Health and Wellbeing VCSE network.
- **May 2022** - Briefing with SCC councillor.
- **May 2022** - Follow up co-production meeting with carers, VCSE, CYP, ACS, CCGs to comment on draft strategy before consultation.
- **June 2022** - Sign off of draft strategy, surveys by CYP, ACS, CCG's for consultation.
- **June 2022** - East Suffolk Alliance
- **June - August 2022** - Formal Consultation, online survey, postal survey, telephone follow up.
- **July 2022** - Health and Wellbeing Board (HWBB) agree adult carer and young carer champion on the HWBB.
- **August 2022** - Make any changes required following consultation.
- **September 2022** - Sign off All Age Carers' Strategy 2022-2027 by FCPB, Co-production focus groups, ACS, CYP and HWBB.
- **November 2022** - Planned launch of All Age Carers' Strategy 2022-2027.
- **October/November 2022** - Initial co-produced Action Plan development starts.
- **2022-2027** - Annual review of strategy; Monitor, embed and review action plan using co-production throughout.





# DEVELOPMENT OF PRIORITIES



**Between February 2022 and May 2022, 54 Young Carers and 28 Adult Carers were involved in the development of this strategy. More carers will be contacted in the future through groups, surveys and further co-production. Three key questions were asked during the development of the strategy using a 'Signs of Safety' approach:**

- What is working well?
- What are you worried about?
- What needs to happen?



*Focus groups were initially set up, but carers reported that they would find it difficult to attend additional groups, preferring instead to give input via their existing groups.*

It was recognised that carers of all ages must have a voice in the development of the strategy and action plan.

An Equality Impact Assessment was completed and published in March 2022, designed to ensure that a policy or service does not discriminate against any disadvantaged or vulnerable people and that, as far as possible, any negative consequences are eliminated or mitigated.

From the data gathered and working with the consultation team, carers voices were heard and the priorities developed. The consultation ran for 8 weeks, from 20th June 2022 – 15th August 2022. 135 carers responded to the consultation, (76) via postal surveys (of 167 sent) and (43) via online surveys. 16 responses were also received from families of young carers under 18 via carers groups, not directly through consultation surveys. This was the same preferred response method pre consultation by young carers.

The Action plan that will follow will be where these priorities will see change and make a difference for all carers across Suffolk.

Although there is not space to list everyone we have spoken to, a list is provided in the appendix.

In the next section you will find the five priorities that were co-produced with carers, these priorities are numbered for ease of reference, not in order of priority.

# PRIORITY 1

## Early identification of carers



### What is working well?

- Carers were identified for early COVID vaccines.
- Someone to speak to at school.
- Hospitals referred carers for on-site carers support.



### What are you worried about?

- Not being seen as a carer or recognising you are a carer, especially if you are a child.
- Not understanding who a carer is.
- Not knowing the support available until crisis.



### What needs to happen?

**WE WILL**

- Identify gaps in systems so you do not have to keep telling your story before you are recognised as a carer.
- Develop links with education, schools, university, public health, employers, marginalised carers groups and other partners to ensure more carers are identified earlier.
- Encourage people supporting your loved ones to ask if they have a carer.
- Develop resources and training for staff to help identify carers as well as you in your other roles as a child, parent, sibling, friend etc.
- Support children and adults to recognise when they are in a caring role and where to seek help.

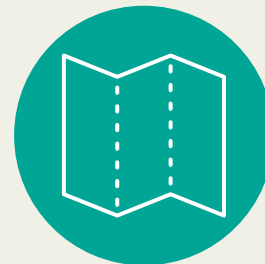
## PRIORITY 2

## Improved information and advice



### What is working well?

- Young carers said they had someone to talk to out of school.
- Digital technology can help to find information, such as smart speakers.
- Clubs, activities and groups help with providing information.



### What are you worried about?

- Not everyone has the internet.
- Too many leaflets.
- Information not available on the digital channels that children and adults access.



### What needs to happen?

**WE WILL**

- Ensure information and advice will be made accessible at multiple points of contact, for example, family hubs and GP surgeries, without having too many leaflets.
- Ensure information is clear, comprehensive (including financial advice and support) and accessible to all.
- Reduce the difficulty that carers report they have accessing information from statutory services, including Suffolk County Council and the National Health Service, by enhancing accessible digital information and advice which is age specific for children and adults.
- Ensure statutory, voluntary and community organisations locally are able to identify carers and provide appropriate information and advice to meet their individual needs.
- Support Employers for carers to support carers in employment or who want to return to employment.



## PRIORITY 3

# Young carers to have the same priority as adult carers



- Clubs in schools.
- Someone to talk to in school.
- Activities to help me get out of the house and feel happier.

**What is working well?**



- Young carers who are not in school may not be getting the support they need.
- Worry about school attendance.
- I feel stressed and find it difficult to sleep, helping around the house rather than having fun.

**What are you worried about?**



**What needs to happen?**

**WE WILL**

- Ensure that young carers who are not in school have the same access to support as their peers. This will include understanding where the gaps are for advice and guidance, local clubs, carers groups, breaks and transport specific to you, and that this is co-produced with you as this is different to adults.
- Ensure all schools will ideally identify a carers champion to support attendance for those young people who have a caring role.
- Develop more places for you to access someone to talk to, whether this be a safe place at school or other safe places outside of school.
- Identify gaps and determine what is needed to see you as children first, that your caring role is appropriate and then through transition to adulthood as a carer.
- Develop systems to support you and your families in your wellbeing and mental health so you are happier, both in and out of school.

## PRIORITY 4

## Systems and services that work for carers



### What is working well?

- Having one professional to see the bigger picture.
- Priority as a carer to access key health services.
- Having one contact helps.



### What are you worried about?

- Inconsistency of services depending on where you live.
- It is confusing and not sure if you had a carers assessment, so many people visit.
- Uncertain when hospital discharge will happen and the support that will be in place.



### What needs to happen?

**WE WILL**

- Develop the core offer that young and adult carers should have available across Suffolk, improving the way organisations work together, more joined-up support, including breaks for carers at short notice.
- Signpost people to identify if they have had a carers assessment or where to get one. Simplify the carer's assessment process and ensure you are seen as an individual and not only a carer or an extension of the person you care for, with regular checks, preferably from the same person.
- Ensure timely information and advice is provided to carers at time of discharge from hospital from all organisations involved. Ensuring that children are included in this information.
- Support and raise awareness of housing and accommodation needs for you and the ones you care for.
- Support you to have a plan in place in the event of an emergency where you are unable to provide care.

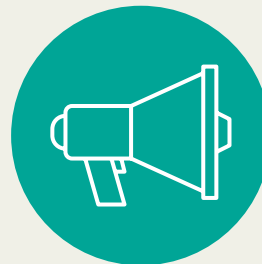
## PRIORITY 5

## Improved health and wellbeing for carers



- You feel better after a break.
- Groups and clubs help you feel better.
- Someone to listen to you helps.

**What is  
working well?**



- You feel stressed and tired, you cannot sleep.
- You cannot look after someone else properly if you are not looking after yourself.
- You want your voice to be heard.

**What are you  
worried about?**



**What needs  
to happen?**

**WE WILL**

- Celebrate and recognise the efforts of young carers and adult carers through carers rights day, carers week, young carers action day and key events.
- Ensure that carers are not only seen as carers – to encourage others to remember that you have other identities as a relative/family member/friend etc of the person you care for.
- Develop systems to encourage healthcare professionals to recognise and identify carers (eg doctors, dentists). To encourage that they give priority to carers as they need to be kept fit and healthy to do their role. For example, GP's to ask 'Who is looking after you?'
- Reduce the risk of loneliness and isolation that may be caused by your caring role, supporting you to link with other carers if you want to or develop/continue your hobbies.
- Develop support when providing end of life care and after death.



# IMPLEMENTATION OF STRATEGY AND DEVELOPMENT OF ACTION PLAN

**The Family Carers Partnership Board (FCPB) comprises representatives of Adult and Community Services, Children and Young Peoples Services, Clinical Commissioning Groups which changed to Integrated Care Boards on 1st July 2022, Voluntary Community and Social Enterprise and carers themselves. The FCPB will, over the next five years, develop and implement an action plan based on the five priorities.**

## **Governance and monitoring**

The FCPB will oversee the day-to-day delivery of the All Age Carers' Strategy and action plan that will follow.

The Suffolk Health and Wellbeing Board (HWBB) will have overall accountability and responsibility for the strategy and action plan with the FCPB providing 6 monthly updates. The HWBB will also have a young carer and adult carer champion on the board.

- Quarterly reports will be made available to the FCPB regarding the action plan.
- 6 monthly reports will be made available for the HWBB, Alliance members and other working partners.
- Annual review of the All Age Carers' Strategy and any changes due to policy or legislation will be made as required following a co-production approach.

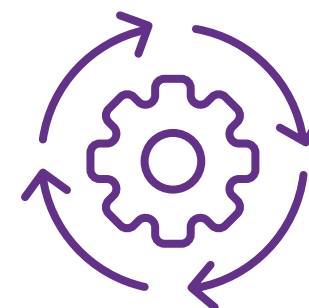
The action plan will be monitored, embedded and reviewed so it does not become a strategy and action plan only at the time of publication or one that sits on a shelf, continuing with a co-production approach.

The plan will be developed using the vision 'Improving the lives of carers and those they care for' and the S.M.A.R.T.E.R. model: Specific. Measurable. Achievable. Relevant. Time bound. Evaluate. Readjust.

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

If market engagement is required, carers will be a part of this to support any decisions made.

Any changes to the strategy and action plan will also need to be signed off at the appropriate level within CYP and ACS.



# APPENDICES

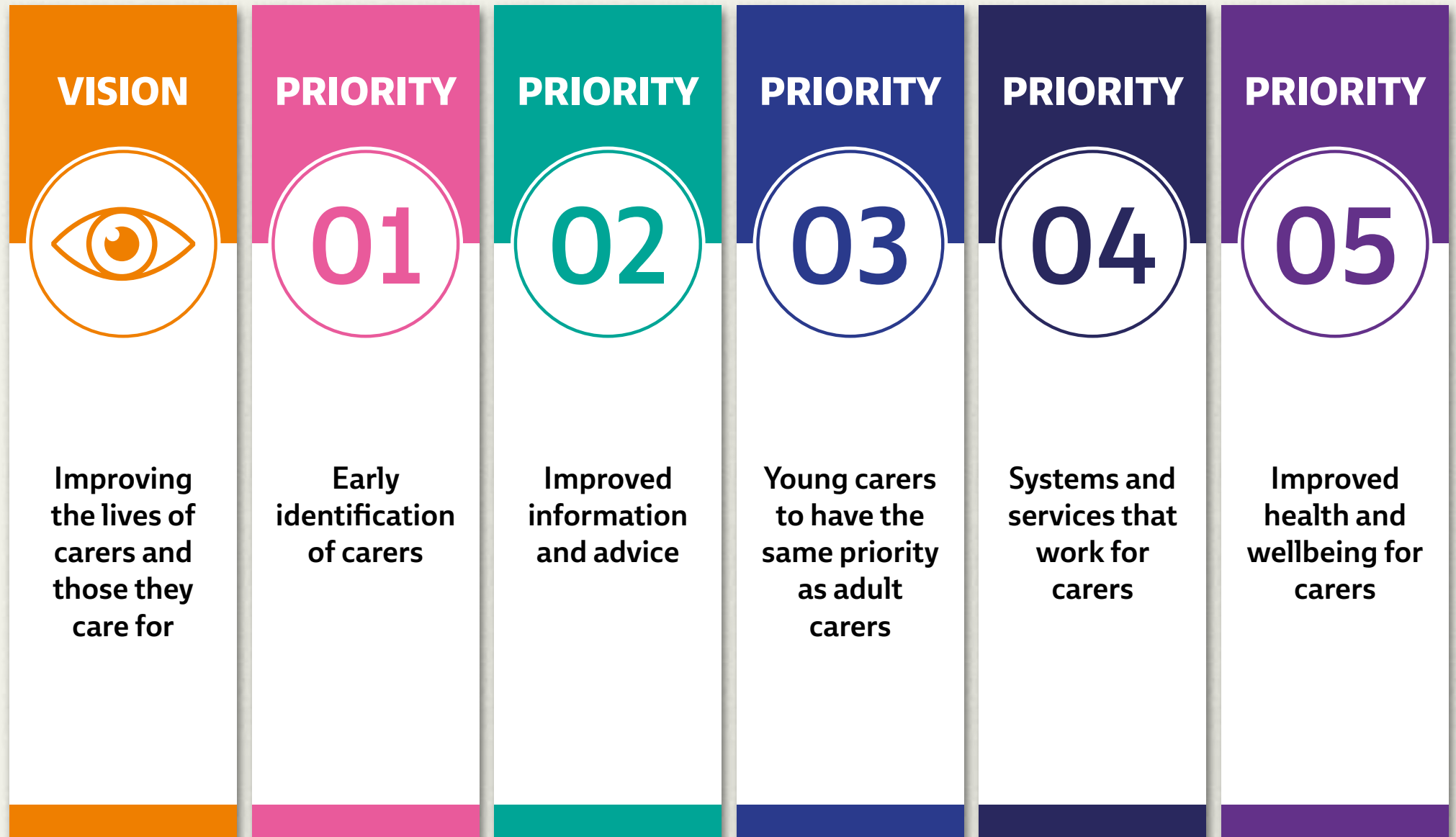
## Thank you to the people who helped to co-produce the All Age Carers' Strategy.

Young Carers, Sibling Carers, Parent Carers, Adult Carers, Carers supporting those with Mental health, Carers supporting those with Learning disability and autism, Carers supporting those with Dementia, Carers transitioning to adulthood, Carers who completed the SACE survey.

- Waveney, Ipswich/East, West areas of the council
- Waveney, Ipswich/East, West Clinical Commissioning Groups (From 1st July 2022 became Integrated Care Boards)
- Family Carers Partnership Board
- National Health Service
- Public Health
- District council
- Healthwatch
- Voluntary Community and Social Enterprise
- Health and Wellbeing Voluntary Community and Social Enterprise Network
- Training, education, employment
- Health and Wellbeing Programme Office
- Safeguarding
- Drug and alcohol support
- Housing
- Suffolk Family Carers
- Transition to adults team
- Supporting carers who are victims of crime
- Cambridgeshire County Council, Cheshire West and Cheshire County Council, Central Bedfordshire County Council, Buckinghamshire County Council, Essex County Council, Suffolk County Council, Norfolk County Council
- Councillors

Although there is not space to list everyone involved, we appreciate everyone's input. We are extremely grateful for the time, effort, and input as well as feedback during the development and look forward to continuing to work together in the future to support carers in Suffolk.

# **The co-produced Suffolk All Age Carers' Strategy 2022-2027 has five priorities**



### **Suffolk Family Carers**

**Visit:**

Suffolk Family Carers |  
Established Charity  
Helping Family Carers

**or call 01473 835477**

### **Adult and Community Services/Customer First**

**Visit:**

Carers assessments |  
Suffolk County Council

**or call 0808 800 4005**

### **Children and Young Peoples services/ Activities Unlimited**

**Activities Unlimited for  
parents and carers of  
children with SEND**

**Visit:**

[www.access-unlimited.co.uk](http://www.access-unlimited.co.uk)

**or call 01473 260026**

### **Early Help Customer First**

**Visit:**

Social Care & Early Help  
page

**or call 0808 800 4005**

### **Suffolk InfoLink, your community directory**

**Visit:**

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

### **Advocacy**

**Visit:**

[www.pohwer.net/suffolk-advocacy-service](http://www.pohwer.net/suffolk-advocacy-service)

**or call 0300 456 2370**

### **Dementia Connect Service Ipswich, East, and West Suffolk**

**Email:**

[dementiaconnect@alzheimers.org.uk](mailto:dementiaconnect@alzheimers.org.uk)

**or call 0333 150 3456**

### **Specialist Integrated Dementia Support Service Norfolk and Waveney**

**Email:** [Norfolk@alzheimers.org.uk](mailto:Norfolk@alzheimers.org.uk)

**or call 01603 763556**

### **Parent Carers/ Customer First**

**Visit:**

[www.infolink.suffolk.gov.uk](http://www.infolink.suffolk.gov.uk)

**or call 0808 800 4005**



# LEGAL AND POLICY FRAMEWORK

- **NHS England (2019)**  
NHS Long Term Plan
- **NHS England (2014)**  
NHS England » Commitment to carers
- **NICE (2020)**  
Overview | Supporting adult carers | Guidance | NICE
- **Carers UK (2019)**  
Juggling work and unpaid care - Carers UK
- **Carers UK (2021)**  
State of Caring 2021 report - Carers UK
- **NHS Digital (2021/22)**  
Personal Social Services Survey of Adult Carers in England  
- NHS Digital
- **NHS England and NHS Improvement (2019)**  
NHS England » Supporting carers in general practice:  
a framework of quality markers
- **Department of Health and Social Care (2018)**  
Carers action plan 2018 to 2020 - GOV.UK ([www.gov.uk](http://www.gov.uk))
- **Local Government Association (2018)**  
Supporting carers: guidance and case studies | Local Government  
Association
- **NHS England (2016)**  
NHS England » An integrated approach to identifying and  
assessing Carer health and wellbeing
- **NHS England (2014)**  
NHS commissioning » Commissioning for carers ([england.nhs.uk](http://england.nhs.uk))
- **Care Act 2014**  
Care Act 2014 ([legislation.gov.uk](http://legislation.gov.uk))
- **Children and Families Act 2014**  
Children and Families Act 2014 ([legislation.gov.uk](http://legislation.gov.uk))
- **Work and Families Act**  
Work and Families Act 2006 ([legislation.gov.uk](http://legislation.gov.uk))
- **Association of Directors of Adult Social Services (2022)**  
Carers and safeguarding: a briefing for people who work with  
carers | Local Government Association
- **The Suffolk Observatory**  
Suffolk Observatory – Welcome to the Suffolk Observatory
- **Young Carers in Suffolk 2019**  
Young-Carers-in-Suffolk-Healthwatch-final.pdf  
([suffolkfamilycarers.org](http://suffolkfamilycarers.org))
- **Joint Health and Wellbeing Board**  
**STRATEGY REFRESH 2019-2022**  
JHWS-2019-2022.pdf ([suffolk.gov.uk](http://suffolk.gov.uk))
- **Social Care Institute for Excellence (SCIE)**  
Quick guide: Supporting people who provide unpaid care for  
adults with health or social care needs | SCIE
- **Carers Trust**  
What We Do - Impact of Covid-19 Young Carers | Carers Trust
- **Suffolk County Council**  
Caring for someone | Suffolk County Council
- **Suffolk County Council**  
Special educational needs and disabilities (SEND) and the Local  
Offer | Suffolk County Council
- **Health and Care Act 2022**  
Health and Care Act 2022 ([legislation.gov.uk](http://legislation.gov.uk))







Thank you  
for reading our  
document.