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## Carers and the Care Act 2014

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A carer is someone of any age who provides unpaid support to family or to someone who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

(Carers Trust)

## Tower Hamlets JSNA Summary (2014)

- Life expectancy in Tower Hamlets remains lower than rest of country but continues to improve.
- Life expectancy is:
  - 76.7 years compared to 78.9 years nationally for males (2009-11)
  - 81.9 years compared to 82.9 years nationally for females (2009-11)

### Long-term limiting illness

- 56% of 65-84 year olds report long term limiting illness compared to 48% nationally
- 80% of 65+ have at least one chronic condition of which 35% have at least 3 'comorbid' conditions
- A larger proportion of 65+ used social services in 2009/10 compared to London (20% compared to 15%)
- Stroke is predominantly a condition of older age and Tower Hamlets has the second highest stroke mortality in London
- Older people account for 70% of strokes and 90% of caseloads of community heart failure services in the borough
- The age-standardised prevalence of COPD shows that Tower Hamlets has a higher burden of COPD than nationally. Mortality from COPD is also significantly higher than the London and England average

**The Plan for Carers** for the three years 2012 to 2015 set out how the Council and Tower Hamlets Clinical Commissioning Group working in partnership with the Third Sector, will meet the needs of carers in Tower Hamlets. The Plan set out the financial context in which we work, our priorities, and how this Plan was to be delivered over the three year period.

The Plan introduced a number of changes summarised as:

- improving information ,advice and advocacy for carers
- introducing carers budgets to give carers more choice and flexibility
- supporting carers to stay healthy
- Reviewing the balance between block contracts for carer services and with carers personal budgets

This Plan is underpinned by the following principles:

- Carers will be valued as being fundamental to strong families and stable communities
- Support will be tailored to meet individual needs, enabling carers to maintain a balance between their caring responsibilities and a life outside, while enabling the person they support to be a full and equal citizen
- Enable carers to design and direct their own support, have access to direct payments and be engaged in the support plan of the person they care for and the assessment where appropriate
- Wherever possible, establish whole family approaches that ensure there is integrated support planning that benefits everyone involved
- Fully recognise the differing social and emotional impacts of providing support to another person, and
- A range of support options and opportunities to match the diverse needs of carers (including those who do not choose to identify themselves as carers) and the outcomes they wish to achieve in their lives.

## Purpose of the Care Act 2014

The Care Act provides the Council with a statutory obligation to provide support for all carers. It

- Combines over 40 separate pieces of legislation
- Emphasises wellbeing and independence
- Puts people's needs, goals, aspirations and outcomes at the centre of care and support
- Supports people to make their own decisions and realise their potential
- Improves working relationships with health providers

## What Does it Mean For Carers?

- Puts carers on the same footing as those they care for, by placing a duty for local authorities to undertake a 'carer's assessment'
- New assessment criteria that is clear and fair
- Creates a new focus on preventing and delaying needs for care and support, rather than only intervening at crisis point
- Improving advice, information and advocacy
- Personalised support plans and personal budgets ensuring a range of high quality services
- Cap on care costs

## According to the 2011 Census:

In terms of residents providing unpaid care:

- 19,311 of the population of 254,100, identify as providing unpaid care (7.6% of the population compared with 10.3% for England and Wales and 8.4% in London)

This can be broken down as:

- 4.3% provide 1- 19 hours per week,
- 1.4% provide 20-49 hours per week and
- 1.9% 50 hours or more per week.

For all three ranges, this is below that for England and Wales (6.5%, 1.4% and 2.4%) as well as London (5.3%, 1.3% and 1.8%).

## Who is a carer?

Clause 10 (3) of the Care Act defines a carer as:  
“an adult who provides or intends to provide care  
for another adults (“adult needing care”)

## What have we got for Carers in Tower Hamlets now?

### **Carers Hub, Tower Hamlets Carers Centre**

- Information, advice, advocacy, signposting and referrals on a range of issues including benefits, housing and financial advice
- Carers Assessment and assessments for one off direct payments
- Case work
- Carers forums
- Events for carers

### **Dementia Carers Support Service, Alzheimer’s Society Tower Hamlets**

- Information, advice, signposting and referrals for carers caring for people with dementia
- Dementia specific training for carers
- Carers annual event
- Range of other services for cared for person and carer including Dementia Café

#### **Somali Carers Support Service, Black Women's Health and Family Support**

- Information, advice, signposting and referrals for Somali carers
- Somali Carers Group Support
- Health and social events for Somali carers

#### **Bangladeshi Women Carers Support Service , Usha Mohila Somity (Dawn Women's Group)**

- Information, signposting & referrals for Bangladeshi women carers
- Bangladeshi women carers group support
- Social and health events for women carers

#### **Carers retreat and breathing space, London Buddhist Centre**

- Information & signposting for carers
- Breathing Space Group Support for carers
- 2 x carers retreat each year

#### **Mental Health Carers Support, Rethink**

- Casework support: assessment, support plan, advice, emotional, practical, and advocacy support, peer support
- Support groups and activities
- Training
- Input to planning and strategy
- Signposting – with specialist knowledge of mental health services

#### **Carers Short Break, Age UK**

- Home based short breaks for carers
- Take cared for person out

#### **Carers Short Break, Apasenth**

- Home based short break for carers
- Take cared for person out
- Saturday female day service
- Residential for carers

#### **Carers Short Break, St Hilda's**

- Home based short break for carers
- Attendance at day centre for cared for person
- Take cared for person out

#### **Carers Short Break, Stepney Jewish Centre**

- Home based short break
- Attendance at day centre for cared for person
- Take cared for person out

#### **Carers Short Break, TLC**

- Home based short break
- Emergency break for carers for 72 hours

#### **Carers Health Check, LBTH**

- Health check and action plan to address health and wellbeing issues
- Access Carers Direct Payments
- Information and signposting to other services

### **For more information:**

- Department of Health factsheet 8: The Care Act – the law for carers

[www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/366089/Factsheet\\_8\\_-\\_Carers.pdf](http://www.gov.uk/government/uploads/system/uploads/attachment_data/file/366089/Factsheet_8_-_Carers.pdf)

- The Carers Centre Tower Hamlets

[www.carerscentretowerhamlets.org.uk](http://www.carerscentretowerhamlets.org.uk)

- Carers UK

[www.carersuk.org](http://www.carersuk.org)

- The Carers Trust

[www.carers.org](http://www.carers.org)