

Bristol All age Carers' Strategic Priorities (2021-2025)

Priority 1

Early identification, recognition, respecting and valuing of children, young people and adults who are in caring roles.

Priority 2:

Proactive assessment or understanding of the needs of children, young people and adults who are in caring roles. Their own needs for a life outside caring are fully understood, which includes cultural needs, education, employment, health, social and care needs.

Priority 3:

All carers in Bristol can access the most appropriate information, advice and support at the time they need it, for themselves and the person they care for.

Priority 4:

All children, young people and adults who are in caring roles have opportunities to influence policy making, service planning and current services, through a strong independent voice.

(Definitions of carers are at the end of this document, page 4)

Adult Carers' 'I statements' that will inform the Adult Carers' action plan

Priority 1:

- ❖ I am recognised and understood as a carer (whatever my age).
- ❖ I am respected as an equal partner in care for the person I care for and I am actively asked for my expert opinions, which are valued and form the basis of plans and processes.
- ❖ I am confident that the organisations I am in contact with understand the issues I am facing as a carer and support me as needed. These organisations include:
 - Health services (including doctors' surgeries, hospitals and nurse appointments).
 - Education services / schools
 - Social Care
 - Employment
 - Housing
 - Statutory & voluntary agencies
- ❖ I am identified and recognised within the health and social care system (e.g. GPs), and signposted to information or services where relevant.

Priority 2:

- ❖ I have the right to appropriate support. I will be able to access this easily when I need it. Statutory agencies will reach out to me. This may include an assessment if I am an adult carer.
- ❖ I am involved in decisions relating to the person I care for. Organisations actively ask me for my view / opinion.
- ❖ I am respected and can have a say on how the person I care for is supported; and this is written into plans and processes.
- ❖ The increased level of pressure on me during the Covid-19 pandemic is recognised by services.
- ❖ I am supported to plan for regular breaks from caring; and to plan for emergency situations. I can access this support when I need it.

- ❖ I am supported in times of change. This includes young people's transition into adulthood; parent carers; increased need for care in the cared for person's own home; the cared-for person moving to residential / nursing care; end of life care; bereavement.
- ❖ I have choice in relation to my caring role. No assumptions made that I will be able to continue my caring role in the future.
- ❖ All Health and Care Professionals will treat me as an equal partner in understanding the needs of the person I care for. I will be actively asked and involved in all care planning and my knowledge is valued and forms the basis of care planning.
- ❖ Mental health professionals will treat me (including if I am a young adult carer) as an equal partner in understanding the needs of the cared-for person and will involve me in care planning.

Priority 3:

- ❖ I have the right to appropriate support. I will be able to access this easily when I need it. Statutory agencies will reach out to me. This may include a culturally appropriate assessment if I am an adult carer.
- ❖ I am supported to manage my own health and wellbeing (physical and mental wellbeing). This enables me to achieve a sustainable balance between my caring responsibilities and my life outside caring.
- ❖ Information, advice and guidance covering all aspects of caring (including financial advice) are available to me.
- ❖ I am able to access the support and information I require in a way that is appropriate to my specific needs; with regard for my race, age, gender, disability, religious belief (and all Protected Characteristics*).
- ❖ Short breaks and other services (e.g. leisure activities) will be made available to me to ensure I can access breaks from my caring role.

** The Protected Characteristics as defined in the Equalities Act are: age, gender; race; disability; religious belief; sexuality; pregnancy and maternity; gender reassignment; marriage and civil partnership.*

Priority 4:

- ❖ I have opportunities to voice my opinions, views and needs on services and policies which affect me.
- ❖ I have choice in relation to my caring role. No assumptions made that I will be able to continue my caring role in the future.

Definitions

Carer

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.

Bristol Black Carers definition for a carer (from the carers):

A carer is a person who takes on the role of assisting another person in carrying out activities, providing support both emotionally and physically because this person has a medical, physical or mental condition.

Young Carer

The Children and Families Act (2014) and the Care Act (2014) are the two main pieces of legislation which provide us with a definition of a young carer:

A young carer is a person under 18 who provides or intends to provide care for another person (unless under a contract or as voluntary work).

A young carer may care for a family member or friend with an illness or disability, mental health condition or an addiction.

Young Adult Carer

The Care Act directs Local Authorities to ensure they consider the support needs of young carers as they approach 18 and to assess if it is likely that caring needs will remain after the child becomes an adult.

For the purposes of this strategy, the definition for young carers who are reaching important transition stages in their life and requiring a transition needs assessment, are called 'young adult carers' who will typically be aged between 14 and 25.

We recognise that we all grow and develop at different rates. Every family will have their own circumstances and professionals working with families will assess and identify if the young carer is at a stage in their life where a young carers transition assessment is required.

Parent Carer

A person aged 18 or over who provides or intends to provide care for a disabled child for whom the person has parental responsibility.

All of these carers are meant when the term 'carer' is used.