

## Policy Committee Decision Report

<b>Title of Report:</b>	<b>Update on Carers Delivery Plan 2022-2025</b>
<b>Date of Decision:</b>	11 December 2024
<b>Report To:</b>	Adult Health and Social Care Policy Committee
<b>Report Of:</b>	Alexis Chappell, Strategic Director of Adult Care & Wellbeing
<b>Report Author:</b>	Mary Gardner, Strategic Commissioning Manager Lee Teasdale Smith, Commissioning Officer

### Executive Summary:

This report provides an update to the Adult Health and Social Care Committee on progress of our multi-agency Carers Delivery Plan 2022-2025.

The Delivery Plan supports the 'Young Carer, Parent and Adult Carer Strategy' and 'Living the life you want to live,' the Adult Social Care Strategy 2022 to 2030. The update provides highlights progress made, reaffirms our commitment to unpaid carers and outlines future actions. It also highlights challenges with funding and seeks support to identify further funding opportunities.

The aim is to identify more carers and provide personalised support, so carers feel recognised, valued and supported.



**Council Plan outcomes:** [List the relevant outcomes as set out in section 3]

[A place where all children belong, and all young people can build a successful future](#)

[Great neighbourhoods that people are happy to call home](#)

[People live in caring, engaged communities that value diversity and support wellbeing](#)

**Policy Committee remit:**

*Include the following:* “This report is to be considered by the Adult Health and Social Care Policy Committee as its remit includes adult social care: [Part 3C - 3.3 Matters Delegated to Committees May 2024.pdf \(sheffield.gov.uk\)](#)”

**Does the report contain confidential or exempt information? No**

**Recommendations:**

The Adult Health and social Care Policy Committee is recommended to:

1. Note the positive progress made on the Carers Delivery Plan 2022-2025.
2. Reaffirm our commitment to people who are unpaid carers across the city, so they feel recognised, valued and supported.
3. Acknowledge actions (that have not yet been completed) that will drive positive change for carers.
4. Committee is asked to recognise and request that city partners support and work in partnership to contribute to and generate income to further support and value unpaid carers across the city.

**Financial Implications:** Yes Approved by: Kay Simpson 26.11.24

**Legal Implications:** Yes Approved by: Patrick Chisholm 25.11.24

**Equality and Inclusion Implications:** Yes Approved by: Ed Sexton  
Full Equalities Impact Assessment completed with EIA number: 2643

**Climate Change Implications:** [Yes/No] [Approved by: Sustainability Officer name]

**Background Papers:** [Young Carer, Parent & Adult Carer Strategy](#)

**Appendices:** Appendix 1: Carers Delivery Plan 2022-25

## 1. Background to the issue

There are approximately 60,000 carers in Sheffield (1 in 10 of us) with around 7,000 being young carers. The caring population is not static; in Sheffield about 20,000 people start or stop caring each year. NHS England says it takes on average two years for someone to realise they are a carer. Academics have calculated that carers save the economy £184 billion per year, the equivalent to spend on the NHS.

A carer is someone, of any age, who looks after a person (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. The care they give is unpaid.

Evidence states that caring is a social determinant of health, i.e. a non-medical factor that influences health outcomes. It is therefore vital for education, health and social care systems to support carers.

The Carers Delivery Plan 2022-2025 was approved at the Adult Health and Social Care Committee on 19 December 2023. It was developed following consultation with carers and partners, who agreed that the *Young Carer, Parent and Adult Carer Strategy* remained relevant however what was needed was a multi-agency Delivery Plan to ensure the strategy was purposeful and delivered on its 'Carer Principles', which were for carers to:

- Access at the right time, the right type of information and advice for them, their family and the person they care for.
- Understand their rights and have access to an assessment.
- Have a voice for themselves and the person they care for.
- Have regular and sufficient breaks.
- Continue to learn and develop, train or work (if they wish to).
- Look after their own health.

*“Carers need all kinds of different support from lots of different agencies, including health services. The health services and social services should know about and look after carers, as well as the person who has the care.”*

- Quote from a carer

The Carers Delivery Plan takes a multi-agency approach as partnership working between organisations is vital in order to recognise, value and support our carers. The actions are informed by the six 'Carer Principles' set out in the carer's strategy. Carers told us that they want actions, not just words. The Delivery Plan provides the roadmap for change and action. The full Carers Delivery Plan can be seen in Appendix 1.

Carers supported through the Delivery Plan are:

- Young carers – a person under 18 who provides or intends to provide care for another person.
- Young adult carers - young people aged 16–25 who care, unpaid, for a family member or friend with an illness or disability, mental health condition or an addiction.
- Adult carers – an adult who provides or intends to provide care for another adult (an adult needing care)
- Parent carers – a person aged over 18 who provides or intends to provide care for a disabled child for whom the person has parental responsibility.

Due to the success of the Carers Delivery Plan, carer registrations have grown. In 2022 there were 1828 and in 2023 there were 2138. For 2024 there’s a projection of 2630 carer registrations. This represents a 44% increase since 2022.

The Carers Centre contract covers two levels of support:

Tier One – generic advice, information, support, access to peer groups, and carers card. This level of support meets health and non-statutory social care outcomes.

Tier Two - Social Care Assessment of Need with appropriate support arrangements in place, if required, as a Personal Budget. This fulfils Care Act statutory duties.

The current split of support between the two tiers is:

Tier One - Universal (non-statutory) function = 76% forecast expenditure 24/25 £712k

Tier Two - Statutory function = 24% forecast expenditure 24/25 £225k

Sheffield City Council would still need to provide the personal budgets funding as this meets eligible social care needs and fulfils Care Act statutory duties but we want to explore contributions/income generation with partners (recommendation 4) due to increasing the number of carers we are identifying.

## 2. Proposal

The Delivery Plan is an essential tool to make our carers strategy vision a reality. Our vision states that Sheffield is a ‘City where Carers are valued and have the right support to continue to care for as long as they want to.

Our significant achievements against the Carers Delivery Plan, are highlighted below:

### Carers Delivery Plan Highlights

<b>Record Referrals</b>	Adult Care and Wellbeing recorded the highest ever number of referrals to the Carers Centre in July 2024, with 162 referrals, including 121 new registrations.
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<b>Record Registrations</b>	The Sheffield Carers Centre registered the largest number of carers ever in a 3-month period (July -September), 698. Up to end of September 1970 carers have already registered. This is on track to beat the 2023 total of 2138.
<b>No Wrong Doors</b>	Sheffield City Council signed up to 'No wrong doors,' a memorandum of understanding between Adult and Children's Services with the Integrated Care Board. Seen as best practice in supporting young carers by the Care Quality Commission.
<b>Identifying Young Carers</b>	Sheffield Young Carers produced a video for health and social care professionals to help them identify and support young carers.
<b>Carers Passport Promotion</b>	The Deputy Chief Nurse made a video supporting the use of the Carers Passport at Sheffield Teaching Hospitals.
<b>Carer Cards for Young Carers</b>	Sheffield City Council's Community Youth Services are distributing 'Carer Cards' to young carers they identify.
<b>Triangle of Care</b>	Sheffield Health and Social Care Trust's inpatient wards, care homes, and crisis teams achieved their first star in the 'Triangle of Care' quality standard, aimed at including and supporting carers.
<b>Discounts and Concessions</b>	Discounts are available in Sheffield Teaching Hospitals food outlets, and parking concessions are available.
<b>National Recognition</b>	Sheffield Carers Centre gained national attention with appearances on Songs of Praise and BBC News 24.
<b>Award Finalist</b>	The South Yorkshire Integrated Care Board was a finalist in the Nursing Times Award for 'integrated approaches to care' for their work on the Carers Roadshow.
<b>Health Checks &amp; partnership working</b>	During Carers Week, nurses provided mini health checks to staff who are carers, with the Carers Centre offering advice and guidance.
<b>Redesigning young carer's needs assessments</b>	Sheffield Young Carers and the Council's Children's Services worked together to produce a new assessment plus guidance which will be rolled out early 2025.
<b>Diversity and Engagement</b>	Sheffield Carers Centre has worked on increasing diversity of carers through community events.
<b>Support Groups and Activities</b>	Sheffield Carers Centre established new support groups, including an art group, a menopause group with 385 members, and a men's group with 403 members.

<b>Consultations and Feedback</b>	Sheffield Carers Centre conducted consultations, Vox Pops, focus groups, and feedback on various themes, supporting over 100 involvement network members to have a voice.
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The Carers Delivery Plan has had a positive impact on how we support carers. The multiagency approach works, and the changes made across health, education and social care systems are helping to identify and support more carers than ever.

The work being done to support carers should be celebrated, however, there is much more for us to do to ensure that carers feel recognised, valued and supported.

Priority actions for the next six months are listed below:

<b>Identify funding to stabilise Carers Centre Service Delivery</b>	There is pressure on the contract to support adult carers. the inflationary increase burdens have significantly increased since the contract was agreed, during Covid. See section 7 – Financial & Commercial Impact.
<b>Identify more unpaid carers</b>	Identify and support more carers every year.
<b>Review / improve the service offer to young adult carers</b>	Sheffield Young Carers and Sheffield Carers Centre will continue to work together to help young adult carers to improve the existing service offer.
<b>Better information</b>	Improve information from health services / hospitals to young carers, supporting more age appropriate understanding of things like medication / treatment side effects.
<b>Extended opening hours</b>	Sheffield Carers Centre to pilot extending their Advice Line hours to support more people.
<b>Nurse drop-ins</b>	The Integrated Care Board are arranging drop-in sessions with nurses at Sheffield Young Carers with a view to expanding them out to schools.
<b>Induction and training</b>	Sheffield Teaching Hospitals will include support for carers and young carers in induction and preceptorship training for Health Care Support Workers and Allied Health Professionals.
<b>Carers in workforce</b>	Sheffield City Council to identify more working carers and explore how we identify them at induction
<b>Carer awareness raising</b>	Jointly promote Carers Rights Day - 21 November 2024. Young Carers Action Day – 12 March 2025. Carers Week - 9 -15 June 2025.

By continuing to work in partnership, we can make more positive changes for our carers. To see a full list of actions (including those that have been completed) see Appendix 1 – Carers Delivery Plan.

### 3. How does this decision contribute to the Council Plan?

#### **Council Plan Outcome**

Together we get things done' (the corporate plan for the Council) sets out the strategic outcomes that Sheffield City Council wants to achieve.

Outcome 1 says that Sheffield is [A place where all children belong and all young people can build a successful future](#)'. The plan goes on to say:

*'children and young people and the city's prosperity are linked. Their aspirations are what will drive our city forward; their education, skills and talents are what will drive innovation and create the jobs of the future.'*

The negative impact on young people's aspirations, education and potential is revealed in findings from the [All-Party Parliamentary Group enquiry](#) in 2023. It found that:

- 10% of all pupils provide high or very high levels of care – equating to at least 2 carers in every class.
- 13% of all pupils surveyed had caring responsibilities.
- Young carers miss an average of 27 school days per academic year compared to peers without caring responsibilities:
- Higher prevalence of anxiety and depression (13%) compared to non-carers (8%).
- Five times more likely to drop out of college.
- 38% less likely to achieve a university degree than their peers without a caring role.
- 32.9% were not currently in education, employment or training (NEET), compared to 5.3% who were not carers.
- 40% say caring 'always' or usually' affects how much time they can spend with their friends.

By identifying and supporting young carers, we can make sure their life chances are not negatively impacted by their caring role.

Outcome 3 says that *'People live in caring, engaged communities that value diversity and support wellbeing*. The plan goes on to say:

Sheffield's communities and the people within them are the city's greatest asset. Caring, engaged communities provide the foundations for more people to live healthy, fulfilling lives and to share in our success.'

Unpaid carers are a fundamental part of caring communities; they provide care and support to some of the most vulnerable people in our society. Carers focus



on the health and wellbeing of others, but what we must not forget, is that we need to focus on carers' health and wellbeing too. Through supporting carers, we help to nurture the city's 'greatest assets' and sustain caring communities.

### **People – Prosperity - Planet**

Our Carers Delivery Plan fits with the policy vision of 'People' as described in the Council Plan. Sheffield is known for its 'determined spirit' which '...gives communities, neighbourhoods and networks their own unique feel, as well as significant strength. Unpaid carers play a vital part in community cohesion and strength.

### **City Goals**

Supporting our carers helps with the following goals:

Goal 2 which says, 'We have the education, training, skills and resources we need to pursue our curiosity and develop new ideas for the benefit of ourselves, others and Sheffield's reputation regionally, nationally and globally.' The Carers Delivery Plan supports carers with their education, employment and training.

Goal 8 which says, 'We all have a say over what happens in our neighbourhoods, and shape our city around fairness, equity, wellbeing and combating poverty.' We know that caring is a social determinant of health and can negatively impact health and wellbeing. The Carers Delivery Plan is helping Sheffield to identify more carers and prevent, reduce and delay their needs from developing.

Goal 9 which says, 'We're able to embed strong and caring relationships that bring people together and bridge divides across generations, neighbourhoods and communities.' Helping carers to continue to care for as long as they want to helps us achieve this goal.

#### **4. What community or partner engagement has been undertaken and how has it informed the proposal?**

Our Carers Strategy Implementation Group is a multi-agency group where carers, parents and young carers join colleagues from Social Care, Health, Sheffield Teaching Hospitals, ICB and carer representative organisations. This group actively govern, scrutinise and shape the Carers Delivery Plan. The last Carers Strategy Implementation Group was on the 5 November and the actions suggested during the meeting have been added to the Carers Delivery Plan.

The Plan delivers on an existing co-produced carers strategy. Carers and other key stakeholders created the Strategy that drive actions / outcomes for carers. The consultation process was extensive, and the strategy was informed by carer support groups, carers cafes, carers organisations / stakeholders, over 700 carer questionnaire responses, etc.

## 5. What alternative options did we consider?

Alternative Option 1: Not to have a Carers Delivery Plan – Rejected.

This would reduce the focus on delivering the outcomes of the carers strategy with less accountability for supporting carers across the city.

## 6. How has equality, diversity and inclusion been actively considered?

Unpaid carers are at risk of health and social inequalities. Government has acknowledged that [caring should be considered a social determinant of health](#). This Plan helps identify carers and links them into appropriate support. This prevents, reduces and delays needs developing and reduces inequalities that can be caused by being a carer.

We have legal requirements under sections 149 and 158 of the Equality Act 2010. These are referred to as the ‘general duties to promote equality.’ Section 149(1) contains the Public Sector Equality Duty, under which public authorities must, in the exercise of their functions, have due regard to the need to:

- Eliminate discrimination, harassment, victimisation, and any other conduct that is connected to protected characteristics and prohibited by or under this Act.
- Advance equality of opportunity between those who share a relevant protected characteristic and those who do not.
- Foster good relations between those who share a relevant protected characteristic and those who do not.

The Council recognises carers as a group in its own right when carrying out equality analysis, going beyond the statutory scope of protected characteristics.

This Plan aids reducing inequalities, we know that carers can be impacted by their caring role. As the majority of carers are female (57%) it creates a gender inequality for women as they are more likely to provide care or change their circumstances in order to care, e.g. reduce hours in work or leave their employment. The Plan has a positive impact on young carers who are learning in our schools.

## 7. Financial and Commercial Implications

This delivery plan supports existing investment in Carer services. There is the risk that, should we not continue to invest in the Carers Service, that Social Care and Health costs will increase.

For 2024/25, the gross budget for the Adult Care and Wellbeing Carers Service is £830,700, including £242,500 of Public Health funding.

The ‘Sheffield Carer Support Service’ contract (which runs for 5 years) started in January 2022. Due to increased demand in services and the economic impact of Covid, since the contract was awarded, the contract value is now

insufficient to cover the resources and activities required for its delivery. For example, inflation - since the contract commenced in January 2022, the Consumer Prices Index (CPI) rose 10.1% in the 12 months to January 2023 and a further 4% in the 12 months to January 2024. A pressure has been submitted for contract pressures and Carer centre staff as part of the 25/26 business planning process which is subject to approval.

The Director of Adult Social Care has raised with colleagues at NHS SYICB that there is a demand pressure within the carers support contract held with The Carers Centre. It was proposed that a strategic review be undertaken with NHS colleagues, who also have services to support unpaid carers, to determine where there are opportunities for integrated solutions to meet demand.

## 8. Legal Implications

By focusing on identifying more carers, the delivery plan helps the Council to discharge its section 2 Care Act 2014 duties regarding it 'preventing needs for care and support'. Section 2 states that '(1) A local authority must provide or arrange for the provision of services, facilities or resources, or take other steps, which it considers will -...

(b) contribute towards preventing or delaying the development by carers in its area of needs for support ...

(d) reduce the needs for support of carers in its area.'

The Delivery Plan can also support the wider health system to deliver section 91 of the Health and Care Act 2022 which states:

Where a relevant trust is responsible for an adult hospital patient and considers that the patient is likely to require care and support following discharge from hospital, the relevant trust must, as soon as is feasible after it begins making any plans relating to the discharge, take any steps that it considers appropriate to involve (...B) any carer of the patient'

Although these requirements are placed on health trusts, there is a duty on Local Authorities to co-operate with such bodies in this activity.

## 9. Climate and Environmental Implications

As a multi-agency Delivery Plan, there is no single Climate Impact Assessment Tool. The Delivery Plan encourages all partners involved in delivery to consider actions which can respond to impacts of climate change and contribution to Net Zero.

**Transport** - When partners meet, we use MS Teams for many meetings, reducing the need to travel.

**Working with stakeholders** - We collaborate with partners who are engaged with the climate agenda, for e.g., Sheffield Teaching Hospitals are 'committed to becoming a more sustainable Trust, reduce their climate footprint and impact on climate change.' The Trust are run a project called 'Be Green' to help their hospitals and offices operate in a more environmentally friendly way.

The partnership includes unpaid carers; we use our partners to communicate directly with and to encourage climate impact awareness. This contributes to supporting this vulnerable group adapt to some of the impacts of climate change, including extreme weather / heat events, resource scarcity, price increases, energy / water/ resource efficiency advice, travel options, etc. by signposting people to climate-friendly resources where appropriate.

## **10. Other implications**

No other implications to consider.

## **11. Reasons for decision**

We recognise how important unpaid carers are to our city and its communities. We want carers to feel recognised, valued and supported. A multi-agency strategy and working Delivery Plan shows that carers are valued by all, and that our commitment to unpaid carers is unwavering.

Partnerships and multi-agency approach enables us all to pool resources and share our expertise in order to fulfil the various statutory duties and responsibilities to carers.