

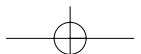
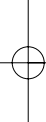
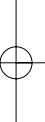
DOWN LISBURN TRUST



Working in Partnership with Carers

**Down Lisburn Trust Carers Strategy
July 2005**





Foreword

This is my second year as Down Lisburn Trusts Carers Development Officer. My role is to help professionals on the ground to provide help and support for carers as necessary. To date a lot has happened within the Trust in relation to raising awareness of the needs of carers within all programmes and introducing carer assessments. However, staff recognise that it is early days in terms of providing specific provision for carers.

We have made a start in recognising the needs of carers and providing support for them in their caring role. There is still a lot to be put in place and I feel it is important to involve carers in deciding what services and supports are needed. To this end, I will be contacting carers who are on my list and also creating a carers forum to get carer views.

I have already made contact with carer support groups, carer organisations and developed links with a variety of people in voluntary organisations. I am currently putting together a list of carers who wish their name to be held by me so that I can keep carers informed about a range of information, services and carer events in the Trust.

This strategy will be formally reviewed on an regular basis and I look forward to working with carers and staff to develop services which support carers in their caring role.

Joan Scott
Carers Development Officer

We continue to welcome your comments so please
forward ideas and comments to
Joan Scott, Carers Development Officer,
Ballynahinch Community Services,
45-47 Main Street, Ballynahinch.
Tel 028 9756 5456
Or email joan_scott@dltrust.n-i.nhs.uk
Or Fax 038 9756 2299

WHO IS A CARER

'Valuing Carers' states that

“Carers are people who, without payment, provide help and support to a family member or friend who may not be able to manage without this help because of frailty, illness or disability. Carers can be adults caring for other adults, parents caring for ill or disabled children or young people under 18 who care for another family member”.

“Valuing Carers - Proposals for a Strategy for Carers in N. Ireland” DHSSPSNI 2002

BACKGROUND

The 2001 Northern Ireland Household Panel Survey (NIHPS) estimates that 16% of the adult population in Northern Ireland care for a relative or friend who is sick, disabled, vulnerable or frail.

It indicates that over one third (38%) of carers assist someone living in the same household, more than half (55%) assist someone living in another household, while 7% assist someone in their own household **and** someone in another household

The National Strategy (2002) identified the needs of Carers to be

- Information
- The means to have a break from their caring role
- Recognition of the Caring Role
- Reliable and satisfactory services
- Relief from the isolation that many carers feel

Down Lisburn Trust would like carers in its area to be involved in the design of services. The creation of a list of carers will allow us to communicate with and involve carers in planning services to support them in their caring role.

The Carers and Direct Payments Act (NI) 2002

- Places a requirement on HSS Trusts to inform carers who provide substantial and regular care of their right to a carer's assessment (even if the person they care for has refused an assessment for, or the provision of, personal social services).
- Gives trusts the power, following assessment, to supply services directly to carers themselves which will help the carer in their caring role.
- Gives Trusts the power to make Direct Payments to carers (including 16 and 17 year old carers) for the services that meet their own assessed need. [Other groups can also get Direct Payments under the Act]
- Recognises child carers and addresses their needs by including child carers in the Children (NI) Order 1995 through a new Article 17A to regard them as children first and carers second.

Information regarding Direct Payments has been issued by the Department of Health and Social Services and is available through Trust offices. The document is entitled "A Guide to receiving Direct Payments" April 2005
DHSSPSNI

PRINCIPLES

In line with the 'Valuing Carers' document from the Department of Health and Social Services, Down Lisburn Trust considers that:

Carers are equal partners

- ◆ Carers must be included and respected as equal partners at every level in the planning of services - from designing a service to care of the individual.

Carers need flexible and responsive support

- ◆ Services should be provided in a way which meets the carers' individual needs.
- ◆ Information needs to be available so carers can make the best choices for themselves.

Carers have a right to a life outside caring

- ◆ All carers are individuals with their own needs. Caring can be very difficult and emotionally draining
- ◆ Carers should be supported to maintain social, religious and/or cultural needs.

Caring should be freely chosen

- ◆ Carers should be able to determine what level of caring support they can give at any particular time.

DOWN LISBURN TRUST CARERS POLICY

To achieve the new targets set out in 'Valuing Carers';
Down Lisburn Trust wishes to:

- ◆ Implement and review the Trust strategy in partnership with carers.
- ◆ Consult with carers to ensure their full involvement.
- ◆ Consult with carers within its area in the formulation of policy, the development of new services and the delivery of existing services. This will be done by:
 - ◆ Holding a list of carers to enable us to send out information individually to carers on a regular basis.
 - ◆ Developing a forum to give carers a say in how services for carers in the Trust should be planned and developed in the future. This forum will be supported by the Trusts Carers Development Officer and consist of nominated representatives
- ◆ Give carers the opportunity to take part in research or audit into services and how these are provided.
- ◆ Agree and develop an action plan to identify services which meet the needs of carers and ensure that the Trust provides the services requested within available resources.

SERVICE PROVISION AND SUPPORT

Down Lisburn Trust supports carers in two ways. Firstly, they may be involved in client/patient assessments and the needs of the carer will be taken into account in this process. Indeed many carers will feel that their needs are met by the provision of services to the person they care for.

Secondly, this new strategy offers carers the opportunity to have their own assessment, separate from the person for whom they are caring. This will include carers of patients in hospital who will also be involved as far as possible in the timing of a patient's discharge.

- ◆ Following the assessment and identification of carers needs, services will be provided to meet those needs where available. Where there is a waiting time for services, professional staff within the Trust will monitor the situation with the carer.
- ◆ Where needs can not be met immediately, these will be identified as unmet needs and recorded to assist in the future planning and delivery of services.
- ◆ All carers have a right to complain about the services provided by the Trust. They have the right to complain if services have been refused. The Trust has a complaints procedure and information on how to implement this is available from all Trust Offices, Health Centres and Eastern Health and Social Services Council.

Services will be delivered in as flexible a way as possible taking into consideration the rights of both the carer and the person for whom they are caring.

LOOKING TO THE FUTURE

SUPPORTING CARERS

It is recognised that much emphasis over the last few years has been placed on the person using services and that little recognition has been given to the needs of carers.

Down Lisburn Trust would like to support carers through:

- Promoting Carer Assessments.
- Providing services to meet individual need.
- Establishing a Trustwide Carers Forum.
- Supporting existing carers groups and encouraging the development of groups where none exist and are needed.
- Providing a range of appropriate information for carers. This will include written information, leaflets, etc. as well as information on the Trusts website on the internet www.dltrust.nhs.uk
- Consulting with Carers to agree the best method of communication with them.
- Offering training to Carers and staff.
 - Opportunities will be developed for carers to learn/develop new skills. This will be determined by the needs identified by carers themselves.
 - Staff training will be carried out on a range of topics to increase their understanding of issues for carers. They will also get training on aspects of their jobs which provide services and support for carers.

DOWN LISBURN

TRUST STEERING GROUP

A Steering Group has been set up in the Trust to ensure that the needs of carers in all programmes are met as well as possible. The Steering Group is made up of a carer representative and Senior Trust staff from a range of professions representing all programmes. There are usually 10 members in the group and membership can change from time to time.

Details of current membership of the group can be obtained from the Trust's Carers Development Officer at Ballynahinch Community Services, 45-47 Main Street, Ballynahinch Telephone 028 9756 5456 Fax 028 9756 2299

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