

# Recognised, valued and supported

## What happens next with the Carers Strategy



**This report tells you about what the government's plans are for the Carers Strategy.**

**Easy read**

# About the Carers Strategy



**The Carers Strategy** is a government plan about how to support people who look after someone in their family or a friend who is old, ill or has a disability.

Carers make a big difference to the lives of the people they care for.

Some of the ways they help are by supporting people

- to live at home
- to go to activities in their community
- to see friends and family
- with their health
- with their medication
- with their day to day care.



But, carers need help and support too.



This report tells you about the main things that the government plans to do to help and support carers.

# The main things in the Carers Strategy

The Carers Strategy is about making sure that carers



- are respected
- Have accessible information and advice so that they can make good choices about the support they need.
- get the services and support they need to care for their friend or relative.



- have a life of their own
- have support to find a job



- get support to stay well.



It is also about making sure that children and young people who are carers get the support they need.

## Telling us what is important



We asked lots of carers and groups that work with carers what is important to them.

We asked them about the support and services they want to help them carry on caring for someone. We asked them what would help them to keep healthy.

Here are some of the things carers told us



Good up to date information on things like services to help you look after your friend or relative, housing, benefits, money and getting a break.



Staff that work in health and social care should respect carers. Staff should work together with carers in looking after their family member.



Assessments need to be easier and quicker. An assessment is a form or meeting to find out what support someone needs.

## More about what carers told us



Carers often feel forced to give up work because they need to look after someone.



Carers need breaks from looking after their family member or friend so they can carry on looking after them in the future.

A break could be a holiday or time off from caring each week.



Carer's Allowance needs to be looked at as carers say it is not enough money. They also want the rules around other benefits to be looked at.



Children and young people who are carers need more support and help. Schools should be better at supporting and understanding young carers.

# What we are going to do

From everything people told us we have chosen 4 main things to do

1. Being a carer is more than just looking after someone for a short time.



Being a carer means that you have to help someone with lots of things for a very long time, maybe for all their life.

We want to help people who become carers to get the services and support they need as soon as possible.



We want carers to have the chance to help plan services in their area.



Carers need to help plan their own support so they get the help that is right for them.

## More about what we are going to do



2. Help carers to have a good education and to work. This is really important for children and young people who are caring for their parents.



3. Make sure carers and the people they support get the right help for them. This is called personalisation.



4. Support carers to stay well in their mind and body. This is called staying mentally and physically well.

## What we are going to do next

You can read about some of the things we are going to do for each of the 4 main things to support carers.



### 1. Being a carer is more than just looking after someone for a short time.

**We want carers to have the chance to help plan services in their area.**



The Department of health will give £1 million to groups that help and support carers.



GPs will have training to help them understand what carers need and how to help them.

Health and social care staff will get training about how to work with and support carers.



The Department of Health will make a plan about how to make sure carers get good up to date information about the things that will help them.



**1. Help carers to have a good education and to work. This is important for children and young people who are caring for their parents.**



The Department of Education will use money it already has to help children and young people who are carers.



There will be a new careers service to help carers of all ages who want to work.



The government will look at ways to make sure employers know how to make jobs more flexible. This will help carers who work and may need to change their hours or take time off at short notice.



Jobcentre Plus will carry on helping people who are carers get back into work.



**2. Make sure carers and the people they support get the right help for them. This is called personalisation.**



Councils will make sure that everyone who can get a personal budget gets one. Personal budgets help people choose and pay for the support that is right for them.



The government will look at how assessments can be more flexible.

For example, if a person moves to a new area of the country they can take their assessment about what support they need with them.



The government will make a report about how groups of GPs and councils can work together to run services that meet peoples needs.



The NHS will look at how to support carers so they can carry on looking after the person they care for.



**3. Support carers to stay well in their mind and body. This is called staying mentally and physically well.**



Over the next 4 years, the government will give the NHS an extra £400 million to help carers to take breaks from being a carer.



The government has a new plan to support people with mental health problems. The plan will help people to use services that they can talk to about their mental health.



There are plans to help people keep track of health problems at home. For example, people with high blood pressure could keep track of their blood pressure at home and send the results to their GP.

This would help carers to look after their own health and the health of the person they care for.