

10. Having support for carers and family, including respite and breaks.



What we know

Family Carers provide an important role in directly providing care and support to a family member or friend. Sometimes due to the intensity of being a carer it can be difficult to look after their own health and wellbeing or just be mum, dad, sibling or spouse.

The Care Act 2015 gives Local Authorities a responsibility to provide carers assessments. This means more carers are now able to ask for an assessment of their needs and the impact the caring role has on their lives including their health and wellbeing.

“I am worried about what will happen to my son/daughter in the future when I am not around or able to continue”

What people have said

- “Review and clarify, Norfolk’s Respite Policy; for those with direct experience of a learning disability and family carers/others who may be eligible for Respite support/access.”
- “I am struggling to find support, so I can go on holiday.”
- “Please recognise that good respite can promote good relationships and that opportunities to access and develop relationships, beyond day-to-day activities and the home and/or family environment, are valuable.”
- “Some people have a personal budget for respite, it is not clear when you can and when you can’t. Include what Respite means.”

What we are doing

We are looking at what is currently offered to carers to support them have a break and we are reviewing the number of carers assessments undertaken.

We are working closer with Children's Services to better improve the transition arrangements for young people and their parents.

We are exploring opportunities to provide short term support at times of challenge to prevent a breakdown of the family household.

We will review the feedback provided in the carers survey every year to obtain the views and satisfaction of Carers supporting people with a learning disability.

What we will do next

We will better record the number of older carers. Carers will be included in assessments as appropriate and their views will be recognised, as well as more individual assessments of carers will be undertaken.

We will work with older carers to plan for the future, for a time when they are unable to continue caring, including the development of a transition plan

Young people will include the support they receive from their family within their transition planning and assessment.

We will look at the development of back up plans (contingency plans) to put into place at times of emergency.

We will look at the impact of parents with direct experience of a learning disability.

What difference it could make

- ✓ More parents and carers receive carer's assessments.
- ✓ More carers say their wellbeing is good.
- ✓ More older parent carers, families and individuals are planning for the future
- ✓ More people will have back up plans that they can put into place on an emergency.
- ✓ More carers will say that they feel listened too.
- ✓ More carers will report greater satisfaction in the support they receive.
- ✓ Parents of younger people with a learning disability will understand the changes in their role when the young person becomes an adult.
- ✓ The role of the carer will be included in young people transition plans.
- ✓ All reviews will consider the value, to families and carers, of alternative care for individuals.
- ✓ Less people communicate that they are unable to continue caring.
- ✓ More people are identified as providing mutual care during their reviews.