



INTEGRATION JOINT BOARD

Date of Meeting	31 January 2023
Report Title	ACHSCP Carers Strategy
Report Number	HSCP23.003
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Consultation Checklist Completed	Yes
Directions Required	No
Appendices	Appendix A – Engagement and Consultation Report Appendix B - Aberdeen City Carers Strategy 2023 - 2026 Full version (Graphics copy) Appendix C – Aberdeen City Carers Strategy 2023 - 2026 Summary version (non-graphics copy) Appendix D – Aberdeen City Carers Strategy 2023 - 2026 Action Plan Appendix E – Stage 3 Health Inequalities Impact Assessment (HIIA)

1. Purpose of the Report

- 1.1. The purpose of this report is to present the final version of the Aberdeen City Carers Strategy 2023 - 2026 following the draft report going out for a period of public consultation. The consultation period ran from 12th October 2022 to 31st December 2022.



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2. Recommendations

2.1. It is recommended that the Integration Joint Board:

- a) Approve the final full version of the Aberdeen City Carers Strategy 2023 - 2026 (as attached at Appendix B),
- b) Approve the final summary version of the Aberdeen City Carers Strategy 2023 - 2026 (as attached at Appendix C)
- c) Approve the publishing of an easy-read version of the Aberdeen City Carers Strategy 2023 - 2026 as part of the launch of all documents.
- d) Approve the Aberdeen City Carers Strategy 2023 – 2026 Action plan (attached as Appendix D).
- e) Approve the Engagement and Consultation overview of the Aberdeen City Carers Strategy 2023 - 2026 (attached Appendix A).
- f) Instruct the Chief Officer of the IJB to coordinate a launch period to promote the Strategy.
- g) Instruct the Chief Officer of the IJB to report back on progress with the Carer Strategy and Action Plan annually.

3. Summary of Key Information

3.1. [The Carers \(Scotland\) Act 2016 \(the “2016 Act”\)](#) places a duty on local authorities and health boards to prepare and publish a local carers strategy. Our version covers both adults and young carers. The duty to prepare local carer strategies is delegated to Integration Joint Boards under the Public Bodies (Joint Working) (Prescribed Local Authority Functions etc.) (Scotland) Amendment (No. 2) Regulations 2017 and the Public Bodies (Joint Working) (Prescribed Health Board Functions) (Scotland) Amendment Regulations 2017. On 27 March 2018 the IJB approved Aberdeen City’s Carers Strategy ‘[A Life Alongside Caring](#)’. The strategy was for three-years ending March 2021. The COVID-19 pandemic had a significant impact on the ability of the Aberdeen City Health and Social Care Partnership (ACHSCP) to review the Strategy in line with the original timeline to March 2021. A desktop review of the existing strategy was completed and on 6th July 2021 the IJB agreed to extend the lifespan of the existing Carers Strategy to March 2022, and this was subsequently extended to October 2022.



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- 3.2.** The Aberdeen City Carers Strategy will run from Jan 2023 – December 2026 (“the Strategy”). It is accompanied by an Action Plan which will be continuously reviewed. New actions may be added following completion of other actions or as a result of national policy requirements or identified local demands.
- 3.3.** The 2016 Act provides a definition of a carer. This is someone who provides or intends to provide care for another individual. An adult carer is defined as a carer who is at least 18 years old but is not a young carer. A young carer is defined as a carer who is under 18 years old or has attained the age of 18 years while a pupil at a school, and has since attaining that age remained a pupil at that or another school. The definition of a carer excludes paid carers, for example those working for a care agency, and Volunteers. For this reason, the carers to whom the 2016 Act refers are often referred to as ‘unpaid carers’ to provide this distinction. Other exclusions include Foster carers and parents of dependent children. The Statutory guidance for the 2016 Act states that, “parents of dependent children with additional care and support needs can still be ‘carers’ to the extent that the care is or would be provided by virtue of something other than the child’s age”, therefore parent carers are referred to within the Strategy where this circumstance applies. For ease of reading the term ‘Carers’ is used throughout the Strategy with the above explained in the ‘Who are Carers?’ section.
- 3.4.** The 2016 Act outlines specific areas which are to be included within a local carer strategy. These are listed below along with the relevant section within the Strategy where these are addressed. It is likely that an additional requirement will be brought via the National Care Service (Scotland) Bill which recommends the ‘right to a break’ for Carers. Consideration of this is included within the Strategy.

Local Carer Strategy Checklist	ACHSCP Strategy relevant section
<ul style="list-style-type: none"> Plans for identifying relevant carers and obtaining information about the care they provide, or intend to provide, to cared-for persons in the local authority's area 	Priority 1



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Local Carer Strategy Checklist	ACHSCP Strategy relevant section
<ul style="list-style-type: none"> • An assessment of the demand for support to relevant carers 	Who are Carers? (Page 14)
<ul style="list-style-type: none"> • Support available to relevant carers in the authority's area from - <ul style="list-style-type: none"> ○ the authority, ○ the relevant health board, ○ any other persons and organisations that the authority and health board consider appropriate 	Commissioned Carers Support services in Aberdeen (Page 12) Priority 2 & 4
<ul style="list-style-type: none"> • An assessment of the extent to which demand for support to relevant carers is currently not being met 	Who are Carers?
<ul style="list-style-type: none"> • Plans for supporting relevant carers 	Priority 1,2,3, 4 & Action Plan
<ul style="list-style-type: none"> • Plans for helping relevant carers put arrangements in place for the provision of care to cared-for persons in emergencies, 	Priority 3
<ul style="list-style-type: none"> • an assessment of the extent to which plans for supporting relevant carers may reduce any impact of caring on relevant carers' health and wellbeing, 	Priority, 2,3 & 4
<ul style="list-style-type: none"> • the intended timescales for preparing adult carer support plans and young carer statements. 	Priority 3
<ul style="list-style-type: none"> • information relating to the particular needs and circumstances of young carers. 	Carers Support services in Aberdeen Priority 2 & 4



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- 3.5.** Strategy development has been supported by a Carers Strategy Implementation Group (CSIG) who meet regularly to review actions and work together in the development of carers support in Aberdeen City. This group will continue to meet to implement and monitor the Action Plan for the next 3 years.
- 3.6.** In Aberdeen City there were 803 carers known to our Adult Carer Support Service and 135 young carers known to our Young Carer Support service in August and September 2022. The 2011 Census estimated that there were 222,793 people living in Aberdeen and that 15,571 are Carers. With 6,229 stating that they provide more than 20 hours of unpaid care per week. The Scottish Health Survey (SHeS) presents that 11% of Aberdeen's population identify as a Carer. This is lower than the national average of 15%. This would take us to a figure of 24,500. Of these numbers there are estimated to be approximately 2000 Young Carers.
- 3.7.** There is therefore a gap between the estimated number of people who are acting as carers in Aberdeen and those known to us although it is acknowledged that not all unpaid carers wish to be recognised as such or wish to register for support. The unpaid caring role is often a journey with support being sought when a crisis point is reached. Whilst we are mindful that each caring role is individual, we are committed to increasing awareness of the support available to unpaid carers and encouraging more of them to come forward for this.
- 3.8.** The Strategy outlines 4 Strategic Priorities.
- Identifying as a Carer and the first steps to support
 - Accessing advice and support
 - Supporting future planning, decision making and wider Carer involvement
 - Community support and services for Carers
- 3.9.** The Strategy is accompanied by an Action Plan which highlights currently identified actions. This is intended to be a live document with new actions being added as they are identified. The CSIG are considering ways to ensure that this is kept up to date in the public domain.



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3.10. The Draft Strategy was presented to the IJB on 11th October 2022. The IJB resolved;

- To note that there would be a period of consultation on the draft Strategy;
- To agree that this period would run until 31st December 2022;
- To instruct the Chief Officer to present the final version of the Aberdeen City Carer Strategy for approval at the IJB meeting on 31st January 2023; and
- To instruct the Chief Officer to report to the IJB on 31st January 2023 on how the ACHSCP worked to identify all carer groups that require to be consulted including those not known to the Partnership, and to evidence engagement and opportunities to participate in the consultation.
- Furthermore to demonstrate that monitoring of the Year 1 Plan would detail any improvements.

Progress on these is demonstrated in the section 4 below, 'Overview of Consultation period', in the 'Engagement and Consultation report' at Appendix A and with additions to the Action Plan to outline year 1 improvements as attached at Appendix E.

4. Overview of Consultation Period

- 4.1.** Appendix A provides a detailed overview of Engagement and Consultation which has taken place to inform the development of this Strategy. This has taken a phased approach with Engagement taking place between July 2021 and October 2022. This feedback was then used to inform the content of the draft Strategy which was presented to IJB in October 2022.
- 4.2.** Subsequent to the draft being presented to the IJB the Care Inspectorate published their [Inquiry into Adult Carer support services](#). ACHSCP were one of five Health and Social Care Partnerships who participated in the Inquiry and their overall recommendations, and the Aberdeen City specific feedback, has been incorporated into our intelligence for finalising this Strategy.



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4.3. The Scottish Government published their [National Carer Strategy](#) in December 2022 this highlights five themes for developing Carers support which have been reviewed against our four priorities;

- Living with COVID
- Valuing, recognising and supporting Carers
- Health and social care support
- Social and Financial inclusion
- Young Carers

We are confident that we our Strategy is reflective of the National Strategy and will continue to link in with national developments in carers support and services for the benefit of those who are caring in Aberdeen City.

4.4. On 11th October 2022 the IJB agreed that the period of consultation would run until 31st December 2022.

4.5. The consultation was widely promoted on social media, through partner networks and in public spaces, e.g., libraries and Vaccination Centres. Targeted promotion was also sent to a range of third sector groups as identified by IJB members.

4.6. Consultation activities which took place include;

- Public Consultation Survey on Citizen Space
- Open Consultation Events (In person and online)
- Targeted promotion of the Consultation to relevant identified groups
- An open offer of targeted Consultation Events with interested groups
- Opportunistic promotion and discussion in public spaces, e.g. We Too relaxed session, Library event
- Open routes to direct feedback via phone and email.
- Attendance at partner board meetings, including the Aberdeen City Council (ACC) Children's Services Board, ACC Strategy Board, ACHSCP Operational Leadership team meeting and IJB Development Workshop.

4.7. The number of people participating in all Consultation and Engagement feedback is detailed below. The orange lines give total responses by phase



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with the methods of response and associated numbers outlined above. Where numbers were below 10 for a specific method of participation these have been grouped to ensure anonymity.



4.8. The consultation focused on three main things;

- The content and style of the Strategy and Action Plan (views gathered via survey only)
- The priorities and actions within the Strategy and Action Plan
- A series of 'Carer Experience' Questions which will form a baseline for the strategy.



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- 4.9.** A detailed overview of feedback received during the consultation period and our response is outlined in Appendix A.
- 4.10.** The main changes as a result of consultation feedback are;
- Further detail on support in place for young Carers.
 - Additional action on supporting Carers in Employment.
 - Additional detail on emergency planning with Carers at a strategic and individual level.
 - Aim statement has been amended to enable ongoing performance reporting on all four priorities.
 - An additional commitment to equality, diversity, and human rights within the strategy its self as recommended by MECOPP (Minority ethnic carers of older people) on p 14 of Appendix B.
 - Development of a Summary version of the strategy and the future production of an Easy-read version to make it more accessible to a range of readers. (Easy-read documents are produced by members of the speech and language service and their capacity has been limited).
- 4.11.** Significant efforts were made to ensure there is public awareness of the Consultation and that there was a variety of methods used to consult. The response rate is relatively low in relation to the number of Carers we believe to be caring within Aberdeen City. Reasons for the response rate may include 'feedback fatigue', particularly for those Carers who participated in the lengthy engagement period and the very busy role Carers have on a day-to-day basis. The CSIG recognise that engagement is a continuous process and in order to achieve identified actions an ongoing effort will be made to engage with Carers through the lifespan of the Strategy.
- 4.12.** A 'launch period' is proposed to take place in Spring 2023, coordinated by the Lead for Strategy and Transformation to promote the new Strategy and Action Plan within communities across Aberdeen City.



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5. Implications for IJB

5.1. Equalities, Fairer Scotland and Health Inequality

A stage 3 Health Inequalities Impact Assessment (HIIA) is included in Appendix F.

The Strategy aims to enhance equality of opportunity for all Carers. Ensuring that all Unpaid Carers have access to support is a central theme of the Strategy. Throughout the development of the Strategy it was recognised that we did not have a thorough understanding of the perspective of Carers from Minority ethnic communities and those from LGBTQ+ communities in Aberdeen. Ongoing engagement is required to ensure that 'less heard communities' are aware of their rights within the Carers (Scotland) Act 2016 and that local supports and services are developed with the needs of all Carers in mind. The CSIG will work alongside members of the Equality and Human Rights sub-group to continue to develop our understanding of the needs of all communities in Aberdeen and specific actions on developing approaches to engaging with both minority ethnic communities and LGBTQ+ communities are included within the Action plan (attached at Appendix D) under priority 1, 'Identifying as a carer and the first steps to support'.

5.2. Financial

The ACHSCP budget for Carers is £ £2,559,067. This is made up of the £ £1,790,067 budget from 21/22 plus £769,000 of additional SG funding for 22/23. This budget includes provision of social care services provided via our adult social work teams where these provide a break to the Carer as well as the specific Carer support services listed above.

The actions outlined within the Strategy and Action Plan would be delivered within the existing resource envelope and through additional, applied for, funding streams where available.

5.3. Workforce

The Strategy will be delivered by the workforce in partnership with Unpaid Carers and the wider community.



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Members of the ACHSCP, NHS Grampian, Aberdeen City Council, independent and third sector workforces have been engaged with in development of this Strategy. Several recommendations are included within the Strategy with the aim of improving the knowledge of all members of the workforce on the rights of Carers and appropriate routes to support.

It is recognised that members of our workforce may be Unpaid Carers themselves and we will link in with the work of the ACHSCP Workforce Plan to support them.

5.4. Legal

Having a local Carer Strategy in place meets the legal obligations on the IJB within The Carers (Scotland) Act 2016.

5.5. COVID-19

COVID-19 has had a significant impact on the time taken to develop this strategy. The pandemic has disproportionately impacted on Carers and this impact is considered specifically within the Strategy.

5.6. Unpaid Carers

The recommendations and proposals within this report are focused on improving experiences of Unpaid Carers. They will continue to be fully involved in the planning and delivery of services designed to support them.

6. Links to ACHSCP Strategic Plan

- 6.1. The development of this Strategy is a specific Action identified within the ACHSCP Strategic Plan 2022-2025 under the strategic aim of 'Caring Together'.



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7. Management of Risk

7.1. Identified risks(s)

Supporting Carers is an important element of our approach to prevention in our Strategic Plan 2022-2025. By supporting Carers to continue Caring we will support the wider population to live well for longer at home and potentially reduce the demand on other Health and Social Care services, for example, unplanned Hospital admissions.

There is a risk that if we do not continue to have a robust Carers Strategy that the voices of unpaid carers are unheard, and services designed to support them will not meet their needs. There is also a risk that the IJB fails to meet its obligations within the Carers (Scotland) Act 2016.

7.2. Link to risks on strategic or operational risk register:

This report links to Risk 5 on the Strategic Risk Register:

Cause: Performance standards/outcomes are set by national and regulatory bodies and those locally determined performance standards are set by the board itself.

Event: There is a risk that the IJB, and the services that it directs and has operational oversight of, fails to meet the national, regulatory and local standards.

Consequence: This may result in harm or risk of harm to people.

7.3. How might the content of this report impact or mitigate these risks:

This report recommends an approach which aims to continue to develop Carers support services and improve the experience of Unpaid Carers supporting people living in Aberdeen City.