

# **Progress Report for the Joint Carers Strategy**

Cheshire East Council has worked in partnership with carers, Eastern Cheshire Clinical Commissioning Group and South Cheshire Clinical Commissioning Group to improve and strengthen their two year strategy for carers. The strategy got final agreement in May 2016.

The three organisations have jointly funded a Project Manager for carer's post that will lead the implementation of the agreed plans.

Engagement with carers took place and the five priority areas that emerged are:

- 1) Respite and carer breaks**
- 2) Realising carer potential**
- 3) Information service**
- 4) Assessment of carer needs and crisis support**
- 5) Engagement and co-production**

Each of these priorities is supported by an implementation action plan which describes in relevant detail the timeline to achieve the outcomes required, monitor and review progress, and measure success. Clear lines of both organisational and individual officer accountabilities are included for each area.

It was agreed that a baseline would need to be developed in year one for a number of areas and some areas of the delivery plan cannot be updated on until the next report.

Below are good news stories and case study examples from the work being carried out.

## **Case Study 1: Good News story from Carers Week**

Cheshire and Warrington Carers Trust held events across the borough to both identify new carers and also to celebrate the contribution carers make to the lives of those they care for.

Here are 3 positive examples of outcomes achieved for carers during Carers Week. A new carer came to the information day in Nantwich. They had been walking past and came in to find out more. As a result they are now engaging with us, have had support to complete a benefits form and will now receive ongoing support as they have been added to the mailing list.

During Carers Week Cheshire and Warrington Carers promoted their service through GP practices and one carer saw a poster. They contacted CWCT who supported her with a benefits claim which was successful, accessed a relaxation session and also attended an information event.

Each year, in partnership with East Cheshire Hospice, CWCT organise a summer garden party. This year's event attracted over 30 carers. One carer was rather quiet and not joining in with activities. A Carer Support Worker spoke to her and found she was having a particularly difficult time. As a result the support worker was able to make an appointment for emotional support and to access an emergency fund, for a new cooker.

# **Progress Report for the Joint Carers Strategy**

## **Case Study 2: Finding hidden carers**

Audlem and District Community Action currently run the carers group in Audlem. They ran a carers information day during carers week. They had 10 information stalls, refreshments and free raffle. From this they got 2 new members.

## **Case Study 3: Supporting carers through communication and training**

(Email from a carer to carers project manager)

Hi Rachel, unfortunately I had taken my wife on holiday, during carers week therefore could not attend any of the events in our area.  
Re enforced by the course, I attended last year, (Caring With Confidence) I do make time for my needs, and we together also live quite an active life within limitations mainly centred around our canal systems.  
I am conscious that as I age/ or my wife's condition gets worse I will need support and only hope that some of the activities available now continue to be so.  
Re the Cheshire East Web site, I do visit it when I need information about all manner of things - and I do browse it occasionally to view what might be useful to carers.  
I do find your emails informative and that is often a trigger to investigate further by following the links.  
I hope this feedback has been useful,  
Regards Ken.

## **Case Study 4: Good news story of support given**

(Email from a carer to carers project manager)

Rachel,  
Thanks for your reply and concerns and the link which I will have a look at. Glad my comments have been useful.  
My biggest problem for many things is having enough time to fit things in!! My husband is retired and we get out as much as possible, when family don't require a favour and we are actively involved with our church and U3A. So we are pretty busy, the weeks fly by. It is only since Dad went into care that I feel relaxed enough to enjoy all this stuff. Dad never wanted to end his life in care, he said he would rather shoot himself, so you can imagine the emotional trauma that came with accepting that for his own safety it was the best option, and being an only child there was no-one else to make the decision with me.

Support from social services and Alzheimers group (I attended an excellent course on dementia) was welcome.

Yes I am registered with my GP surgery, though in the first instance it was suggested it was Dad's surgery I had to register with!! I also came to a "carer's support course at Sandbach Ashfields one time but heard nothing more.

I did have a carers needs assessment done one time, and true I could have had a carers holiday break but with Dad in care this last year I have been able to take

## **Progress Report for the Joint Carers Strategy**

several holidays with my husband (without worrying about my Dad...well not all the time) and with limited carer's funds I felt that someone in a more needy position should have that entitlement.

Having in this last year encountered others in similar positions, we have jollied each other along and that "understanding" friendship is invaluable.

You are quite right, being a carer doesn't stop when your folks are in a care home. In some ways it's harder because on your own you have it under control and surrendering that care to someone else is a challenge.

### **Case Study 5: Room for Improvement**

From feedback received regarding carers week it has been noted that we need to ensure we work with providers to start working on ideas for next year's carers week and organising events to suit more people. There seems to be a lack of events being held in Macclesfield and at times that would suit carers.