

# Carers Strategy 2024 - 2029

## Executive Summary

### Introduction

Partners in Lambeth have come together to refresh our Lambeth Carers Strategy. We have done this to make sure we have an up-to-date plan to support carers. This plan aims to acknowledge the valuable contributions of carers and guide how we can work together with our communities and partners to support carers in Lambeth. We understand that caring can impact health, wellbeing, finances, and relationships. We believe there are many ways to address these challenges and make a positive difference in the lives of unpaid carers.

### Who is a carer?

A carer is someone who provides vital care or support to a family member, friend or someone in their community, free of charge. The care needs could be because of illness, disability, frailty, addiction or a mental health condition. Carers can be any age and come from any background. Many carers manage their caring responsibilities around their paid employment or education. Without carers, the challenge and pressure on health and social care would be even greater than it is.

Not all carers are the same and carers will have different experiences of caring. Some people are happy to be defined as a carer, but other people would not consider themselves a carer, and some people do not want to be recognised as a carer. Carer experiences are dynamic and variable throughout the day, week, month and beyond.

#### Young Carer

A young carer is someone between the ages of 5 and 18 who provides care to someone who would otherwise not be able to manage without their help. Often young carers care for parents and other relatives.

#### Young Adult Carer

A young adult carer is someone between the ages of 16 and 25 who provides care to someone who would otherwise not be able to manage without their help.

#### Parent Carer

Parent carers provide support to their children, including grown up children who could not manage without their help. The child or adult can be ill, disabled, have a mental health condition or issues with substance misuse.

#### Adult Carer

An adult carer is anyone over the age of 18 who looks after someone who would otherwise not be able to manage without their help.

#### Spousal Carer

A spousal carer is someone who cares for their spouse or long-term partner with tasks they wouldn't be able to manage without their help.

#### Former Carer

A former carer is someone who used to be a carer, but no longer provides care in the same way. This can be because of a number of factors, such as the death of the person they cared for, inability to care due to own health or the person no longer wanting or needing care.

## How have we got here?

During the development of this strategy, we consulted with important partners to get feedback on what is significant to carers, and what partners in Lambeth can do to support them. Carers helped develop this plan by sharing their thoughts and priorities. We also collaborated closely with Carers Hub Lambeth, partners in the Health and Care system, and other voluntary sector partners.

Our consultation was informed by a series of feedback opportunities, including:

- An adult carers survey, also translated into Spanish and Portuguese
- A young carers survey
- An in-person consultation event
- An online consultation event
- Presentations and discussion groups at the Carers Collaborative Strategy Group and Carers Collaborative Network.



The feedback received through this consultation has directly informed our strategy priorities.

## Priorities

Together with our partners, we have developed 7 priorities to deliver our shared vision for how we will support carers in Lambeth. These priorities build upon what has been achieved during the term of the 2017 framework and sets out a refreshed direction, informed through our consultation.

## How will we know how we're doing?

The priorities within this strategy outline our plan for the next 5 years. We have developed a draft action plan utilising feedback received during the consultation period, pulling together the detailed goals shared by carers and other key stakeholders.

Using the Carers Collaborative Strategy Group, we will co-produce the final action plan with carers alongside representatives from statutory services and the voluntary and community sector. The Carers Collaborative Strategy Group is a collection of partners from social care, health, the voluntary sector, and carers. We meet to decide how to deliver the strategy and monitor the progress of the strategy. We will agree together what success looks like, and how we will measure success. Progress will be monitored quarterly via the group and updates will be provided to Lambeth Together Care Partnership Board and other partners.

## Draft action plan

The action plan will be finalised with input from stakeholders. The actions will be developed into workstreams, action owners identified and timescales specified where possible.





## Priority 1

### Mental, physical, and emotional wellbeing of carers

What is being delivered?	When
Expand carers' access to leisure activities	Live
Support carers to access health and wellbeing support	Ongoing
Provide a carers assessment for all eligible carers	Ongoing
Review our respite pathway	Spring 2024
Promote mental health support available for carers	Ongoing
Recognise the specific emotional health and wellbeing needs of young carers	Ongoing



## Priority 2

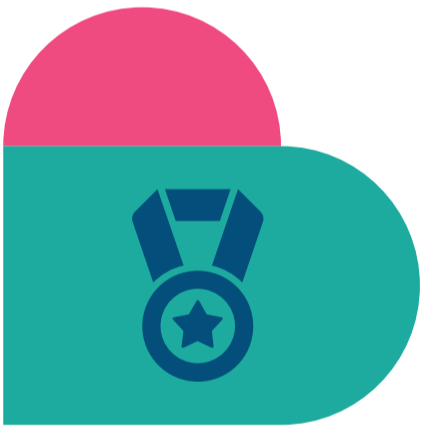
### Integrated carers pathway and support offer

What is being delivered?	When
Identify opportunities for integration and partnership working	Ongoing
Develop closer working links between social care and housing	Ongoing
Map carer service offer and support pathway across Lambeth	Spring 2024
Produce transparent, accessible information on pathways to support	Summer 2024
Involve and support carers during hospital discharge	Spring 2024



**Priority 3**  
**Equipped workforce**

<b>What is being delivered?</b>	<b>When</b>
Expand the carers professional network to include professionals from across the system to share learning and embed good practice	Spring 2024
Expand the Carers Champion model	Ongoing
Promote a whole-family practice approach	Ongoing
Embed carers awareness training and support for staff	Spring 2024
Involve and support carers during hospital discharge	Spring 2024



**Priority 4**  
**Visibility, recognition, identification and awareness of carers**

<b>What is being delivered?</b>	<b>When</b>
Develop opportunities to recognise and reward carers	Ongoing
Review systems to ensure proactive identification of carers across systems and at grass roots level	Ongoing
Promote carers' needs and rights across systems and departments	Ongoing
Recognise and raise awareness of different needs at all stages of caring journey	Ongoing
Address the needs of older carers	Ongoing



## Priority 5 Empowering carers

What is being delivered?	When
Create accessible and regular opportunities for carers to share feedback and experience	Ongoing
Involve carers in decision-making	Ongoing
Champion peer support	Ongoing
Raise carer awareness of eligibilities and rights	Ongoing



## Priority 6 Carer equity

What is being delivered?	When
Raise awareness, promote training opportunities and share best practice around equality, inclusion and diversity	Ongoing
Address culturally appropriate support	Ongoing
Explore barriers to accessing services	Ongoing





## Priority 7

### Helping to prevent carers from financial hardship

What is being delivered?	When
Increase professional awareness of the financial implications of caring role	Ongoing
Identify and support carers as a group at higher risk of economic hardship	Ongoing
Maximise carer finances	Ongoing
Expand the Lambeth Carers Card discount program	Ongoing
Develop a Lambeth carers policy for Lambeth staff	Autumn 2024
Continue to invest in support for parent carers, including support to access all available benefits and financial support	Ongoing
Improving access to Ofsted registered childcare for children with SEND	Ongoing

