

How the Council is meeting the National Priorities for carers:

Supporting life alongside caring - All carers must have reasonable breaks from their caring role to enable them to maintain their capacity to care, and to have a life beyond caring;

Current Provision	Planned development and additional information
Adult Carers	
The Carers Needs Assessment process has been reviewed and revised to ensure compliance with the Social Services and Wellbeing Act.	A further review is planned to ensure it is meeting the needs of carers and practitioners
Agreements with Third Sector organisations help to provide specialist carers support and a much needed break for carers who are then able to attend to their own health, wellbeing and other needs. The Third Sector also provides a small repairs service	Service level agreements are in place with Crossroads in the Vale EMI, Hafal, Parents Federation and Care and Repair Cardiff and the Vale.
Dewis Cymru includes information about caring and provides a comprehensive directory of resources available in the community to support citizens as carers and also as individuals in their own right. The Performance and Information Team have been actively involved in developing this national information resource and are currently assisting in keeping the information up to date and encouraging others to engage.	
A flexible fund, established in 2010, enables individual carers to receive discretionary payments. This is used to meet one-off needs identified by case managers and subject to an approval process involving team managers. The funding is especially useful where the more traditional sitting/domiciliary services are not appropriate or required. For example, it has been used to provide transport, for driving lessons and also assisted a carer so	In 2016/17, £7585 was made available to carers for individual needs. For 2017/18 to date this figure stands at £ 6996

<p>that they could take up the opportunity of a free holiday abroad as a break from his caring role. Funds have been provided to enable carers to attend vocational and adult education courses.</p>	
<p>An Introduction to Complementary Therapies is offered to carers via a contract with local therapists. Carers have often told us that stress is a problem for them and muscular pain can occur due to tasks involved with caring. Complementary therapies are thought to relieve the symptoms of stress and to help with muscular pain.</p>	<p>The short courses will equip carers with tools to take away with them in relation to managing their sleep and diet in addition to sampling an alternative means of managing their stress levels. 73 carers took up this opportunity in 2016/17. Many carers choose to continue with therapies at their own expense, recognising their value to their wellbeing.</p>
<p>The Carers Respite Grant has been used to provide a range of additional breaks from caring and valuable back up arrangements to be put in place for both Carers of adults and parent carers.</p>	<p>In our end of year update to Welsh Government in December 2017, we were able to report that 17 carers had received additional support so far. Examples of additional help provided include home support to assist a single parent who had newborn twins in addition to caring for two other children (one with a disability) and a top up of direct payments was made to a carer who required flexible arrangements to take a break from caring and attend to his own health needs. Plans for 2018/19 include the commissioning of a registered nursing bed to provide short breaks for carers of people with need for high levels of nursing care. These are difficult to find, especially at short notice.</p>
<p>Young Carers</p>	
<p>A commissioned Young Carers Project, delivered through Cardiff YMCA. Entitled 'Time For Me', continues to provide opportunities for young carers, aged under 18, to participate in social activities, events and short breaks outside the school and home environment</p>	<p>In the quarter ending December 31st 2017, 46 young carers were attending the Project and 10 new referrals were received. The RBA report for the quarter end shows 46 individuals accessed at least one activity per month and the activities offered rated as 99% positively received. 1 to 1 support was also provided to 3 young carers. Respite</p>

	<p>opportunities included a 5 day residential and a 3 day residential in October. 70% of young carers stated that their circumstances had improved at the six month review. The Cardiff YMCA have been successful recently in retaining this contract until 2021 after a Competitive Tender exercise.</p>
<p>The Carers Respite Grant, includes young carers. The Grant has been used to provide a range of additional breaks from caring and for back up arrangements to be put in place. For example:</p> <ul style="list-style-type: none"> • To reduce the waiting list for the Vale Young Carers Project by increasing the capacity of the Project to assess and support young carers, • Enable young carers to attend the Young Carers Festival • Provide Residential weekend at Story Arms in February 2018 half term, • To develop a young carers awareness film, made by the young carers on a co-production basis, working in partnership with YMCA Barry. 	<p>This additional range of support has created 86 opportunities for young carers to receive additional breaks from their caring role.</p>

Identifying and recognising carers -Fundamental to the success of delivering improved outcomes for carers is the need to improve carer’s recognition of their role and to ensure they can access the necessary support;

Adult Carers	
<p>The number of recorded carers' assessments in the Vale of Glamorgan increased to 391 in 2016/17, from a base of 138 in 2012/13. The number of carers assessments for 2017/18 currently recorded to the end of November 2017 stands at 188. This continuous growth is largely the result of introducing Carers Support Officers within all adult services teams and the child</p>	

<p>health and disability team (to support both parent carers and young carers), but it has been influenced also by greater awareness of carers and the availability of support</p>	
<p>The implementation of the Cardiff & Vale GP Carer Accreditation scheme has shown that having a structured approach to raising carer awareness improves support provided to carers. Cardiff and Vale UHB, Cardiff Council and Vale of Glamorgan Council have developed a Scheme which identifies the criteria that GP practices need to achieve to obtain recognition for supporting carers and their families. Implemented in 2015, the Bronze level largely focuses on carers' information, ensuring that GP surgeries are providing the most up to date relevant information. The bronze criteria were developed in partnership with Health, Local Authorities, Third Sector and carers themselves. Silver criteria will encourage GP Practices to be more proactive in their identification and support for carers.</p>	<p>Welsh Government have advised that they expect us to use transitional funding in 2018/19 to work with partners to implement a scheme, which supports GP practices to develop their carer awareness and ways of working to support carers. The Vale already has this in place. To date 11 of the 15 GP Practices have gained a Bronze certificate in the Vale of Glamorgan and several are working towards the Silver level.</p>
<p>Transitional Funding for Carers has been used to explore the viability and potential to operate a similar scheme to the GP and Schools accreditation schemes to raise carer awareness and support in health and social care settings. Six settings have been chosen to take part in a pilot across health and social care and includes the third sector.</p>	
<p>Young Carers</p>	
<p>A young carer friendly assessment toolkit has been developed. This tool, containing age appropriate graphics for older and younger young carers, supports the collection of essential data to inform the assessment process (which is developed for use in</p>	

<p>both Cardiff and the Vale of Glamorgan).</p>	
<p>Young Carers benefit from the Carers Support Officer (CSO) role in Children and Young People Services. A part-time CSO provides support to both Parent Carers and Young Carers in respect of their information and assessment needs. Work is ongoing to ensure young carers are identified, referred and assessed appropriately for the targeted information and support the Council has in place and signposted to community information, services and support. The new ONE database will be used to record young carers.</p>	
<p>The Welsh Government's Transitional Funding has been used to finance Carers Trust South East Wales to introduce a Young Carers Accreditation Scheme to secondary schools in the Vale of Glamorgan. The "Young Carers in School Programme" scheme aims to raise awareness of young carers within education settings and provide additional information and support. A short video is shortly to be released to promote the programme to schools</p>	<p>Following a Peer Review panel (consisting of two young carers from seven counties) in February 2018, Barry Comprehensive was announced as the first school in Wales to achieve the Accreditation.</p>
<p>A pilot of a young carer's i.d.card will be evaluated during the Summer Term after being trialled in 3 secondary schools.</p>	<p>Longer term goals for this initiative include identifying and negotiating 'benefits' to link to the card, incentives for young carers to sign up to having such a card, awareness/recognition of card (who and why), ongoing maintenance of the systems and administration, renewal process (annually etc.). The Task and Finish group have noted a National Young Carer Card scheme is to be developed and consider this local work could feed into the all Wales scheme.</p>
<p>The YMCA Vale Young Carers Project Worker, Carers Trust SE Wales School Development Worker and the Vale Carers</p>	<p>Opportunities to provide information and presentations are continually sought and joint working with the Family</p>

<p>Development Officer have developed a presentation about young Carers to the Learning and Skills Team Day. The Development Officer joined with the Vale young carers project to promote young carers Awareness Day in January 2018. Articles about Young carers have also been regularly featured in Caring Times, our carers' newsletter; articles on young carers have appeared in the Vale School Governors' Association newsletter and The Index.</p>	<p>Information Service is ongoing.</p>
<p>A Young Carers working group, including representatives from social services, health, safeguarding, youth work and third sector organisations working with young carers, continue to meet. This working group is progressing a work plan based on needs identified by young carers. Proposals have been discussed with young carers, seeking their views as to whether the proposed actions would meet the outcomes they have identified.</p>	<p>Estyn will include a section on young carers as part of its questionnaire for schools and further education institutions from September 2018.</p>
<p>A young carer was invited to speak at the Vale Youth Forum AGM to talk about their own situation and the impact of caring. The presentation raised awareness amongst the young people attending and has informed the Youth Forum Action Plan for 2018/19.</p>	

Providing information, advice and assistance - It is important that carers receive the appropriate information and advice where and when they need it

<p>Information continues to be one of the most requested and valued carers' service. The Carers Team have engaged with UHB colleagues and Third Sector in developing information provided on the Council website, in a Carers Handbook and</p>	<p>Discharge from hospital has been identified as an area where support for carers needs to be improved. There is a need to improve information, advice and assistance to all carers following discharge from hospital of someone who is cared</p>
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<p>Carers Directory, on GP Carers Notice Boards and via a quarterly carers' newsletter (Caring Times) which now has a circulation of 961 carers.</p>	<p>for, this involves including carers in developing discharge plans</p>
<p>The number of carers registered for a Carers Emergency Card has reached 181. Carers are able to carry a card which identifies, in case of accident or emergency, the contingency arrangements agreed in advance by the carer and the person they care for. The card enables the plan, registered with the local authority, to be activated at any time of day or night. The scheme links existing services (such as assessment/ care planning, the social services client database and out-of-hours services) in a process that provides invaluable reassurance to carers that arrangements will be put in place if they are incapacitated.</p>	
<p>The number of training opportunities to help carers in their role has been increased. Regular training opportunities are available for Manual Handling, First Aid and Managing Challenging Behaviour. Training opportunities offered by partners are also promoted, e.g. by Alzheimer's Society, PMHSS, Expert Patient Programme.</p>	<p>A Challenging Behaviour Course held on 12th March 2018 was attended by 10 carers. The next courses scheduled for Manual Handling are on Carers Rights Day and Carers Week 14 June 2018 and 30th November 2018 and are provided by the Council's Manual Handling Coordinator.</p>
<p>Dewis Cymru is being promoted within the Council as 'the place to go' for a Directory listing information on services and support in the community. It is providing an essential element of the Information, Advice and Assistance service for carers.</p>	