

Sefton All Age Carers' Strategy 2024 – 2027

Draft For Consultation.



Contents

Foreword4

Introduction6

What is an unpaid Carer?.....6

 Carers in Sefton7

 Key Highlights from Sefton Carers Centre 2021 Survey.....8

Sefton Carers Strategy 2024-2027.9

 Links to National and Local Strategies.....9

 Co-production of the Strategy?9

Carers Strategy 2024 -2027 Vision Statement.10

Carers Strategy 2024 -2027 – Aims for Carers in Sefton.10

Carers Strategy 2024 -2027 – Priority Objectives.....12

 Objective 1 - Unpaid Carer Involvement.....12

 Objective 2 - Joined Up & in Partnership.....12

 Objective 3 - Information.13

 Objective 4 - Support unpaid carers at all the different stages of a carer’s life.13

 Objective 5 - Recognising and Supporting Unpaid Carers in the Wider Community.13

 Objective 6 - Services and Systems that work for Unpaid Carers.14

 Objective 7: Employment and Finance.14

 Objective 8: Young Carers.....14

Using Technology Enabled Care Solutions (TECS) to support Carers.15

Delivering the Strategy.....	16
Monitoring of the Strategy Action Plan.....	16
Local Strengths, Assets and Gaps in Carers' Support in Sefton.....	17
Local Strengths and Assets.....	17
Partners in Sefton.	17
Specialist Carer Services.....	17
Independent Support Services.	18
Local Gaps/Areas of recommendation.....	18
Paid Respite & Support.	18
Increase opportunities for identification of 'hidden' Carers.....	19
Links to Local and National Strategies.	19
Links to National Strategies.	19
Links to Local Strategies.....	23
Sefton 2030 Vision.	23
Sefton Health and Wellbeing Strategy – Living Well in Sefton 2020-2025.....	23
Sefton Children and Young People's Plan 2020 - 2025: My Sefton, Happy, Healthy, Achieving, Heard.	23
Technology Enabled Care Solutions (TECS) Strategy 2021-2024. (To be updated).	23
A Strategic Framework for Carers in Cheshire & Merseyside 2022.	24

Foreword

Councillor Paul Cummins, Cabinet Member, Adult Social Care and Councillor Mhairi Doyle, M.B.E., Cabinet Member, Children's Social Care

An unpaid carer is anyone who cares for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. There are around 6.5 million unpaid carers in the UK, approximately one in ten people. Social services and the NHS rely on carers' being able to provide care and support.

In Sefton, we estimate that almost 35,000 people see themselves as being an unpaid carer, providing more than one hour's care per week. However, it is likely this number is much larger as many people providing care do not see themselves as a carer, because it is part of what they normally do every day.

Although for many unpaid carers, caring can have positive and rewarding aspects, such as the development of organisational skills, caring will have an impact on a carer's life. It can affect their access to employment and educational opportunities, their health and wellbeing, their relationships with others and it can limit the time that they have to spend on the other things that they want to do.

The number of unpaid carers in Sefton and their needs are likely to change dramatically in the coming years, especially in the aftermath of the coronavirus pandemic as the long-term effects continue to be seen. Also, population changes will mean that there will be more people that will need support from an unpaid carer in Sefton.

Also, it is anticipated that there will be a bigger role required of unpaid carers due the fact that people are living for longer and with more complex needs. It is important that carer's needs are supported now and, in the future, so that they can live happy, healthy, and fulfilled lives whilst carrying out their caring role.

Building on Sefton's earlier Carers Strategy for 2014-2019, this latest strategy sets out how partners across Sefton will work together to ensure that this can be achieved. It sets out the vision and outcomes that unpaid Carers in Sefton have told us that they want to see and the priorities that partners will focus on over the next five years to achieve these.

This Strategy is for all unpaid Carers in Sefton including Young Carers, Parent Carers, Working Age Carers and Older Carers,

This document has been produced by using the knowledge and views of Sefton Council Services, Sefton Carers Centre, as well as our many other partners, but most importantly from unpaid carers (young people and adult carers) across the Borough and beyond without whose participation the strategy would not be a living document. Making sure that unpaid carers are acknowledged by their GP, school or college, neighbours or employers is one of our top concerns. To ensure that unpaid carers receive the help they need to carry out their wonderful work, we must all play a part.



Councillor Paul Cummins
Cabinet Member
Adult Social Care



Councillor Mhari Doyle
Cabinet Member
Children's Social Care

Introduction

The Care Act 2014 says that an Unpaid Carer is 'Someone who helps another person, usually a relative or friend, in their day-to-day life'. This is not the same as someone who provides care professionally or through a voluntary organisation.'

According to Carer UK (2022), there are around 6.5 million unpaid carers in the UK: that's around 1 in 8 people. People are living longer with illness or disability, and more people are becoming unpaid carers. It is thought that 6,000 people every day become unpaid carers.

The Covid pandemic and the rising cost of living has had a big impact on many people's lives. For some unpaid carers this is when their caring role may have started or increased significantly due to the impact of Covid on many support services.

The pandemic has forced organisations to think more carefully about the support that is needed for unpaid carers in the future so that they have better support in any future situations.

What is an unpaid Carer?

An unpaid carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

This could be caring for a relative, partner or friend who is ill, frail, disabled or experiencing mental health or substance misuse problems. (Carers UK)

Anyone can be an unpaid carer and Carers UK predict that 3 in 5 people will be unpaid carers at some point in their lives. Unpaid carers differ in age, the number of hours that they spend caring and the number of people that they care for.

There are six types of unpaid carers based on their age and individual circumstances although it should be noted that at any one time a carer can be in a caring role that covers more than one of these types. For example, a person could be a Young

Adult Carer, as well as a Parent Carer and a Working Carer. This is in addition to carers moving from one group to another at various times of their lives.

- Young Carers 5 – 17 years old.
- Young Adult Carers 18 – 25 years old.
- Parent Carers.
- Working Carers.
- Adult Carers.
- Older Carers – 65 years plus.

Carers in Sefton

In Sefton about 13% of our residents are thought to be in an unpaid caring role, which is just under 35,000 people. In November 2021 around 10,000 unpaid carers were registered with Sefton Carers' Centre. This is about 30% of unpaid carers in Sefton.

Lots of people who provide unpaid care are not known by services and they are called "hidden carers". It can often take some time for people to think of themselves as a carer, especially when they are caring for a family member, as they don't realise that they are carrying out a caring role.

Unpaid carers are an important part of the Borough and need to be supported in their caring role. Unpaid carers don't always choose or plan to become a carer. They often find themselves in this role without any support and information to help them. It is important that all unpaid carers know how to get access to the help and support that is available for them and that they can identify themselves as an unpaid carer at the earliest opportunity.

National research suggests one in five carers gives up work to care. The loss of earnings, savings and pension contributions can mean that unpaid carers face long-term financial hardship into retirement.

Unpaid Carers are one of the biggest sources of support within the local health and social care sector. For every £1 spent on unpaid carers this is estimated to save the NHS £4 and every £1 spent on preventative support for unpaid adult carers is estimated to save local councils £2.97. Every £1 spent on young carers is estimated to save children's social care £3.

Key Highlights from Sefton Carers Centre 2021 Survey.

In October 2021, Sefton Carers Centre conducted a survey of their registered carers, key results are shown below:

- 80% had used Sefton Carers' Centre at least once over the last 12 months.
- 40% of carers said their GP was aware of their caring role.
- 31% of carers were in paid employment.
- 46% of carers had been caring for more than 5 years.
- 26% of respondents had received support from social care over the last 12 months.
- 9% of Carers reported their mental health had been badly affected by the pandemic.
- 47% of Carers said their caring role had increased during the Covid pandemic with 59% feeling this was for the long term.
- 71% of Carers were very satisfied or satisfied with Sefton Carers Centre services.

Sefton Carers Strategy 2024-2027.

This Strategy sets out our commitment to unpaid carers and shows how partners in the Borough will work together to support unpaid carers of all ages in Sefton. The Strategy is owned by a partnership of organisations in Sefton together with carers and residents.

To make sure that this Strategy and action plan (which will be developed following the consultation) makes a difference to the lives of unpaid Carers in Sefton, it is proposed that a Sefton Carers Partnership Board will be set up. The Board will be made up of key partner organisations, including the appropriate Cabinet Members from Sefton Council, local Integrated Commissioners, representatives of Health Services in Sefton, Sefton Council Adult Social Care Leaders, a representative of local carers, Sefton Carers' Centre, Sefton Healthwatch, and other voluntary and community and faith sector organisations who support carers.

The Partnership Board will report to the Sefton Health and Wellbeing Board, which is the Strategic Joint Commissioning Board for Health and Social Care in Sefton.

Sefton all age Carers Voice groups and forums will let the Carers Partnership Board of any issues and they will be reported to Sefton Integrated Care Board (Place) and Sefton MBC as appropriate. Updates and any carer issues that need raising further will be taken forward to the Sefton Health & Wellbeing Board for further support.

Links to National and Local Strategies.

This draft strategy reflects several National and Local Strategies. Details of these are included further in this document.

Co-production of the Strategy?

Unpaid Carers are at the heart of this draft strategy and their views have played an essential role in co-producing its priorities, actions, and outcomes. It is important that the views of unpaid carers are valued, respected, listened to and that unpaid carers are actively involved in the shaping of services that support their needs.

Consultation and engagement on this draft strategy will take place between November 2023 and February 2024. The views of carers will be used to develop the Vision, Aims, and Objectives for Unpaid Carers in Sefton. A separate consultation report will be produced which will give more detail of the outcome of the consultation and this will be available once the consultation has ended.

Carers Strategy 2024 -2027. Vision Statement.

We think that the Vision for unpaid Carers in Sefton could be: -

Unpaid Carers of all ages in Sefton will have support for their physical health, mental health and wellbeing needs whilst they are meeting the needs of the person they care for, ensuring Carers own life choices and ambitions are supported and recognised.

We want to make sure that unpaid carers in Sefton have the help and support they need as they look after the people they care for and to look after themselves. At the same time, we will develop a longer-term approach, focusing on health, wellbeing, and changes in our communities.

We want to provide great integrated services to ensure that those being cared for, and their unpaid carers can get help and support in the appropriate place at the right time. It is important, therefore, that we set out our priorities specifically relating to supporting our unpaid carers.

Carers Strategy 2024 -2027. Aims for Carers in Sefton.

Aims. – This is what we want to achieve in the Carers Strategy.

The following is what we think our **aims** for unpaid carers in Sefton could be:

- 1. Health and Wellbeing** - Recognising how caring affects physical or mental health. We will work with partners across Health, Education and Care services to look after the physical and mental health of unpaid carers.

2. **Life Course of carers** – Supporting unpaid carers at all stages of caring and the impact that it has on the unpaid carer.
3. **Effective planning to avoid crises by providing early assistance and preparation** - Giving unpaid carers the right information and working with carers to plan more effectively. These plans will include an assessment of needs, requirements, and risks to identify the potential of a crisis before it happens. We will review the change from children's to adult's services to improve the young adult, family and unpaid carer experiences, opportunities, and need.
4. **Carer Involvement** - All unpaid carers will have a voice and be treated as experts by experience.
5. **Loneliness and social isolation** – Unpaid Carers are valued and supported to explore opportunities to build and maintain relationships.
6. **Carers assessments and service provision** - Unpaid carers will have access to information and support. There will be a holistic, person-centred approach to care and assistance that considers how caring for others affects relationships, children, and young adults.
7. **Leisure and Culture** – unpaid carers will have access to opportunities in the local community.
8. **Carer Respite opportunities** – Ensure that unpaid carers can access regular breaks for themselves and the person they care for.
9. **Maximizing financial support**– supporting unpaid carers to make a choice about their financial options in the unpaid caring role.
10. **Improve access to education, training, and employment for unpaid carers** by promoting better work practices, benefit awareness and creating carer-friendly workplaces. We will help unpaid carers of all ages to understand how to access education and training.

- 11. Recognise and assist young carers and young adult carers and ensure that every school in Sefton identify and supports Young Carers.** - We will work with unpaid Carers including Young Carers Service, CVS (Voluntary services) Young Advisors and the schools and colleges across Sefton. We will share good practice, provide relevant tools and training, and celebrate the great outcomes many young carers achieve. We want our young carers to be able to focus on their lessons, take part in school activities and feel fully part of their school community.

Carers Strategy 2024 -2027. Priority Objectives.

Objectives. These are what we want the Carers Strategy to do.

The following is what we think the Priority Objectives could be for all partners to help unpaid carers in Sefton:

Objective 1 - Unpaid Carer Involvement.

- Unpaid Carers are seen as professional in the unpaid care of the person they care for and whose roles are recognised, valued, and respected.
- We will ask and listen to unpaid carers' views and involve unpaid carers in service changes or proposals.
- We will continue to strengthen emergency planning and crisis support for unpaid carers in emergencies.
- We will support unpaid carers to plan and prepare for the future.

Objective 2 - Joined Up & in Partnership

- We will continue to raise awareness and promote best practice amongst health and social care professionals to identify, value and support unpaid carers effectively.
- We will work with all partners delivering delivering services in Health, Education and Social Care to help them work with unpaid carers to plan support needs.

- We will influence initiatives and partnerships in Sefton so that they include the needs of unpaid carers and the person they care for.

Objective 3 - Information.

- To ensure unpaid carers of all ages can find the information and advice they need easily.
- We will work with unpaid carers to ensure the right information and advice is available in formats that meet their needs.
- We will work towards providing new and accessible formats including digital information platforms and encourage take-up of this on a wider scale.
- We will help partners to develop the skills and knowledge to provide accurate information that supports unpaid carers.

Objective 4 - Support unpaid carers at all the different stages of a carer's life.

- To ensure services and systems work for unpaid carers of all ages.
- Unpaid carers and those they care for are supported during changes or life events such as:
 - changes from being young people into adult (transitions).
 - changes in educational setting.
 - women who have a caring role and become pregnant.
 - family changes, retirement, and bereavement.

Objective 5 - Recognising and Supporting Unpaid Carers in the Wider Community.

- To increase awareness and identification of unpaid carers of all ages.
- We will work with partners across the local system to ensure unpaid carers are identified in the early stages of caring.

- We will promote that local services work together to support unpaid carers and their families.
- We will reach out to unpaid carers from under-represented and vulnerable groups to ensure they are identified and supported in a personalised way.

Objective 6 - Services and Systems that work for Unpaid Carers.

- We will explore new ways to connect unpaid carers with other unpaid carers to support each other.
- We will raise awareness of the impact of caring on unpaid carer's mental health and the importance of emotional support.
- We will evaluate the ways we support unpaid carers to develop future services.

Objective 7: Employment and Finance.

- We will empower unpaid carers with information to balance work and care and to return to work alongside or after caring.
- We will support unpaid carers to make sure they are aware of the support available to minimise the financial impact of caring.
- We will work with employers to improve working practices and develop carer friendly employers.
- We will seek to raise awareness about the needs of unpaid carers among employers and support unpaid carers to stay in work or get back into employment.
- We will review how we support carers who are eligible for additional financial support which could be by an assessment.

Objective 8: Young Carers

- We will work with partners to increase awareness and identification of young carers and promote the benefits of supporting the whole family.

- We will provide support that protects young carers and young adult carers from providing inappropriate care.
- We will work with partners to improve educational, training and employment opportunities for young carers.

Using Technology Enabled Care Solutions (TECS) to support Carers.

Since the Covid-19 Pandemic many people have become used to doing things differently and using technology to undertake daily tasks. There is currently a lot of technology that could help make life as an unpaid carer easier. Simple devices and apps can help someone live independently for longer or give unpaid carers peace of mind when they can't be around. Many people use technology in their everyday lives, but seven out of ten people don't think of technology when it comes to caring.

Technology can help unpaid carers:

- have more control over their unpaid caring role.
- reduce unplanned visits or hospitalisation.
- give peace of mind by taking some of the worry out of caring.
- give unpaid carers and the people they care for more independence.

Technology is not only about digital solutions. There are many home adaptations or simple aids and equipment that can make caring easier or improve the quality of life of the person being cared for.

Sefton has developed its Technology Enabled Care Solutions (TECS) offer to help people to stay in their own homes and live as safely and independently as possible. TECS includes many different devices, ranging from units where a button is pressed to connect to a monitoring centre, to systems that prompt people to take their medication or monitor wellbeing and the environment.

There are many ways in which technology can be utilised to support independent living. Technology can be used to detect personal risk, for example, it can sense if a person has fallen or is about to fall, raising alerts to identified responders, family members or neighbours, and TECS can detect dangers in the home such as smoke, floods and gas leaks, and it can call for help if necessary. It can be used as a voice prompt to remind a person to take medication, to attend appointments and there are devices that can monitor a person's movement, sleeping, breathing and temperature patterns, which can assist to identify changes in behaviour and changing care needs.

There are online platforms offering advice, information, and useful products with reviews and comparisons. Sefton Council's online assessment, information and advice tool, AskSARA (www.sefton.livingmadeeasy.org.uk) can offer a range of information and resources that professionals and residents in Sefton can easily access to purchase independently.

Delivering the Strategy.

Monitoring of the Strategy Action Plan.

As part of the delivery of the strategy we will develop the actions agreed in the strategy after the consultation, which will inform against the 3 year plan and will be monitored by the Carers' Partnership Board.

Monitoring and evaluating the impacts of this Strategy, and the objectives contained within, is vital in ensuring that our efforts continue to be focused on the cared-for and carer experiences. This, in turn, needs to feed into every commissioning decision that we take.

Quarterly reports will be made to the Carers' Partnership Board on progress made against the Action Plan. Six monthly reports will be made available for the Health and Wellbeing Board and other Partners' Boards or Executive groups. There will be an annual review of the Strategy and any changes due to policy or legislation will be made as required.

The action plan will be monitored and reviewed so it does not become a strategy and action plan only at the time of publication or one that sits on a shelf.

All reporting of the work of the Carer's Partnership Board will be available to the public via the Sefton Council Website.

Local Strengths, Assets and Gaps in Carers' Support in Sefton.

To support the development of this Strategy we have looked at the strengths and assets in Sefton as well as any current gaps and weaknesses.

Local Strengths and Assets.

Partners in Sefton.

- There is strong partnership working within the voluntary, community and faith sector to support unpaid carers.
- there are strong partnerships in the Young Carers Service including local schools, colleges, and early help teams.
- Unpaid Carers are supported by National and Local Partners, including, Alzheimer's Society, Age UK, MerseyCare, Sefton CCG's, Sefton Council, Sefton Advocacy, Sefton CVS who all provide support and services to carers in the borough.

Specialist Carer Services.

- Sefton Carers' Centre is a national network partner of Carers Trust and a local charity supporting unpaid carers in the borough of Sefton for over 30 years, bringing with this a wealth of knowledge and experience.
- The Carers Support Team at Sefton Carers' Centre complete carers assessments to identify unpaid carers' needs and aim to meet these through the development of support plans which are regularly reviewed.
- Unpaid Carers in Sefton can access free bespoke carer services from Sefton Carers Centre including advice, information and guidance, respite, welfare benefits advice and much more.

Independent Support Services.

- Sefton Healthwatch is the independent organisation in each local authority area to champion health and social care issues. Sefton Healthwatch are supportive and champion Unpaid Carer issues with designated carer representation on their steering group.

Local Gaps/Areas of recommendation.

Paid Respite & Support.

- The Covid Pandemic has increased the care crisis and it is recognised it is now much harder for care providers to deliver care packages due to the difficulties in recruiting paid care staff to meet the needs and demand on their service. This is a national issue but is also reflective of the local situation in Sefton.
- Limitations on day centre capacity due to reduced numbers that can access them to meet Covid guidelines.
- Unpaid Carers that have been identified as being eligible to access funding via a carers assessment to use paid Carer support can struggle to get this in place when required due to capacity limitations within care agencies.
- The difficulty in recruiting paid care staff also extends to those that are eligible for a Direct Payment or Personal Health Budget.

Planning for the Future.

- What happens when unpaid carers die – what plans are in place?
- What happens when someone becomes an unpaid Carer suddenly.
- What happens in a crisis e.g., if an unpaid carer has to suddenly go into hospital or becomes too ill to care?
- Transitions between being a young carer and becoming an adult carer – needs early planning put in place if young carer wants to go into further education, training, or work.

Increase opportunities for identification of 'hidden' Carers.

- Sefton Carers Centre have around 10,000 unpaid carers on their database. However, its estimated there are around 35,000 unpaid carers in Sefton.
- Increased partnership work to improve the identification of 'hidden' unpaid carers is required to support this area. Recently, there has been increased partnership working with GPs to register their patients as young or adult carers where appropriate and signpost to Sefton Carers' Centre and other partners for support as required. Schools and colleges also continue to help identify Young Carers through educational settings.
- Working with private companies to identify hidden working unpaid carers.

Links to Local and National Strategies.

Links to National Strategies.

The Care Act 2014.

The Care Act 2014 means that for the first time carers will be recognised in the law in the same way as those they care for, "putting carers on an equal legal footing to those they care for and putting their needs at the centre of the legislation". The Act gives local authorities a responsibility to assess a carer's own needs for support. This replaces the existing law, which says that the carer must be providing "a substantial amount of care on a regular basis" to qualify for an assessment. This will mean more carers are able to have an assessment. The carer will be entitled to support if:

- (a) they are assessed as having needs that meet the eligibility criteria
- (b) the person they care for lives in the local authority area (which means their established home is in that local authority area)

- (c) there is a charge (as there sometimes may be) and such a charge is accepted by the carer (or the adult being cared for, if it falls to them).

The Act relates mostly to adult carers – people over 18 who are caring for another adult. This is because young carers (aged under 18) and adults who care for disabled children can be assessed and supported under children's law.

The Children and Families Act 2014.

The Children and Families Act 2014 gives young carers and young adult carers in England a right to a carer's assessment and to have their needs met (if the assessment shows this is needed).

The Care Act and the **Children and Families Act** should work together to make sure the needs of the whole family are met and inappropriate or excessive caring by young carers is prevented or reduced.

The rights of **parent carers** have also been addressed within the Children and Families Act. A local council has a duty to provide an assessment to a carer of a disabled child aged under 18 if it appears that the parent carer has needs, or the parent carer requests an assessment.

National Carers Strategy 2008-2018 and Carers Action Plan 2018-2020.

The National Carers' Strategy was published in 2008 and had five objectives for carers to be achieved by 2018:

- Carers will be respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role.
- Carers will be able to have a life of their own alongside their caring role.
- Carers will be supported so that they are not forced into financial hardship by their caring role.
- Carers will be supported to stay mentally and physically well and treated with dignity.

- Children and young people will be protected from inappropriate caring and have the support they need to learn, develop, and thrive and to enjoy positive childhoods.

The Strategy was refreshed in 2010, retaining these five aims but adding four priority areas: -

- Supporting those with caring responsibilities to identify themselves as carers at an early stage, recognising the value of their contribution and involving them from the outset both in designing local care provision and in planning individual care packages.
- Enabling those with caring responsibilities to fulfill their educational and employment potential.
- Personalised support both for carers and those they support, enabling them to have a family and community life.
- Supporting carers to remain mentally and physically well.

In 2018 the Government published “The Carers Action Plan 2018 – 2020” which set out the Government's commitment to supporting carers through 64 actions across five priorities emerging from the carers' **Call for Evidence. The priorities are:**

Services and systems that work for carers.

Services and systems need to be aware of the diversity of carers and their circumstances, from an elderly neighbour to a young adult carer even to someone serving in the armed forces. There is no such thing as a “typical carer”. They also need to be responsive and flexible, recognising and supporting carers at different stages in the caring journey.

Employment and financial wellbeing.

Where an employer is made aware of an employee with caring responsibilities, employers can take simple, but effective action to enable carers to balance their caring and employment responsibilities. It makes good business sense to consider what flexible working practices might help both the employer and employee.

Supporting young carers.

Improved identification of young carers, to enable assessments that identify support needs alongside flexible educational opportunities are vital to providing support so that young carers can access opportunities and have the same life chances as other young people without caring responsibilities.

Recognising and supporting carers in the wider community.

Many carers will have little contact with services for carers and will not be receiving formal support in their caring role. It is therefore important that work takes place with partners beyond government to raise awareness of caring among the wider population to build carer friendly communities.

Building research and evidence to improve outcomes for unpaid carers.

When the Action Plan was published, a Green Paper on the Future of Social Care was imminent and it will state that a sustainable social care system for the future is simply not possible without focusing on how our society supports carers and that the Green Paper will also address other areas of importance to carers, including improving the quality of care, increasing personalisation and ensuring a sustainable financial system for care.

(*Unfortunately, the Green Paper has not yet been published and we will look to update our All Age Carer Strategy when any future changes to Social Care provision is clearer).

NHS Long Term Plan 2019.

The plan sets out ways to ensure the NHS is fit for the future over the next 10 years, focusing on starting well, helping communities to live well and ageing well. In relation to carers, the plan sets out a number of measures to better identify and recognise carers; better support for carers in an emergency and better support for young carers

Loneliness Strategy 2018.

As part of the government's Loneliness strategy, a Building Connections Fund is investing £1.3m to fund projects that will increase support for carers.

Links to Local Strategies.

There are several local strategies that link to this draft strategy, but do not duplicate it. These include:

Sefton 2030 Vision.

Sefton Council led on the development of an exciting partnership vision for the Borough of Sefton called Sefton 2030. When developing the vision partners worked closely with our communities, including children and young people, to understand what was important to them. This is our single strategic and overarching partnership approach for the borough.

Sefton Health and Wellbeing Strategy – Living Well in Sefton 2020-2025.

Sefton's Health and Wellbeing Strategy takes an all-age approach (**Start Well, Live Well, Age Well**) to meaningful health and wellbeing for the people who live in Sefton.

Sefton Children and Young People's Plan 2020 - 2025: My Sefton, Happy, Healthy, Achieving, Heard.

This plan sets out how we intend to maximize the health and wellbeing of all our children and young people living in Sefton.

It is based around the four themes of **Heard, Happy, Healthy** and **Achieving**.

Technology Enabled Care Solutions (TECS) Strategy 2021-2024. (To be updated).

The TECS Strategy sets out nine guiding strategic priorities to support our work towards the development of technology enabled care solutions that will promote and support independent living and improve health and well-being in all our families, neighbourhoods, workplaces and communities.

A Strategic Framework for Carers in Cheshire & Merseyside 2022.

In 2021 Cheshire and Merseyside Health and Care Partnership, NHS Northwest and Voluntary Sector Northwest came together with carer support organisations to initiate the development of a Carers Strategic Framework for Cheshire & Merseyside.

The Carers Strategic Framework is a template for learning and development overseen by a quarterly Carers Strategic Partnership Group. The following workstreams provide an opportunity for carers and carer support organisations to be at the heart of planning.

- Young Carers.
- Parent Carers.
- Adult Carers.
- Older Carers.

There are several local strategies that link to the Carers strategy, but do not duplicate it. These include:

- Adult Social Care Market Position Statement.
- Sefton Dementia Strategy.
- Sefton Older Peoples Strategy, 2019-2024.
- Sefton's End of Life Strategy, 2020.
- Sefton Technology Enabled Services Strategy.

Carers Charter Cheshire and Merseyside.

The Carers Charter has been developed by Cheshire & Merseyside Strategic Carers Partnership Group. We will continue to engage with carers and feedback will be reflected in further updates of the charter. Your feedback is welcome here communications@cheshireandmerseyside.nhs.uk

Version 1 published on Carers Rights Day 23rd November 2023.