



Development Session

**CARERS AND SAFEGUARDING
ADULTS**

A carer is

- ▶ Adult Carer

- ▶ Someone 18 or over who provides or intends to provide care for someone
Care Act 2014

- ▶ Young Adult Carer

- ▶ Someone between 18 and 25 who provides unpaid care and support to another person

- ▶ Young Carer

- ▶ A child or young person under the age of 18 who provides or intends to provide care for another person
Children and Families Act 2014

Legislation linked to carers

- The right to a carers assessment based on “appearance of need” and independent of eligibility for support of the person being cared for.
- Right to advocacy support
- Right to have a separate assessment to cared for person.
- Informal care provided should not influence eligibility determination of cared for person.
- Duty to assess young carers before they turn 18
- Universal duties – promoting wellbeing; preventing, reducing or delaying needs; provision of information and advice.



Care Act 2014

NICE Guideline NG150: Supporting adult carers

- ▶ Practitioners in health and social care should use every opportunity to tell carers they have a right to information and support and how to get it.
- ▶ Health and social care organisations should promote ways of working with carers that acknowledge them as expert partners in care and value their skills and knowledge about the person they care for.
- ▶ Use every opportunity to identify carers, including GP appointments, flu jab appointments, home visits, outpatient appointments, social care and other needs assessments, including admission and discharge assessments and planning meetings. Record details about carers you have identified.
- ▶ Take into account that carers themselves may not ask for support from certain professionals, for example GPs, because they may not view support for carers as being part of that professional's role. When identifying carers, be aware that some people may not view themselves as a carer.
- ▶ Ask people with care and support needs whether anyone gives them help or support, apart from paid practitioners. Avoid making assumptions about who might be providing their care.
- ▶ Health and social care organisations should encourage people to recognise their role and rights as carers through: publicity campaigns, digital communications, partnerships with community organisations.
- ▶ Consider nominating a [carer champion](#) to help implement the recommendations in this guideline

LGA and ADASS Briefing: Carers and Safeguarding

- ▶ Carers might witness/receive a disclosure of abuse/neglect
 - ▶ Carers might harm (whether intentional/unintentional) the person that they caring for
 - ▶ Carers might be harmed (whether intentional/unintentional) by the person they are caring for or the professionals/organisations they are in contact with
- ✓ Don't make assumptions about the carer and their circumstances.
 - ✓ Ask if there a young person involved in providing care?
 - ✓ Provide timely and careful assessments of both the carer and person they are caring for.
 - ✓ Understand the relevant legislation and being able to apply this to practice with confidence (Care Act, Mental Capacity Act, DoLS, Domestic Abuse).
 - ✓ Apply Making Safeguarding Personal principles
 - ✓ Apply professional curiosity.

Carer Risk Assessment Tool

- ▶ Developed to support frontline practitioners from ALL services identify carers who:
 - ▶ Are or may be at risk of harm from the person they are caring for
 - ▶ Are or may be at risk of causing harm to the person they are caring for
 - ▶ Or both
- Provides structure to inform judgement
 - ▶ Prompts for further questions, analysis and risk management
 - ▶ Higher risk factor areas indicated
 - ▶ Identifies risks to carer and cared for person based on caring situation and subsequent actions to be taken
 - ▶ Available within Eclipse for ASC staff but can be used by anyone from any organisations – e.g. to support onward referral into safeguarding/MARAC

NOT a definitive assessment of risk; professional judgement should always be used, and advice sought as/when needed

Indications of risk and actions

Risk indicators for cared for person	Risk indicators for carer
Carer has unmet needs	Cared for person does not/unable to consider needs of carer
Carer has unwillingly changed lifestyle to care	Cared for person is angry about their situation
Carer has additional responsibilities	Cared for person rejects help and support from others
Carer has limited/no opportunity for a break	Treats carer with lack of respect/courtesy
Carer feels unappreciated	Cared for person is emotionally or socially isolated
Carer has relationship difficulties with the person they are caring for	Cared for person is living with dementia
The behaviours of the cared for person are challenging	Cared for person has control over finances/property/living arrangements

No apparent risk

Low apparent risk

Significant risk

Serious risk

Local SAR and audit findings in relation to Carers

- ▶ Persistence in offering carer support
- ▶ Myths around co-caring – belief that someone can't be carer if they have needs of their own
- ▶ If carers aren't supported, this creates or escalates risk.
- ▶ Lack of consideration and use of either a Carers Assessment or the Carer Risk Assessment Tool.
- ▶ Missed opportunities to identify carers and provide support/signpost for support.
- ▶ Not fully exploring what care is being carried out by carers and who the carers are

Support for carers in Newcastle

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Impact on adult carers

Financial Issues

Potentially dual or multiple caring roles

Poorer physical and mental health

Isolation

Stigma

Dealing with services

Pride in what they do

Work, care, and family balance

Impact on young carers

All the challenges that adult carers face, as well as...

- Problems accessing education, training or employment, e.g. attendance, lateness, issues with completing homework, etc
- Difficulties accessing extracurricular activities and being able to spend time with friends
- Limited aspirations and restricted opportunities, e.g. not planning to go to university.

In short, young carers take on practical and emotional caring responsibilities that would usually be expected of an adult, and this has huge negative effects on the child's or young person's life.



Identify

Tips and Tricks

The language that you use is important

Ask “do you look after...” or “could they manage without you?”.
If possible, you could also check with the person who needs care,
“who it is that helps to look after you?”

Processes

Do you have clear, easy to follow processes in place to identify carers and ensure they have a clear support journey?

Clear outcomes for carers

What will happen as a result of carers sharing their situation?

Named lead

Who do carers need to speak to within the organisation?

Use professional curiosity and build a jigsaw of information

Whatever your role, you can follow our three point plan...



Carer specific support
available in Newcastle

There is no wrong door...

mobilise

Newcastle
Carers

We're listening



props

Make a Referral to Us

Young carers (aged 5-17)

If you're a professional working with a young carer and want to refer them for a **Young Carers Assessment**, please download and fill in our [Young Carers Referral Form](#).

We do not have an online referral form for young carers.

[Read our guidance for making a referral for a Young Carers Assessment.](#)

Adult carers (aged 18+)

We have made it easier to refer an adult (aged 18+) carer to us.

If you are a professional working with an adult carer looking after someone living in Newcastle, please use our online referral form.

Refer an adult carer using our online form

Information about the Adult Carers and Safeguarding Risk Assessment Tool



Information, Advice and Support



- Duty Line, drop-in & outreach appointments
- Young Carer Assessments
- Young Adult Carer Transition Plans
- Welfare Support
- Targeted groups - Dementia Advice & Support Group, Female carers from ethnically marginalised communities
- Employment support
- Working with partner organisations
- Young Adult Carers access to travel passes

Groups and Activities



- Young carer groups & activities - term time groups & holiday activities
- Young Adult Carer group
- Mens' group
- Key events e.g. Christmas, carers week, Young Carers Action Day
- Access to Beamish Passes and Alnwick Garden

Wellbeing Support



- **Complimentary Therapy** - carers can access a range of therapies to provide an opportunity for relaxation and time away from their caring role.
- **Counselling** - provides carers with a safe, confidential space to explore challenges they may be experiencing.
- **Workshops** - themed around wellbeing i.e sleep, creativity, being active.

Carers Wellbeing Fund

Financial support to enable carers to achieve the following:

- Have a short break
- Engage in a hobby
- Learn to drive
- Buy essential household items
e.g. bed, oven, washing machine
- Access technology



34,983

contacts with carers throughout the year to provide information, advice and support.



1,031

new carers registered with us



We've provided support to...



4,768
adult carers
(26+ years)



299
young adult carers
(18-25 years)



382
young carers
(5-17 years)

“ I have been going through a dark time, and the last six months have hit me hard. I wouldn't have got through the hardest days without knowing I had Newcastle Carers at the other end of the phone; they have been my lifebelt. ”

Some questions to consider

- How do you ensure your staff are “carer aware” and are using opportunities to identify and support carers?
- How do you encourage people who use your services to recognise that they might be carers?
- How are you promoting use of the Carer Risk Assessment Tool within safeguarding adults work?
- What message do we, as senior leaders, send about the importance of valuing and supporting family carers in safeguarding conversations?
- Are we confident that the learning from SARs and audits is embedded in current practice – how are we using the learning to improve practice?

Further reading/resources

[Care Act 2014 and unpaid carers: a handy summary](#)

[Carers and Safeguarding: a briefing for people who work with carers](#)

[NICE Guideline NG150 – supporting adult carers](#)

[NSAB Carers Risk Assessment Tool](#)

[NSAB Carers Risk Assessment Tool Guidance](#)

[InformationNOW: Looking after someone](#)



www.newcastlesafeguarding.org.uk