

Carers Week 2024 – We heard you!

Brighton and Hove City Council, and NHS Sussex, have listened to the voices of carers, through surveys and engagement events, and we agreed to tell you what we are doing as a result.

Carers have told us:

Carers Rights Day 2023

Carer Friendly City – Health; Social Care; Education; and Employment

Includes - Carer Awareness Training; accessible information; peer support; recognition and involvement; flexibility of provision; integrated services; navigation and pathways for carers; respite options; co-production of services; and carer policy.

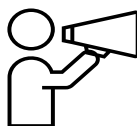
Adult Social Care Carers Survey 2023

Need for:

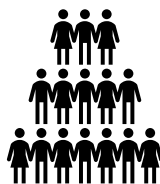
Proactive and responsive support for carers; support carers mental health; recognise they have their own needs; reduce the financial impact of caring; and improved carers assessments, and awareness of wider services.

NHS Sussex Carers Insight 2024

Carers are struggling to navigate complex health and care services; caring responsibilities impact on carers accessing health related appointment; caring can impact negatively on the mental and physical wellbeing of carers; and they are significantly more likely to live in poverty.



Carers Voices



20,804 Unpaid Carers in Brighton & Hove (Census, 2021)

1 in 12 people in the City provide unpaid care - 36% provide over 35hrs of care per week, and 25% of those provide over 50 hrs per week. Estimated economic contribution of unpaid carers in Brighton & Hove is £618 million per year (£162 billion nationally)



Translating carers voices into service actions, through building a Carer Friendly City

The aims of the Carers Strategy – a Carer Friendly City:

- Understands the needs of carers and the impact of caring
- Encourages carers to speak about their experiences, recognising and valuing their contribution
- Supports them in their caring role, as well as ensuring they have a life alongside caring

THINK CARER – see me, hear me, support me!

The Carers Strategy identified 8 priorities for building a Carer Friendly City, which will be threaded through the 4 building blocks, and will support us to measure our progress:

1. Carer Registration (identification & carers offer);
2. Carer Engagement (co-production, carers voice, peer support);
3. Data Collection (including protected characteristics);
4. Integrated Services (Integrated Care System NHS Sussex/Brighton and Hove City Council/Carers Hub/ and strategies);
5. Carer Awareness (training and support);
6. Carer Pathway (roadmap, signposting and policy);
7. Tackling Health Inequalities (influencing individual and system change);
8. Information, Advice, Assessment, and Support (proactive sharing of opportunities/rights/services)

The above aims and priorities, will work with the service area strategies and development to create a 'Blueprint' or framework for Carer Friendly Services. These will include an agreed template for services to use to identify:

- **Evidence base for addressing the needs of carers** - local data and research – *why should this service support carers?*
- **Available resources to support 'carer friendly' provision** – what is known to improve outcomes for carers, which this service could utilise, work with carers through co-production – *how can this service become carer friendly?*
- **Commitment to carer** – how will this service support the aims and priorities of a carer friendly city – what are the expectations for carers when accessing this service? These may include – whether there are legal Carers Rights in this service area?
- **Measuring progress and adding to the evidence base** – measure and evaluate the impact of the 'commitments to carers', and then feed that into the new evidence for a revised 'blueprint'

Brighton and Hove City Council, and NHS Sussex, are working in partnership with the Carers Hub to support a Carer Friendly City, please contact them for more information about support for carers at - carershub.co.uk; info@carershub.co.uk; or 01273 977 000

