Carers and the Long Term Plan – implementation and achieving population health

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NHS England and NHS Improvement
Setting out our commitment to Carers

- Raising the profile of carers;
- Education, training and information;
- Service development;
- Person-centred, well-coordinated care;
- Primary care;
- Commissioning support;
- Partnership links; and
- NHS England as an employer

Commitment:
Either you do or you don’t, there is no in-between.
Key Milestones to date

- Five Year Forward View and Refresh – recognising Carers as being vital to sustaining health and care systems
- Carers Toolkit – responding to the implementation of the Care Act (2014) and the Children and Families Act (2014), aligning with the legal duties for local authorities for Carers
- Young Carer Health Champions Programme
- Integrating Carers into Sustainability and Transformation Partnerships (STPs) programmes
- Collaborating with Armed Forces Communities to identify and improve support for Carers
- National awards programmes
- Research on Older Carers, Carers of people with dementia and Carers experiencing bereavement
- Membership of the International Association of Caring Organisations (IACO)
- NHS England’s Long Term Plan
# The Long Term Plan

## LTP Delivery Ambitions
- Making sure everyone gets the best start in life
- Delivering world-class care for major health conditions
- Supporting people to age well

## Approach
- Doing things differently
- Preventing illness & tackling health inequalities
- Backing our workforce
- Making better use of data & digital technology
- Getting the most of our taxpayers’ investment in the NHS

## Ambitions for Carers
- 1:19 Implementation of Quality Markers in Primary care
- 2:33 Support and recognition for Carers from Vulnerable communities
- 2:34 Support for Carers contingency & emergency planning
- 2:35 Support for Young Carers, development of top tips for primary care
GP Patient Survey 2018

- Responses to the GPPS are compiled from almost 760,000 people across the country, who are registered with a GP – 17% of respondents identify themselves as unpaid carers.

- In 2018 the survey was changed in a number of ways, including:
  - The inclusion of 16 and 17 year olds
  - The removal of the EQ5D questions
  - The addition of new questions, including one on social isolation
What can the GP Patient Survey tell us about the health of carers?

Carers are more likely to report having a long term condition, disability or illness…

61% of carers

compared to

50% of non carers

This is particularly exampled across younger patients

Do you have any long-term physical or mental health conditions, disabilities or illnesses? – Yes (%)

- 16 to 24:
  - Carers: 45%
  - Non Carers: 30%

- 25 to 44:
  - Carers: 46%
  - Non Carers: 32%

- 45 to 64:
  - Carers: 60%
  - Non Carers: 56%
Across most age groups carers were more likely to report….

Arthritis or ongoing problems with back or joints

... Despite arthritis and back / joint problems generally being an age related condition, young carers are more likely to report this compared to young non carers, even in those aged 16 to 17
Younger carers were more likely to report the following long term conditions...

A breathing condition, such as asthma or COPD

<table>
<thead>
<tr>
<th></th>
<th>Carers</th>
<th>Non carers</th>
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</thead>
<tbody>
<tr>
<td>16 to 17</td>
<td>11%</td>
<td>8%</td>
</tr>
<tr>
<td>18 to 24</td>
<td>13%</td>
<td>9%</td>
</tr>
<tr>
<td>25 to 44</td>
<td>11%</td>
<td>8%</td>
</tr>
<tr>
<td>45 to 64</td>
<td>12%</td>
<td>11%</td>
</tr>
<tr>
<td>65+</td>
<td>15%</td>
<td>17%</td>
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...In carers aged 16 to 44, carers were more likely to report a breathing condition

A mental health condition

<table>
<thead>
<tr>
<th></th>
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<th>Non carers</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 to 17</td>
<td>20%</td>
<td>7%</td>
</tr>
<tr>
<td>18 to 24</td>
<td>21%</td>
<td>13%</td>
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<tr>
<td>25 to 44</td>
<td>17%</td>
<td>10%</td>
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<tr>
<td>45 to 64</td>
<td>11%</td>
<td>10%</td>
</tr>
<tr>
<td>65+</td>
<td>4%</td>
<td>3%</td>
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...1 in 5 carers aged 16 to 17 reported a long term mental health condition compared to around 1 in 15 non carers of the same age
Having a long term condition or disability had a greater impact on the day to day activities of carers.

**Do any of these conditions reduce your ability to carry out your day-to-day activities? – ‘Yes a lot’ or ‘Yes a little’ (%)**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Carers</th>
<th>Non carers</th>
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<tbody>
<tr>
<td>16 to 24</td>
<td>77%</td>
<td>64%</td>
</tr>
<tr>
<td>25 to 44</td>
<td>70%</td>
<td>57%</td>
</tr>
<tr>
<td>45 to 64</td>
<td>59%</td>
<td>54%</td>
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<tr>
<td>65+</td>
<td>60%</td>
<td>59%</td>
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**In the last 12 months, have you had enough support from local services or organisations to help you to manage your condition (or conditions)? – ‘Yes definitely’ or ‘Yes to some extent’ (%)**

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<tr>
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<th>Carers</th>
<th>Non carers</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 to 24</td>
<td>65%</td>
<td>75%</td>
</tr>
<tr>
<td>25 to 44</td>
<td>69%</td>
<td>74%</td>
</tr>
<tr>
<td>45 to 64</td>
<td>79%</td>
<td>80%</td>
</tr>
<tr>
<td>65+</td>
<td>85%</td>
<td>85%</td>
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62% of carers reported trouble with day to day activity compared to 57% of non carers.

…and younger carers (16 to 24 and 25 to 44) felt less supported by local organisations to manage their long term conditions or disabilities.
Younger carers were more likely to report ‘frailty’ compared to younger non carers. The opposite pattern was observed in older patients, especially aged 65 and over.

Working definition of frailty = meeting at least two criteria from the frailty question

3.2% of respondents met this definition (after weighting for age and gender)

Caveat: Not a clinical measure of frailty
Younger carers were more likely to report the following compared to non carers of the same age…

... feeling isolated in the past 12 months

- 16 to 24: 21% Carers, 10% Non carers
- 25 to 44: 12% Carers, 7% Non carers
- 45 to 64: 7% Carers, 6% Non carers
- 65+: 4% Carers, 4% Non carers

8% of carers felt isolated from others, compared to 6% of non carers

... problems with physical mobility in the past 12 months

- 16 to 24: 9% Carers, 4% Non carers
- 25 to 44: 12% Carers, 4% Non carers
- 45 to 64: 13% Carers, 13% Non carers
- 65+: 21% Carers, 23% Non carers

14% of carers reported problems with mobility, compared to 12% of non carers
How Are Carers Feeling Now?

I am the contingency plan!

Think my contingency plan must have been ‘if anything goes wrong, tough luck, you’re on your own

My LA said ‘it’s not possible to plan for emergencies’

Really interested to know, if Carers who’ve had a Carers Assessment have been supported to develop a contingency plan, if things don’t go well or Carers circumstances change

#NHSThinkCarer

Please vote, share & feel free to comment

Yes & helped write it 9%
Yes, but without my input 1%
No, but I would like one 12%
No, never offered to me 78%
How Can we Make a Difference?

• Alignment of the Carers agenda across wider programmes, in particular Integrated Care for Older People (ICOPe) and Personalised Care

• Greater accountability for delivery, with ambitious implementation targets

• Regional leadership to support development of local networks and delivery of actions

• Clinical champion roles

• Development of partnership working at local level with STP/ICS teams

• Support with economic modelling for integrated systems
How Will We Know if We Are Getting this Right?

- Implementation Framework for the Long Term Plan makes the objectives for Carers a requirement
- More direct feedback from local systems
- Emphasis on genuine engagement with Carers to support service design and delivery
- GP patient survey
PROBLEM

SOLUTIONS