



Llywodraeth Cymru
Welsh Government



Young Persons Consultation for a National Plan for Carers in Wales

What's this consultation about?

This young person friendly consultation sets out our ideas for a new National Plan for Carers in Wales.

We want all carers to continue their own lives alongside their caring role regardless of their age, their circumstance or their background.

We will use the final plan to show how we will work with a range of partners to better support every aspect of a carers' life.



Who is a Carer?

The Social Services and Well-being (Wales) Act 2014, defines a carer as someone who provides unpaid care to an adult or disabled child.

A carer could be a person caring for their husband, partner or wife; a parent caring for their child who has care and support needs, or it could be a child or young person caring for their parent or sibling (Young Carers).

The cared for person may be a family member or a friend, who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Young carers are children or young people who take a main caring role for a family member. Young carers often feel they have little or no “me time” and can lose many important parts of their childhood due to their caring roles.

Young People aged 18-25 are often called **Young Adult Carers**, and they can also face many extra challenges.





We want this plan to be a first step towards a common understanding of the level and quality of support carers should receive at different points in their lives. For some this could be at school, at work, within their local community or at home.

Support for carers is wider than health and social care, and requires an organised response from the Welsh Government and the public, third and private sectors.

We want this national plan for carers to challenge everyone to consider the actions they can take to improve lives for all carers of all ages and backgrounds in Wales.

To support carers in Wales, we are

We are providing £1.295 million to support activity that takes forward our three national priorities for carers (see page x)

This includes

- £1 million to health boards and their carer partnerships for a range of activity to support carers of all ages.
- £1 million across all local authorities to develop a Carers Hardship Fund, to help carers most in need to access a small grant to buy essential items.
- Up to £236,000 for the development of a national **Young Carer's ID card model** in partnership with local authorities and Carers Trust Wales, and
- £14,000 of funding for the **Young Carers' Network**.

We also provide £2.6m over 3 years to third sector organisations to provide support for carers of all ages.

Impact of Covid-19

Covid-19 has had an impact on the well-being of many carers who have been worried about catching the illness and passing it to those they care for. Carers have also faced additional pressures due to the impact of the pandemic on the services they usually access.

For some carers, the closure of opportunities for respite/break, such as day centres, schools, community groups, or overnight sitting services, has made their caring role more difficult.

Some carers also took on more caring responsibilities because of concerns about care workers coming into their home and potentially spreading Covid-19. Other carers have been concerned about accessing a carers' needs assessment, and have experienced difficulties in accessing food or medication.

Can you tell us how Covid-19 has impacted on your life as a carer?



What do you think the Welsh Government should do to better support unpaid carers affected by Covid-19, both now and in the case of further outbreaks of the infection?

Young carers and young adult carers

There are about 30,000 carers under 25 in Wales, though there are likely to be more now, since the arrival of Covid 19.

Young carers might face a number of challenges, such as

- difficulties with school and doing homework
- not having enough time to see friends
- worrying about the person they care for
- feeling different from other young people
- other people not understanding what life is like as a young carer in Wales today

Young adult carers also face many challenges, such as

- Juggling their caring responsibilities with school, college, university or work



- Looking for work or claiming benefits
- Starting a relationship or thinking about leaving home

What are the key challenges experienced by you as a young carer or young adult carer?

What extra support would help you as a young carer or young adult carer?



Carers with protected characteristics

Under the Equality Act 2010, and other Welsh specific equality duties, we want to identify what we can do to remove barriers and improve participation and outcomes for people who are underrepresented – including people with protected characteristics – and who may need different support

Protected characteristics can include:

- age
- disability
- marriage and civil partnership
- gender reassignment
- pregnancy and maternity
- race
- religion or belief
- sex
- sexual orientation

We want to understand how carers with protected characteristics may need specific forms of support.

For example - Covid-19 has shown that people from Black and Minority Ethnic (BAME) backgrounds experience a higher risk to their health from coronavirus. It is important that we understand how their care experiences can help shape this new plan.



What should the new plan do to support carers with protected characteristics?

The national priorities for carers

The new plan is being supported by the three national priorities for carers we developed back in 2017. The views we gather from this consultation will help to show us how those priorities can be improved to better represent the diversity of carers and their personal experiences in Wales.

The three current priorities are:

Priority 1 Identifying and recognising carers

All carers deserve to be recognised and supported to continue to care.

Priority 2 Supporting life alongside caring

All carers must have reasonable breaks from their caring role to enable them to maintain their capacity to care and have a life beyond caring.

Priority 3 Providing information, advice and assistance

It is important that all carers receive the right information and advice when needed and in an appropriate format



What do you think of these 3 priorities?

Do you think any of the words should be changed? Is there anything missing you think should be added?

We now want to add a fourth priority:

Priority 4 Supporting carers in education and the workplace

Employers and educational / training settings should be supported to adapt their policies and practices enabling carers to work and learn alongside their caring role.

What do you think of the new priority?



Do you think any of the words should be changed? Is there anything missing you think should be added?

A Charter for Carers

We want to create a Carers' Charter.

This Charter will be a best practice guide and will clearly highlight the roles and responsibilities of

- Welsh Government
- Local Authorities
- Local Health Boards
- Third Sector Organisations
- Carers

The Charter will be the go to resource for people seeking to provide support to carers.

Do you think a Carers' Charter is a good idea?



Do you think a Carers Charter will help improve how services are delivered and can be accessed?

and finally....

Do you have anything else you would like to tell us that can help us write the new plan?



Thank you for reading this

Please answer the questions and send it to us at:

Older People and Carers Team

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Welsh Government

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Cardiff

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Email: OlderPeopleandCarers@gov.wales

by **20 January 2021**

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