



BIRMINGHAM CARERS PARTNERSHIP STRATEGY 2024 - 2029

ENABLING A LIFE ALONGSIDE CARING

This Strategy was developed
involving Carers throughout



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FOREWORD

Welcome to Birmingham Carers Partnership Strategy 2024 to 2029, developed with Carers, Birmingham and Solihull Integrated Care Board (ICB), Birmingham City Council, Birmingham Children's Trust, key partners, providers and voluntary and community sector colleagues. It represents Birmingham's Vision and continuing commitment to Carers, alongside partnership working. The Strategy is for everyone, to enable services to best support the needs of all Carers in Birmingham. In this Strategy we use the term Carers and Unpaid Carers interchangeably. These Carers should be distinguished from those who provide paid care, however that is resourced or funded.

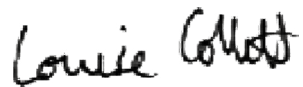
Carers make a critical and often under-appreciated contribution, not only to loved ones, neighbours and friends, but to the sustainability of the health and social care system. It has already been established that most people are likely to be affected by or have caring responsibilities at some stage in their lives.

Statistics from the 2021 Census estimates there are **91,469 Unpaid Carers** living in Birmingham, which represents **8% of the population**. It is predicted nationally that, as care needs increase, the number of Carers is estimated to more than double by 2030. The positive shift away from institutional care to living independently with support, will only increase the need for Carers. Many people are now balancing work, children and caring for an aging parent, with increasing numbers of older people often caring for their partner and grandchildren. Parents of children with complex needs know they will be lifetime Carers.

The Strategy will take a whole life course approach to reduce the impact of the transition between different ages and stages of life. This Partnership Strategy aims to ensure that Carers get the right type and level of support at the right time. This approach reflects the requirements of the Care Act 2014 provisions for Carers and the priorities identified in Think Local Act Personal guidance making it real for Carers. It also recognises the importance of promoting positive health and wellbeing, including self-care and self-management.

This Strategy builds on the foundations established by Birmingham Vision and Commissioning Carers Strategy 2018+, with a greater focus on promoting a joined-up approach between Carers, Birmingham City Council, Birmingham Children's Trust, Birmingham and Solihull Integrated Care Board and community and voluntary sector partners.

In this time of limited resources, effective partnership working is essential to progress the Vision of the Strategy whilst making the best use of resources, assets and experience to make a positive difference to Carers in the city.



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INTRODUCTION

This Strategy acknowledges the positive impact of Carers to the system as a whole and considers their needs. Carers have a vital role in our communities and caring is increasingly becoming a core part of family life. Without Carers, health and social care agencies would struggle to provide the level of care and support vulnerable people need to continue living in their own homes and communities.

The document builds on Birmingham Vision and Commissioning Carers Strategy 2018+ and presents a refreshed set of priorities for 2024 - 2029, reflecting the context in which we are now operating to address the strategic needs of all Carers. The Strategy is informed by relevant national and local legislation, policy and guidance (Appendix A) to deliver on the priorities and outcomes important to Carers.

The NHS definition of a Carer has been adopted in this Strategy:

A Carer is anyone, including children and adults who look after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support.

Data Source: NHS website, Understanding Carers

OUR VISION

This Vision has been developed with Carers and is at the heart of this Strategy:

Carers are recognised and supported in a Carer Friendly City, where Carers are listened to, involved, appreciated and valued.



PURPOSE

This Strategy seeks to set the Vision and priorities for partners. It demonstrates:

- The strategic context in which partners will operate, and the need to respond to challenges and opportunities.
- The strategic priorities of partners, enabling resources, delivery plans and operational activity to be aligned to the Carers journey and experience.
- Partnership working, continuing to innovate, transform and drive improvement in services.

“To be successful, the Strategy cannot be delivered by specialist Carers services or statutory services alone. The challenge is for a range of health, social care, leisure, housing, employment and commissioned services to work together putting Carers at the heart of everything they do.”

Data Source: Carer

Developed in partnership with Carers, the Strategy sets out our continued collective commitment to work together, with partners, to support the health and wellbeing of all Carers in Birmingham.

This Strategy is for everyone, and all Carers, including:

Adult Carers

Adults aged 18 years or more. A significant majority of Carers look after another adult, usually a relative or partner. A person is also defined as a Carer when they provide or intend to provide a substantial amount of support on a regular basis to a relative or friend when for example they have been discharged from hospital.

Parent Carers

Parents (or guardians) of disabled children and young people up to 18 years of age who have additional care needs. When the child reaches 18, the parent or guardian is defined as a Carer looking after an adult.

Young Adult Carers

Young adults aged 18 to 25 who look after a partner, family member, friend or neighbour who has additional care needs. In many cases this may well be a partner, parent, grandparent, or sibling.

Young Carers

Children and young people under 18 years of age who look after a family member, friend or neighbour who has additional care needs. In many cases this may well be a parent, grandparent, or sibling.

It can be difficult for Carers to see their caring role as separate from the relationship they have with the person they care for, whether that relationship is as a parent, child, sibling, partner, friend or neighbour.

The care they give is unpaid and many Carers don't see themselves as Carers and it takes them an average of two years to acknowledge their role as a Carer.

Data source: NHS website, Understanding Carers

Carers are represented in all communities, regardless of:

- Age
- Disability
- Sex
- Gender reassignment
- Marriage and civil partnership
- Pregnancy and maternity
- Ethnicity and race
- Religion or beliefs
- Sexual orientation.



It is likely that every one of us will have caring responsibilities at some point in our lives, with challenges faced by Carers taking many forms. Many people juggle caring responsibilities with work, study and other family commitments. Some, particularly, Young Carers, are not known as a Carer and often don't tell relatives, friends or health and care professionals about their responsibilities because of a fear of separation, guilt, pride or other reasons.

Carers can help someone to be independent, healthy and well, by supporting them to stay connected to their local community, or be physically and mentally active, or eat nutritious food. Some Carers might have to help with tasks such as banking, shopping and housework. Other Carers may have a more intensive care role helping with all daily living tasks, such as help with feeding, bathing, dressing, going to the toilet and taking medicines.

The Department of Health's mandate to NHS England includes ensuring that the NHS becomes dramatically better at involving Carers as well as patients in care. The importance of Carers is noted in the NHS Five Year Forward View which notes that to support Carers properly we need to have multi-agency and community integration.

Data source: NHS England Commissioning for Carers: Principles and resources to support effective commissioning for adult and young carers, December 2014.

Carers highlight that there can be many rewards to caring, including:

Satisfaction of knowing you have helped someone who needs you, enabling the person being cared for to improve their quality of life.

Strengthening the relationship with the person you care for.

Opportunity for personal growth and to develop new skills.

Proving to yourself that you can meet new challenges.

Appreciation from the person you care for and acknowledgement from family and friends.

BIRMINGHAM'S COMMITMENTS TO CARERS

The commitments reflect what Carers have told us is important to them, placing Carers needs at the heart of the Strategy.

I want to be able to take personal time

I want to be supported at work and my employer to be Carer Friendly

I want to be safe and healthy

I want to be recognised and respected as a Carer

I want to be supported during childhood and education

I want to be able to financially plan for today and tomorrow

I want my voice to be heard

I want to be involved in delivering care and support

I want to be able to choose how I access support when I need it

These commitments provide the foundation for this Strategy. The Carers Commitments are at the heart of Birmingham's Vision of becoming a Carer Friendly City over the next five years. Partnership working will take a whole system approach, reducing the negative impact of caring enabling Carers to lead fulfilled, independent lives alongside their caring role.

THE CARING JOURNEY

There are different stages to a Carers journey that may involve them looking after more than one person, across an age range. To ensure that Carers get the right type and level of support at the right time, the Strategy will support a whole life course approach. This will reduce the impact of transition between different ages and stages of life and the caring journey, as illustrated in the journey below:



“This journey may be repeated many times and could include multiple caring roles simultaneously, alongside juggling education and employment. Moving on from caring can be a particularly difficult phase for long term Carers.”

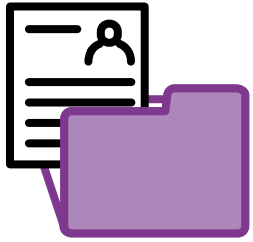
Data Source: Carer

IMPACT OF CARING

Carers can face significant challenges in providing good care, such as balancing work or education commitments, managing multiple roles and being able to travel. There are also challenges to their own health and wellbeing when the focus of their attention is on the cared for, which limits the ability of having a life of their own, alongside their caring responsibilities.

Carers experiences vary depending on a variety of factors including age, financial circumstances, family make up, where they live, whether they are in education or employment, for who and for how many people they care for and what support is in place. The impact of caring depends on the amount of care provided, the Carers age and the length of time they have been providing care. The needs of the person being cared for and the relationship with their Carer can also have an impact on the life of a Carer.





EMPLOYMENT

The ability to access and stay in employment



FINANCIAL

Having a reduced income or getting into debt



SOCIAL

The ability to access social or recreational activities



EDUCATION

Caring responsibilities may have a detrimental effect on young people's educational achievements and life chances



HEALTH & WELLBEING

Carers are more likely to have long term health conditions compared to the general population



RELATIONSHIPS

The ability to maintain relationships with wider family and friends

VALUE OF CARING

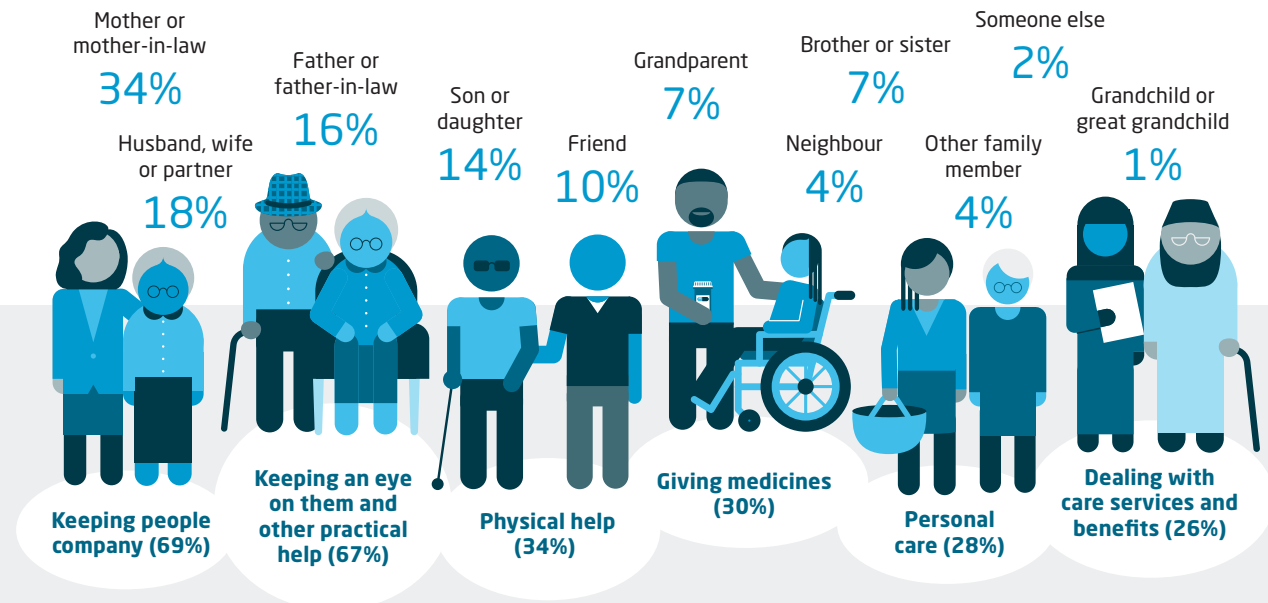
It is difficult to estimate the full value of the care and support provided by Unpaid Carers as it is often an expression of affection and respect, or a sense of duty. However, without the support of Carers, demands on health and care services would increase dramatically and services would struggle to cope.

6.5 million
unpaid Carers in the UK*

1.4 million
people providing over 50
hours of unpaid care
per week*

10.6 million
unpaid Carers in the UK is
estimated by Carers UK*

Who are people caring for?



What tasks are carers performing?

*Data Source: Carers UK

VALUE OF CARING TO THE ECONOMY

£162 billion

Unpaid Carers in England and Wales contribute a staggering £445 million to the economy every day – that's £162 billion per year¹

£156 billion

The value of unpaid care exceeds that of the entire NHS budget in England for Health Service spending, which in 2020/21 received an estimated £156 billion¹

4.5 million

more Carers at the height of the pandemic²

13.6 million

unpaid Carers during the pandemic²

4 million

unpaid carers contribute the equivalent of 4 million paid care workers (7.9 billion hours) to the social care system

The Health and Social Care system is unsustainable without unpaid care

Data Sources: 1. Petrillo and Bennett, 2023; 2. Carers UK; 3. Bottery and Mallorie 2023.

A CARERS PERSPECTIVE

Tommy Whitelaw works to raise awareness of issues facing people living with dementia and their Carers. He cared for his mum, Joan, who was living with vascular dementia, and they struggled together with the understanding of dementia, the caring, the isolation and loneliness as their world became smaller.

For Tommy, to combat his loneliness, he started a blog to talk about his experiences and speak to others who were also living with dementia to see if their struggles were the same. This was the start of him raising awareness of dementia through campaigning and engaging with health and social care professionals.

The following image represents some of Tommy's experiences and views and gives a picture of what matters and is important to Carers.

Data Source: Reproduced with permission of Tommy Whitehead

Carer Voices
 30,000 WMTY pledge trees
 "What matters to you?"

2x#concerts4caring #CNOScot
 1700+ talks in over 7 years → to over 260,000 people

ALLIANCE
 HEALTH AND SOCIAL CARE
 ALLIANCE SCOTLAND
 people at the centre

Helpless alone + scared

Care "starts" in Your heart

Please... Be Kind

Name, not condition
 hello myname is.

YOU CAN MAKE A DIFFERENCE

As a carer, sometimes I felt like this

Please do not use the word "challenging"... it's MY MUM JOAN Not "the wee woman with dementia"

People maybe scared... what can we do to help support?

1000's of stories + letters received

MUMS + DADS "make it better for us. We need to help make it better for them"

ASK what matters LISTEN to what matters DO what matters

Are you OK that I'm doing this with you?

Ensure DIGNITY + RESPECT

Letters, lives, love stories

People want to stay in their own home to be cared for in their own home for as long as possible

Be "The ONE" who makes the DIFFERENCE!

People CAN change lives. What can YOU DO?

What Matters to You Day 9th June 2022 #wmtty22

@tommyntour @michaelatait8 tommy.whitelaw@alliance-scotland.org.uk

A PRIORITY FOR BIRMINGHAM

Carers are a priority both nationally and for Birmingham. There are national Acts, legislation, and guidance and Strategies (see Appendix A) that focus on Carers with the two main Acts being:

Care Act 2014

In recognition of the important role that Carers undertake the Care Act 2014 promoted wellbeing as an overarching principle. The Act sets out legal guidelines relating to care and support for adults and the law to support Carers.

There are provisions to safeguard adults from abuse or neglect and care standards. The Act includes rights for Carers such as an assessment, regardless of the amount of care provided, their financial situation or whether the person cared for has an eligible need. This is the responsibility of the Local Authority.

In addition, it emphasises:



Parity of esteem for Carers and the person cared for



Principles of wellbeing and personalisation



Universal rights to information and advice



Children & Families Act 2014

Makes provisions for children, families, and people with special needs. This Act seeks to improve services for vulnerable children and introduces rights for Young or Parent Carers to an assessment of need.



ENABLING A LIFE ALONGSIDE CARING

There are also two main local visions and strategies that relate to Carers:

- **Birmingham City Council Adult Social Care Vision and Strategy 2024**

The goals that Birmingham City Council Adult Social Care seeks to achieve for adults and older people are that they should be resilient, living independently whenever possible and exercising choice and control so they can live good quality lives and enjoy health and wellbeing. It sets out the 10 principles underpinning the Vision and reinforces continuation of work with Carers and partners to make it easier for Carers to access services and improve outcomes.

- **Putting Prevention First**

A Prevention First model was developed, which has two integrated components:

- Community assets and local networks are the natural first point of contact when citizens or Carers need support.
- Where appropriate, effective and integrated pathways are available into targeted or more structured prevention activity through a prevention pathway.

The Prevention First model will deliver against the following prevention outcomes for citizens:



Reducing and overcoming isolation



Maximisation of income



Improved health and wellbeing



Good quality housing and housing support



A good quality of life for Carers

Since the previous Carers Strategy, the rights of Unpaid Carers have been strengthened through:

A new Patient and Carer Race Equality Framework (PCREF) sets out the legislative and regulatory context for advancing mental health equalities for Mental Health Trusts.

Integrated Care Boards have new duties under the Health and Care Act 2022 which make them responsible for involving Carers, as well as those they care for, in decision-making. New guidance states Carers must be involved when decisions are made around changes to, or developments, to a service where there is an expectation of involved care, in relation to the patient's prevention, treatment and diagnosis.

NHS Hospital Trusts in England must ensure that Unpaid Carers are involved as soon as possible when plans for a patient's discharge after treatment are being made. This covers all Carers of adults needing care and support following hospital discharge, including health care support, such as NHS Continuing Healthcare.

Carers Leave Act came into force from 6th April 2024 placing duties on the support offered to all Unpaid Carers in the workforce.

It is vital that partners continue to build on the strong foundations that have been established. Yet the commitment to Unpaid Carers, must be set within the context of the current health and social care landscape. It requires system leadership and ownership by all system partners.



WHAT WE HAVE ACHIEVED

Over the past few years some of the achievements and outcomes include:



An integrated journey for Carers of all ages.



Improved governance with the establishment of Birmingham Carers Partnership Group.



Commissioners and providers working together to deliver a whole life course approach.



Recommissioning of Birmingham Carers Hub (Adult Carers) and Young Carers service.



Establishing Birmingham City Council Working Carers Group, a peer-to-peer support group for Birmingham City Council staff.



Specialist dementia services developed including Dementia Carer Groups and training.



Health Liaison Project including a presence at GP surgeries across the city.



Partners in Care Cards available so Carers can be recognised and be involved in planning and delivering care in a hospital environment.



Launched Carer Friendly Brum and will continue to work towards a community that is Carer Friendly. This includes places Carers go from the hospital or workplace to the 'high street' shops and beyond to be places that recognise Carers and treats them like a VIP!



Carer Friendly Employer schemes involving training.



Partnership working during the pandemic adapting services to help deliver what was needed, when it was needed e.g. food parcels and PPE.



18 new specialist services launched for Carers across the city.



Household Support Fund grant of over £1.3 million paid out to 4,388 Birmingham Carers actively identified to have met the DWP criteria for this funding.



Award winning online platform developed for Birmingham Carers.

WHAT YOU TOLD US

To inform the development of this Strategy, consultation took place with Carers, partners, key stakeholders, Carer organisations and others. This included a variety of methods including stalls at events during Carers Week and Carers Rights Day, focus groups and questionnaires. The key findings and action resulting from the consultation were:

Three areas important to Carers were identified:

- I want to be able to take some time for me.
- I want to be involved in delivering care and support.
- I want support during childhood and education.

Over 75%

of respondents agreed with the Vision but there were some concerns. Vision was changed to reflect comments/concerns *“Carers are recognised and supported in a Carer Friendly City where Carers are listened to, involved, appreciated and valued”*.

85%

of respondents agreed with the Carer Commitments and other areas to consider were:

- People need to understand what being a Carer means.
- Improved communication between health and local authorities.
- Carers to be recognised and involved in a health setting.



The top priorities across the Carers Commitments were:



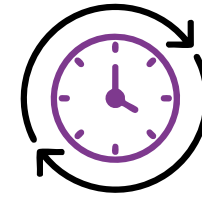
I am consulted and involved in the support and care of the person I care for



I have a life outside of caring



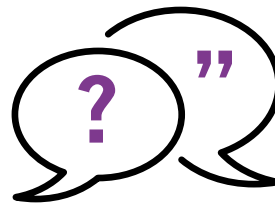
I can continue to work whilst fulfilling my caring responsibilities



I can work flexible hours to fit around my caring commitments



I feel confident the person I care for is safe and well when I take a break



I am involved in discussions about the care and support of the person I care for



I am involved in the care of the person I care for when they are in hospital

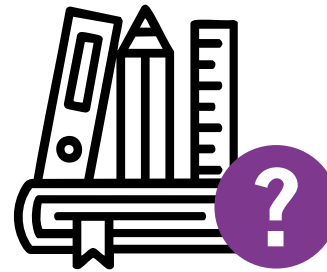
Young Carers told us:



**I want my voice
to be heard**



**I do not want to
be caring all the
time and want to
have some fun**



**I am concerned
about academic
resources and
support available**

Additional feedback received:



Carers must be involved in shaping services



Pleased to see the voice of Carers coming through so strongly in the Strategy



It is clear to see the co-production work that has gone into the Strategy



Carers mental health considered before crisis point



Strategic groups should acknowledge Carers



Emergency plans needed



Carers should be celebrated in Birmingham



Parent Carers assessments are important

NATIONAL PICTURE OF CARERS

Overview

65 million

Carers in the UK. Nationally the 2011 Census was the first to ask people to identify whether they were undertaking a caring role.

Data Source: Carers UK

10.6 million

is the estimated number of Unpaid Carers estimated in Carers UK research in 2022.

Data Source: Carers UK, Carers Week 2022 Research Report

9%

of people are providing unpaid care.

Data Source: Carers UK, Carers Week 2022 Research Report

4.3 million

people became unpaid Carers every year, over the period 2010-2020.

Data Source: Petrillo and Bennett, 2022.

41%

of people who became unpaid Carers were aged 46-65. Between 2010-2020, this was the largest age group to become Unpaid Carers.

Data Source: Petrillo and Bennett, 2022.

59%

of unpaid Carers are women. Women are more likely to become Carers and to provide more hours of unpaid care than men. 2021 Census data estimates more women than men provide high intensity care at ages when they would expect to be in paid work.

Data Source: Petrillo and Bennett, 2022

Financial

25%

of Carers are cutting back on essentials like food or heating.

Data Source: Carers UK, State of Caring 2022

63%

of Carers are extremely worried about managing their monthly costs. With the current Cost of Living crisis, Carers are facing unprecedented pressure on their finances.

Data Source: Carers UK, State of Caring 2022

44%

of working-age adults who are caring for 35 hours or more a week are in poverty. Caring comes with additional costs that can have a significant impact on Carers' finances and many Carers suffer financial hardship.

Data Source: Joseph Rowntree Foundation, UK Poverty 2022

£76.75

per week (2023/24) Carer's Allowance is the main Carer's benefit and is for a minimum of 35 hours. It is the lowest benefit of its kind in the UK.

Data Source: X-Stat Explore (retrieved in Feb 2022)

977,506

Carers were in receipt of Carer's Allowance in 2022 to become unpaid Carers.

Data Source: X-Stat Explore (retrieved in Feb 2022)

Employment & Education

1 in 7 people

in the workplace in the UK are juggling work and care.

Data Source: Carers UK, Juggling Work and Care, 2019

75%

of Carers in employment worry about continuing to juggle work and care.

Data Source: Carers UK, State of Caring 2022

2.5 million

unpaid Carers in employment (excluding full-time students) in England and Wales, according to the 2021 Census.

Data Source: Carers UK, Juggling Work and Care

600 people

a day leave work to care.

Data source: Carers UK, Juggling Work and Care

500,000

people left work to provide unpaid care pre-pandemic.

Data source: Carers UK, Juggling Work and Care

1 in 3

NHS staff provide unpaid care.

Data Source: NHS staff survey, 2022

1.9 million

people in paid employment became Unpaid Carers every year between 2010 and 2020.

Data Source: Petrillo and Bennett, 2022

38%

of Young Adult Carers are less likely to achieve a degree.

Data Source: APPG for Young Carers and Young Adult Carers Inquiry Report, November 2023

36%

of adolescence aged Carers are more likely to be bullied for their caring role within the school environment.

Data Source: APPG for Young Carers and Young Adult Carers Inquiry Report, November 2023

Health & Wellbeing

25%

of Carers said they had a disability.

Data Source: Carers UK, State of Caring 2022

10 patients in 100

on a GP practice list will be Carers providing less than 20 hours care per week.

Data Source: Analysis of Population Data

3 to 4

patients will be providing more than 20 hours per week.

Data Source: Analysis of Population Data

60%

of Carers have a long-term health condition compared to

50%

of the general population.

Data Source: GP Patient Survey

Health & Wellbeing

63%

of current and former Unpaid Carers say that caring had a negative impact on their mental health.

Also 24%

say it had a very negative impact on their mental health.

Data Source: Carers UK No Choice but to Care, Carers Week 2024 Report

10.1 million

current and former Unpaid Carers in the UK experience a negative impact on their mental health because of caring.

Data Source: Carers UK No Choice but to Care, Carers Week 2024 Report

40%

of Young Adult Carers (aged 18-24) have a long-term health condition

29%

of the general population in the same age group have a long-term health condition.

Data Source: Carers UK analysis of GP Patient Survey 2

Demographics

7% of carers who completed Carers UK State of Caring Survey in 2022 said they had a disability.

Data Source: Carers UK

1 in 3 people

aged over 80 in UK are Carers.

Data Source: Age UK

3 in 5 Carers in England and Wales are aged 50 years plus.

Data Source: www.ONS.gov.uk

1 in 5 people

aged 50-69 are informal Carers.

Data Source: www.ONS.gov.uk

59% of Carers are Women.

Data Source: 2021 Census

58%

of unpaid Carers from black, asian and minority ethnic groups said they were worried about their finances at the beginning of the COVID 19 pandemic.

37%

of white Carers said they were worried about their finances at the beginning of the COVID -19 pandemic.

Data Source: Carers UK, The Experiences of Black, Asian and Minority Ethnic Carers during the COVID-19 Pandemic, 2022

48%

of bisexual Carers said they often or always feel lonely

45%

of lesbian and gay Carers often or always feel lonely.

33%

of heterosexual Carers often or always feel lonely.

Data Source: Carers UK, The Experiences of Lesbian, Gay and Bisexual Carers during the COVID-19 Pandemic, 2022

PICTURE OF BIRMINGHAM CARERS

Birmingham City Observatory Data

Data from Birmingham City Observatory for the 2021 Census, revealed 91,469 residents identified as an Unpaid Carer, which is around 8% of Birmingham's population. As detailed in the table below, a third of these Carers provide 50 hours or more care per week.

| Unpaid Care Provision | No. Persons |
|--|----------------|
| Provides no unpaid care | 978,519 |
| Provides 1 to 19 hours unpaid care a week | 38,458 |
| Provides 20 to 49 hours unpaid care a week | 23,501 |
| Provides 50 or more hours unpaid care a week | 29,510 |
| Total Unpaid Carers | 91,469 |

Data Source: Birmingham City Observatory 2021 Census Data, Responses relating to Birmingham resident's breakdown of hours of unpaid Care per week.



ENABLING A LIFE ALONGSIDE CARING

The links below are to interactive maps produced by Birmingham City Observatory of 2021 Census data. The first link is a map of the number of Unpaid Carers by number by ward:

https://cityobservatorybirmingham.opendatasoft.com/map/census_unpaid_carers/

The second link is a map of Unpaid Carers as a percentage of the ward population:

https://cityobservatorybirmingham.opendatasoft.com/map/census_unpaid_carers_as_a_percentage/

This data is based on the ward in which Carers live. It should be noted that Carers often travel to other parts of Birmingham to support those they care for.



Birmingham Carers Hub



Birmingham Carers Hub is a service for Adult Carers in Birmingham.

65%

of Carers registered with Birmingham Carers Hub provide more than 50 hours of care per week.

50%

of male Carers are aged 75+, although overall women are more likely to be Carers than men.

25%

of Carers in Birmingham live with the person they care for.

30%

of Birmingham Carers are this age 50-64, which is the peak age nationally.

34%

of Carers are 65 or older.

For a Carer to carry out their caring responsibilities they need to be well.

In Birmingham

21%

of Carers have their own health needs.

12%

of Carers have a disability.

Young Carers

The 2021 Census highlights:

There has been a rise in the proportion and number of Young Carers in Birmingham providing more than 20 hours of care each week between 2011 and 2021.

As was the case for Adult Carers, there were more female Young Carers and Young Adult Carers identified in the Census.

127,175

Young Carers in Birmingham.

229,690

Young Adult Carers in Birmingham.

There has been a significant decrease in the number of Young Carers and Young Adult Carers between the 2011 and 2021 Census.

47,000

children and young people providing more than 50 hours a week of care.

35,000

Young Carers in Birmingham providing significant levels of care each week (20 hours or more).

The actual number may be higher.

DELIVERING OUR VISION

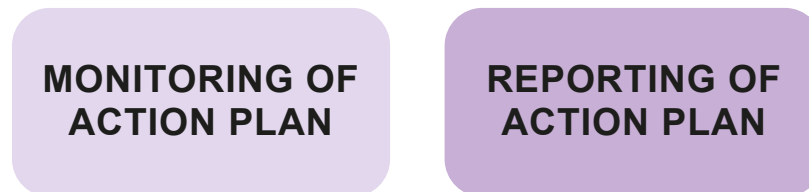
Birmingham Carers Partnership Strategy 2024-2029 and accompanying Partnership Action Plan will be the responsibility of Birmingham Strategic Commissioning Group reporting to The Birmingham Place Committee.

Responsibility for oversight of this Strategy sits with the Birmingham Carers Partnership Group. Membership includes representatives from Birmingham City Council, Birmingham and Solihull Integrated Care Board, Birmingham Children’s Trust and Service Providers.

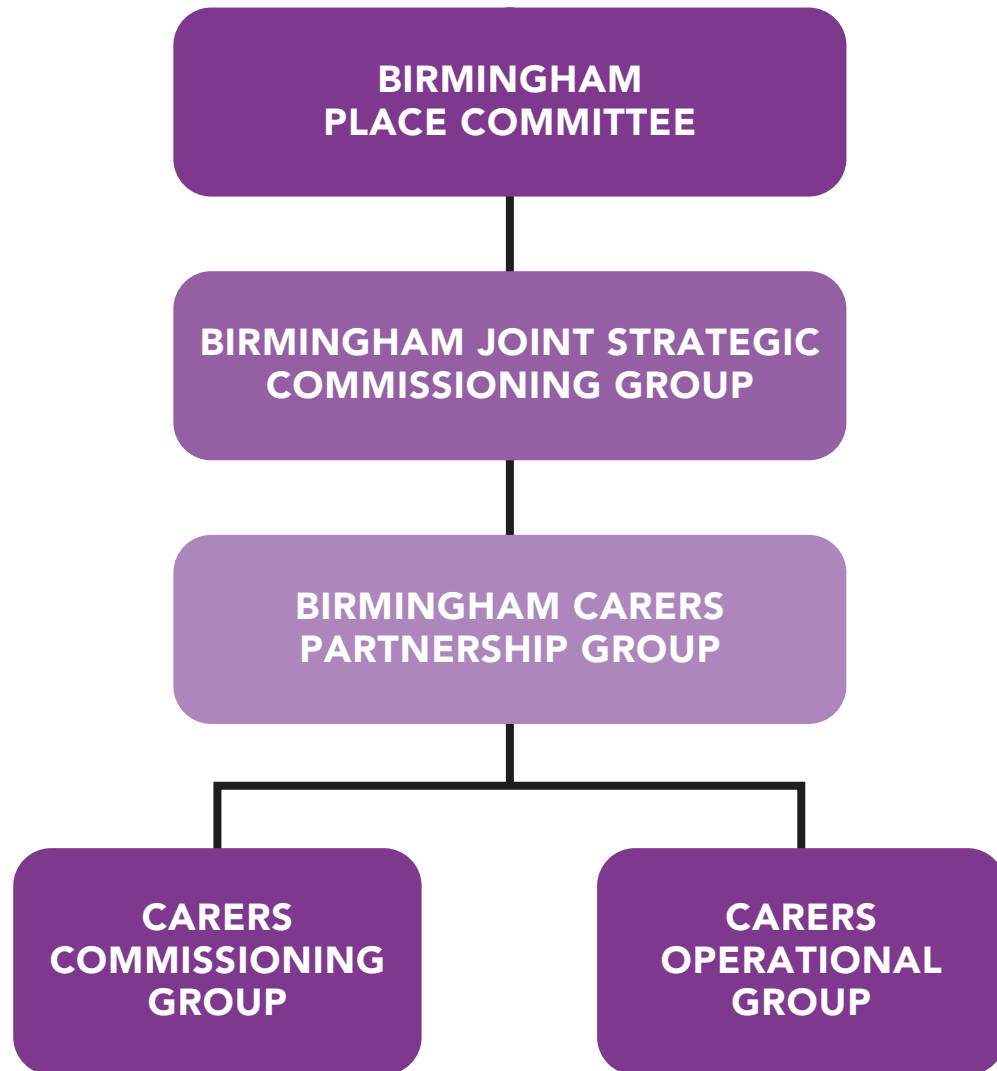
BIRMINGHAM CARERS PARTNERSHIP GROUP



CARERS OPERATIONAL GROUP



GOVERNANCE FOR STRATEGY



Carer representation will be included in the membership of Birmingham Carers Partnership Group to ensure the Carers voice remains at the heart of activity undertaken by all partners supporting the Strategy.

EQUALITY DUTY

Public Sector Equality Duty, within the Equality Act 2010 requires public bodies to have due regard to the need to eliminate discrimination, advance equality of opportunity and foster good relations between different people when carrying out their activities.

As such, the approach taken will continue to be informed by the latest available intelligence when determining key actions associated with the delivery of the Vision.



PARTNERSHIP ACTION PLAN

Birmingham Carers Partnership Strategy 2024-2029 presents an opportunity to develop a new integrated Partnership Action Plan for Carers, aligning and bringing together commissioning bodies, partners, key stakeholders and Carers across the City. In addition, it provides an opportunity to build on the whole life course approach to commissioning and sets out a future integrated approach to deliver the Vision.

The Partnership Action Plan accompanies the Strategy with the aim of delivering the Strategic Vision and Birmingham's Commitments to Carers.



ACKNOWLEDGEMENTS

We would like to extend our heartfelt thanks to all those who contributed to the development of the Birmingham Carers Partnership Strategy 2024-2029. This Strategy is a testament to the collaborative efforts of many individuals, groups, and partners.

- **Carers & Citizens:** Your invaluable insights and feedback have shaped this Strategy, sharing your feedback at events, through online consultation and at focus groups. Special thanks to the Carer Ambassadors and Forward Carers Staff for their active participation and contributions throughout the development and design of this Strategy.
- **Health Partners:** Birmingham and Solihull Integrated Care Board, NHS England, and various NHS Trusts for their unwavering support and collaboration.
- **Birmingham Children's Trust:** For your partnership and dedication to supporting Young Carers and their families.
- **Voluntary & Community Sector Colleagues:** Your contributions have been instrumental in ensuring that the Strategy reflects the diverse needs of our community.
- **Sector Leaders:** For your guidance and strategic input, which have been crucial in shaping the direction of this Strategy.
- **Key Stakeholders & Partners:** Including the Adult Social Care Directorate, Prevention & Communities Team, and all those who participated in consultations and workshops.

Together, we have created a Strategy that truly reflects the voices and needs of Carers in Birmingham. Thank you for your commitment and collaboration.

APPENDIX A

ACTS, LEGISLATION, POLICIES AND REFERENCES

National Legislation

Care Act 2014: [Care Act 2014 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Care Matters Green and White papers 2007: [Care matters: time for change - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Carers Action Plan March 2021: [National Carers Strategy - Hansard - UK Parliament](#)

Carers and Disabled Children's Act 2000: [Carers and Disabled Children Act 2000 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Carers Strategy 2008 with action plan 2018 to 2020: [The national carers strategy - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Children and Young Persons Act 2008: [414220_CH23_2008_TEXT \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Data Protection Act 2022: [Data Protection and Digital Information Bill - Parliamentary Bills - UK Parliament](#)

Education Act 2011: [Education Act 2011 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Equality Act 2010 update 2012: [The Equality Act 2010 \(Amendment\) Regulations 2012 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Gender Recognition Act 2004: [Gender Recognition Act 2004 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Health and Care Act 2022: specifically meets mandated requirement/statutory duty of Council to act to reduce health inequalities and mandated functions of the Director of Public Health including to improve and protect the health of population: [Health and Social Care Act 2012 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Health and Safety at Work Act 1974: [ukpga_19740037_en.pdf \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Human Rights Act 1998: [Human Rights Act 1998 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Independent Living Strategy 2008: [Independent Living Strategy - Hansard - UK Parliament](#)

NHS Patient Safety Strategy 2019: [NHS England » The NHS Patient Safety Strategy](#)

Protection of Freedoms Act 2012: [Protection of Freedoms Act 2012 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

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Putting People First 2007: ['Putting people first' protocol | Policy Navigator \(health.org.uk\)](#)

Special Educational Needs and Disability Act 2001: [Special Educational Needs and Disability Act 2001 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Social Value Act 2012 and amendment 2021: [Social Value Act: information and resources - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

The Children and Families Act 2014: [Children and Families Act 2014 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

NHS England Guidance on Integrated Care Board constitutions and governance: [NHS England » Guidance on integrated care board constitutions and governance](#)

NHS Act 2006 as amended by the Health and Care Act 2022: [National Health Service Act 2006 \(legislation.gov.uk\)](https://www.legislation.gov.uk)

Local Priorities

Aging Well Programme: [NHS Long Term Plan » Ageing well](#)

Early Intervention and Prevention: [Prevention and early intervention | Vision and Strategy for Adult Social Care and Health | Birmingham City Council](#)

Locality agenda [Localism in Birmingham | Birmingham City Council](#)

Integrated Care Systems: [NHS England » What are integrated care systems?](#)

Public Sector Equality Act 2010: [Public sector equality duty - GOV.UK \(www.gov.uk\)](#)

Putting Prevention First: <https://slideplayer.com/slide/17158172/>

Strategy for Early Help in Birmingham 2015 to 2017: [Early Help Strategy 2021 - 23 | Birmingham Children's Trust \(birminghamchildrenstrust.co.uk\)](#)

Adult Social Care Vision and Strategy 2024: [Vision and Strategy for Adults Social Care in Birmingham | Birmingham City Council](#)

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ADASS: [Home - ADASS](#)

APPG for Young Carers and Young Adult Carers Inquiry Report, November 2023: [APPG on Young Carers and Young Adult Carers - Inquiry into life opportunities - Carers Trust](#)

Care Act 2014: [Care Act 2014 \(legislation.gov.uk\)](#)

Carers Trust Annual Carers Survey Report, 2023: [Adult Carer Survey Report 2023 - Carers Trust](#)

Patient and Carer Race Equality Framework (PCREF): [NHS England » Patient and carer race equality framework](#)

Carers UK: [Key facts and figures | Carers UK](#)

Census 2021: [Census - Office for National Statistics \(ons.gov.uk\)](#)

Children and Families Act 2014: [Children and Families Act 2014 \(legislation.gov.uk\)](#)

Forward Carers: [We are Forward Carers and we care for carers across the country](#)

National Carers Strategy: [The national carers strategy - GOV.UK \(www.gov.uk\)](#)

Princess Royal Trust for Carers: [Home - The Princess Royal Trust for Carers in Hampshire \(carercentre.com\)](#)

Putting Prevention First: [Putting Prevention First: - ppt download \(slideplayer.com\)](#)

Strategy for Early Help in Birmingham 2021 to 2023L: [Early Help Strategy 2021 - 23 | Birmingham Children's Trust \(birminghamchildrenstrust.co.uk\)](#)

Think Local Act Personal guidance: [Person centred care | social care| TLAP \(thinklocalactpersonal.org.uk\)](#)

Tommy Whitelaw National Lead, Person Centred Voices, Health and Social Care Alliance Scotland (the ALLIANCE) *(permission granted to use material)*

Vision and Strategy to modernise Adult Social Care: [Introduction and context | Vision and Strategy for Adult Social Care and Health | Birmingham City Council](#)

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Bennett, 2023: [Value of unpaid care in England and Wales now exceeds that of NHS budget | the Centre for Care](#)

The Kings Fund, Caring in a Complex World: Perspectives from Unpaid Carers - Bottery and Mallorie 2023: [Caring In A Complex World: Perspectives From Unpaid Carers | The King's Fund \(kingsfund.org.uk\)](#)

NHS England Commissioning for Carers: Principles and resources to support effective commissioning for adult and young carers, December 2014 [NHS commissioning » Commissioning for carers](#)

Birmingham Carers Hub: [Home - Birmingham Carers Hub](#)

Spurgeons [Spurgeons Charity | Home](#)



**This Strategy was developed
involving Carers throughout**

