



Trafford Carers, Family and Friends Strategy



2023-2026

Greater
Manchester
Integrated Care
Partnership



TRAFFORD
COUNCIL

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Foreword

Trafford Council & NHS GMIC Trafford (formerly Trafford CCG) is pleased to publish the All Age Carers Strategy for Trafford that recognises the role that carers have in providing unpaid care and support to their family, friends and loved ones.

Unpaid carers, family, and friends play a vital role in the lives of those they care for. They help to keep their loved ones well for longer, both physically and mentally. By doing so, they also provide an enormous amount of support to our wider health and wellbeing services, reducing the need for paid support, helping to avoid unnecessary hospital admissions and enable safe discharge back home. Without the contribution of unpaid carers', the services that we all rely on would be overwhelmed.

This refreshed strategy comes out of a review of the previous Carers Strategy, 2019 to 2022. It is structured around what progress has been made so far and what still needs to be done.

The care and support provided by carers' can have a significant impact on their own health and wellbeing, and other aspects of their life. Therefore, it is important that they can access support themselves to help them in their caring role, as well as the person for whom they are caring accessing services.

We are only now, two and half years later, beginning to come out of the Covid pandemic; a pandemic that has further highlighted the value of carers, with many taking on additional caring responsibilities often with reduced support from services. It has been a pandemic that has had a disproportionate impact on carers, both on their physical and mental health. Feedback and surveys tell us that Trafford carers' are stretched and in need of more support.

This strategy also recognises the role of Young Carers through effective early help. It is particularly important that we support our young carers, to ensure that they are able to enjoy their childhood: to develop, thrive and fulfil their potential.

This strategy has been developed in conjunction with NHS GMIC Trafford, carers, and organisations in the Voluntary and Community sector that deliver services and help represent the views of people they support.

It focuses on what carers need to support them in their caring role: to be identified, valued and respected; to be able to stay healthy and independent; to be more socially included; to maintain education and employment and achieve wider personal and life goals.

I hope you will join me in thanking all our carers in Trafford for what they do and what they continue to contribute in improving the daily lives of those they care for.

Together, we can turn Trafford's vision for carers into reality.

Councillor Jane Slater, Executive Member for Health and Wellbeing and Equalities



Strategy on a Page

Trafford Carers Partnership Board alongside our carers will work together to provide carers' with the support they require.

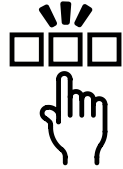
We believe that all carers have the right to be recognised, respected, valued and supported both in their caring role and as individuals in their own right.

As a carer, I can expect:

I will be identified as a carer as early as possible, be informed, be respected, be valued and included.



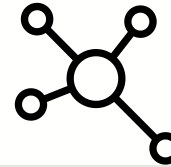
I will have choice and control about my caring role, and will get the personalised support I need as a carer.



I will be able to stay healthy and well and my needs and wishes will be recognised and supported.



I will be socially connected and not isolated.



I will be supported to fulfil my educational and employment potential and where possible maintain employment.



If I am a young carer or young adult carer, I will be supported to be able to thrive and develop educationally, personally and socially; and I will be protected from excessive or inappropriate caring roles.



Priorities of the strategy:

- To promote the independence and physical and mental wellbeing of carers and their families, including those carers who develop their own care and support needs.
- To empower and support carers to manage their caring roles and have a life outside caring
- To ensure all carers receive the right support at the right time, in the right place, including when caring comes to an end
- To respect the rights of all carers to decide and choose in relation to how much care they will provide
- To ensure all carers will be respected and listened to as expert partners and will be actively involved in care planning, shared decision-making and reviewing services
- To ensure all carers are aware of and have access to information, advice and support (including training and learning) to support their care role, including response to national crisis events such as cost of living crisis
- To ensure all carers have access to relevant information and advice to enable carers to know their rights and options in relation to finance, respite and when caring ends

Measures of success:

- Increased levels of satisfaction amongst carers
- Improved quality of life reported by carers
- Increased number of carers who report they have been included in discussions about the person they care for
- Increase in carers who find it easy to find information about services



- Increased number of carers who report they have as much social contact as they want
- Increased number of carers known to Primary Care services and Carers' Centre
- Increased number of young carers and young adults carers known to Young Carers Project



Trafford's All Age Carers Strategy and Vision

Trafford Council, Greater Manchester Integrated Care Partnership, Trafford Carers Partnership Board along with our carers and other organisations are committed to a shared vision which is:

“Carers of all ages have the right to be recognised, supported, respected and valued and will be offered appropriate support wherever possible to enable them to continue their caring role and maintain their own health and wellbeing.”

This All Age strategy sets out seven priorities which will support those who are caring for family or friends living in Trafford, regardless of their age. This strategy also recognises that there are unique challenges faced by young people who are carers and this will also be incorporated into the strategy.

It also sets out six “I” statements as to what support a Trafford carer can expect. These are the deliverables. This is in line with the GM Carers Charter. Finally it sets out what we want to achieve and how we are going to monitor both the progress and success of this strategy.

This strategy is informed by Trafford’s Joint Strategic Needs Assessment (JSNA), feedback from carers, good practice, and guidance. It includes both national and local priorities with details of the proposed actions over the next three years.

Strategic Priorities

- To promote the independence and physical and mental wellbeing of carers and their families, including those carers who develop their own care and support needs.
- To empower and support carers to manage their caring roles and have a life outside of caring, including employment and education.
- To ensure that all carers receive the right support, at the right time and in the right place, including emergency situations and when caring comes to an end.
- To respect the right of all carers to decide and choose in relation to how much care they will provide.
- To ensure all carers are respected and listened to as expert care partners and are actively involved in care planning, shared decision-making and reviewing services.
- To ensure all carers are aware of and have access to information, advice and support (including training and learning) to support their care role including response to national crisis events such as cost of living crisis.
- To ensure carers have the access to relevant information and advice to enable carers to know their rights and options in relation to finance, respite and when caring ends.



Governance, Implementation and Evaluation

Trafford Carers Partnership Board was established in 2019 to provide a strategic forum for carer representatives, NHS and local authority partners, health and social care statutory agencies, carer support organisations and Voluntary, Community, Faith and Social Enterprise (VCFSE) organisations. It also has oversight of the Carers strategy and associated action plan.

The Partnership Board reports to the Age Well, Live Well and Start Well Sub Boards of the Health and Wellbeing Board, and links in with other local strategies such as the Trafford Integrated Mental Health Transformation Strategy, the Trafford Poverty Strategy and the Trafford Locality Plan. This governance and reporting structure enables the strategy to influence all major partners in Trafford including health, local authority, housing and the voluntary sector.

The Trafford Carers Partnership Board has the following strategic aims as an all-age approach:

1. Provide strategic oversight for the delivery of services and support to carers.
2. To contribute to the implementation and review of relevant strategies and monitor progress on agreed actions.
3. To take account of national, regional and local developments that impact or could impact on the health and wellbeing of carers.
4. To ensure that services are able to deliver to the needs of different groups and communities, including carers from LGBTQ+ community, ethnic minority communities, parent carers and older carers.
5. To support delivery of Trafford's Health & Wellbeing Board's objectives to improve inequalities in particular relation to improving healthy weight, reduce harm through substance misuse, reduce physical inactivity and reduce impact of poor mental health.
6. To explore options for the best use of available resources and opportunities.
7. To share information, best practice and experience.
8. To receive, discuss and comment on reports regarding the carer experience in Trafford.
9. To ensure a joined-up approach to the plans and services of partner organisations.
10. To support Schools/academies/colleges with their responsibility to identify young carers.
11. To support young carers in their transition to adulthood.

The Legal Framework

Two pieces of legislation lay down the rights for carers, putting them on the same footing as the people for whom they care. Carers have legal rights to an assessment of, and support for, their own needs where eligible.

The Care Act 2014 outlines the way that local authorities should consider support for carers: the Care Act specifies that councils have a legal duty to assess a carer's need for support. The assessment must consider the impact caring has on the carer and what it is the carer wants to achieve in their own day to day life. It must also consider other important issues such as whether the carer is able and willing to carry on caring, whether they work or want to work and whether they want to study or do more socially.

The Children and Families Act 2014 extended the right to a needs assessment to all young carers, regardless of who they care for or the type of care provided. This means that when a child is identified as a young carer, the needs of everyone in the family will be considered, triggering both children's and adult's support services.

Councils must take reasonable steps to identify young carers who have support needs. Young carers have the right to an assessment regardless of who they care for, what type of care they provide or how often. The assessment must be appropriate for the young carer's age, level of understanding and their family circumstances.

The revised Working Together to Safeguard Children (2015) guidance strengthens the emphasis on early identification, assessment and intervention. This reinforces the need for agencies to work together effectively to support families with young carers, developing a whole-family approach.

Parents of a disabled child aged under 18 have a right to be assessed as part of the assessment of their child or alternatively to have a separate assessment that is not dependent on the child receiving services. The assessment will look at the needs of the whole family working together to safeguard children.



The National Context

Who is a Carer?

A carer is someone of any age who provides unpaid support to a partner, family member, friend, or neighbour to enable them to cope and carry on their day to day life as they could not manage without this help. This could be caring for a child or an adult who requires help due to physical or mental illness, disability, frailty or addiction.

Anyone can become a carer at any age and at any point in their lives: it could be a sudden event or the caring role could develop gradually over time. Caring can be rewarding and fulfilling but it can also be challenging and demanding; some carers may face financial, social and health disadvantages because of their caring role.

Carers UK estimates there are around 6.5 million people caring, that's 1 in 8 adults. 1.4 million people providing over 50 hours of care per week, while more than 1 million people care for more than one person.



Young Carers

Young Carers are children and young people under 18, from any cultural, social religious or ethnic background, who provide, or intend to provide, care, assistance or support to another family member who is disabled, physically or mentally ill or has substance misuse problem. Young carers' carry out significant or substantial tasks, both practical and emotional, on a regular basis, taking on a level of responsibility that maybe inappropriate to their age or development. It is also recognised that young carers' are likely to be providing care or assistance that is not formally recognised by them, their carers', or professionals involved.

The Children's Society have estimated that there are 800,000 known young carers in the UK with the following characteristics:

- The average age of a young carer is 13.
- 1 in 12 secondary aged pupils have a caring role.
- 68% of young carers are bullied in school.
- 27% of 11-15 year olds miss school due to their caring role.
- 39% of young carers said nobody in their school was aware of their caring role.

What little national research there is on young carers has highlighted that the number of young carers is significantly higher than Census 2011 data reports (Hidden from View, Children's Society, 2013). This research has also highlighted the potential longer-term impact of caring on young people.

Young carers have significantly lower educational attainment at GCSE level. They also risk greater isolation through not having time to spend with friends.

Greater Manchester Context

Across Greater Manchester, there are an estimated 280,000 known carers, of which 70,000 (25%) spend 50 hours per week as carers. This is higher than the national average. 24,800 (9%) are young carers aged under 25, which is two percentage points more than the average in England.

Similarly, more than 100,000 (38%) are aged between 25 and 49, four percentage points more than the national average. This directly impacts on the health and wellbeing and employment prospects of carers.

It is estimated that a 5% reduction in the number of carers would result in an additional 17m hours of care being required to be commissioned across Greater Manchester per year.

In January 2018 the Greater Manchester Health and Social Care Partnership launched a Carers Charter, which set out a number of commitments to support carers across Greater Manchester.

To continue to deliver on the Carers' Charter, the focus across Greater Manchester will be on a number of workstreams which are aimed at practical improvements for carers'. These include:

- Improve local discharge processes from hospital.
- Identification and support of carers from Ethnic Minority communities.
- Delivery of a framework of Parent Carer Standards as set out by Greater Manchester Health and Social Care Partnership.
- Helping carers to maintain employment.
- Refresh, republish, and promote the carers' exemplar model.



Local Context

The real extent of unpaid care in Trafford is impossible to quantify because many carers do not seek support or do not identify themselves as carers.

The refresh of the Trafford Carers, Family, and Friends Strategy has been developed prior to the release of the Census 2021 information, which is expected to be published in spring 2023. Information from the Census 2011 reported 23,527 people considered themselves to be a carer.

As part of this strategy we have completed significant activity with a wide range of stakeholders, including unpaid and informal carers' of all ages. This has highlighted the following priorities in terms of support for carers in Trafford:

- Access to services including digital and face to face services and easy access across Trafford locations.
- A wide range of support, including wellbeing, finances, access to services, social inclusion.
- Joined up health and social care services.
- Better access and options with regard to respite solutions.
- Planning for the future as an unpaid carer, including adult carers, older carers, and parent carers.
- Support for professionals who work with carers.
- Help with employment issues and getting back into work.

The strategy will support the vision of Trafford's Corporate Plan 2021-24 by;

'Reducing health inequalities' by promoting the physical and mental wellbeing of carers and their families,

'Supporting people out of poverty' by supporting carers to remain in work where possible and ensuring access to information and advice in relation to finances, and

'Addressing our climate crisis' through its place-based approach to allow carers and their families to access support in their local communities.

The strategy will support the delivery of Trafford's Health & Wellbeing Board's objectives, including a focused approach to supporting older carers.



The Impact of Caring

Although we have come out of formal restrictions, the Covid-19 pandemic continues to have a significant impact. In particular, the impact it has on carers' physical and mental health and wellbeing.

Although we expect these numbers to decrease slightly, the numbers of unpaid carers has been rising significantly as the population ages and healthcare continues to improve. Increasing support for carers, whether it's practical or financial, must be at the heart of how we address the recovery from the COVID-19 pandemic.

- Access to services - 55% of carers still have reduced or no access to day services, and 33% have reduced or no access to paid care workers. 38% didn't know about the services that are available in their local area.
- Access to carers assessments - only 24% of those surveyed had received a carer's assessment or reassessment in the last 12 months. This is a decrease from 27% in 2019 and 31% in 2016. There has also been an increase in the waiting time for a carer's assessment with 19% of carers still waiting over six months.
- Finances - 36% of carers say their financial situation has worsened since the start of the pandemic and 23% of carers already feel they cannot manage their monthly expenses.
- Carers at Work - During the pandemic it's estimated that 26% of all workers were juggling work and care. Longer term, one in seven adults is estimated to be a carer. Within the NHS, one in three are juggling paid work and unpaid caring. 42% (1,500 respondents) were carers in paid employment. This represents a growing number of people who continue to balance caring and work responsibilities, and need supporting.
- Carers Health - Providing higher levels of care during the pandemic has taken a clear toll on carers – 25% of carers now rate their physical health as bad or very bad, and 30% rate their mental health as bad or very bad. Carers are exhausted and worn-out - 35% of carers feel unable to manage their caring role, and their health and wellbeing is impacted. 66% want more support to be able to look after their own health and wellbeing.
- The Census 2011 and the 2021 GP patient survey by NHS England have shown that carers were more likely than non-carers' to have poor health before the Covid-19 pandemic.
- The Covid-19 pandemic saw 81% of carers take on increasing hours of care, often with less or no outside support.
- There was a disproportionate effect of caring on older people's physical and mental health, particularly where the family member is caring for a spouse.
- This has had a significant and detrimental impact on carers' health and wellbeing; over two-thirds of carers (69%) reported that their mental health has worsened, and 64% of carers said their physical health has got worse as a result of caring in the pandemic.
- Our results confirm that the pandemic is continuing to have a negative impact on carers' own health and wellbeing, and they are facing additional health inequalities.

What does caring in Trafford look like?



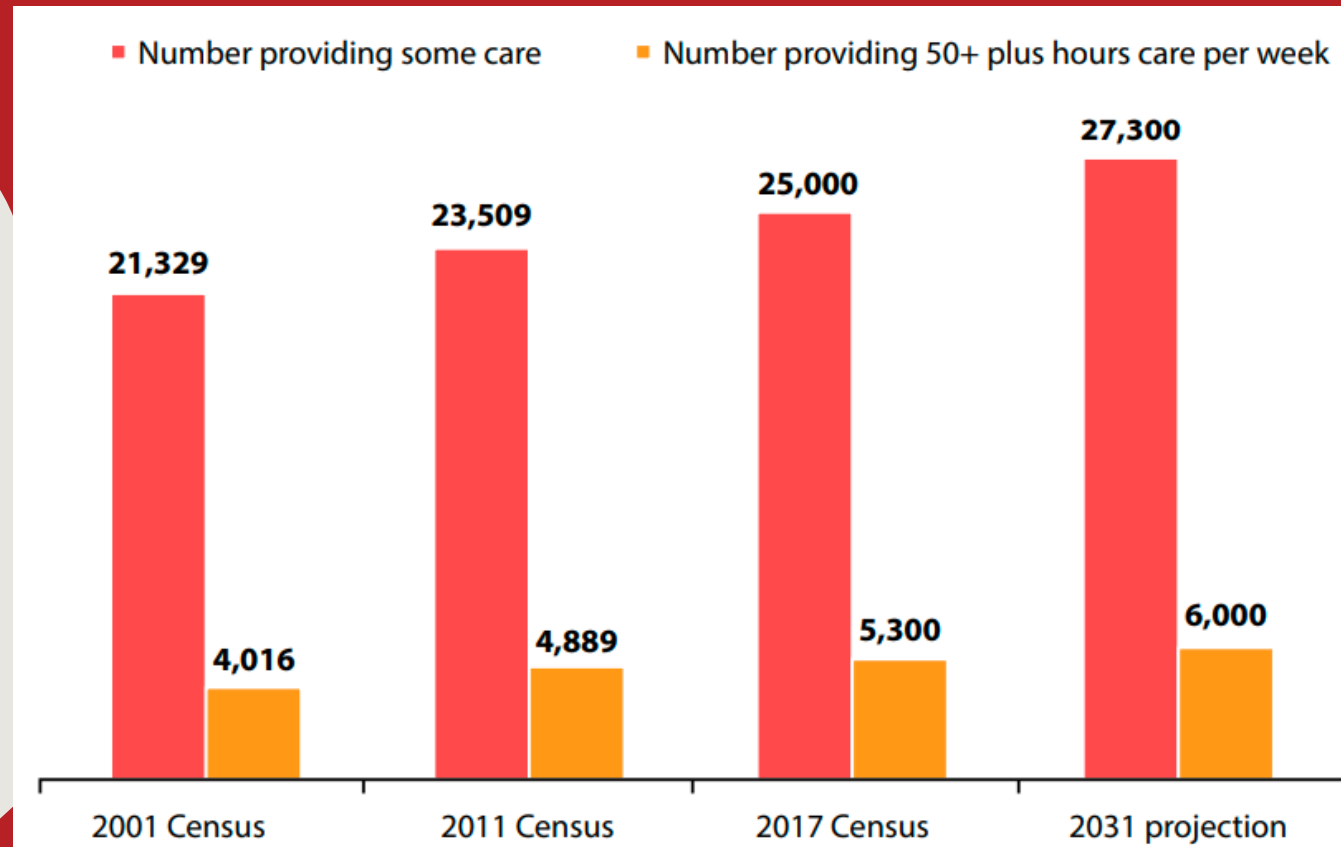
In Census 2011, 23,509 (10.4%) people were providing care

Since Census 2011, the number of carers has increased and will continue to increase based on population growth/ageing alone

4,889 (2.2%) were providing 50 or more hours of care per week

Although there are estimated to be over **25,000 carers in Trafford** (3,500 of which are young carers) there is evidence which highlights that many carers' still remain **'hidden'** from services:

- In September 2018, only 2,900 people were recorded by their GP practice as being a carer
- Around 5,700 carers are known to Adult Social Care and around the same to Trafford Carers Centre
- 2,300 are claiming carers allowance
- Approximately 700 young carers' and young adult carers are accessing the Young Carers Project.



Over the course of the last three years, the impact of Covid has increased the strain on carers, with carers reporting they are exhausted and have found it difficult to get respite.

The pandemic brought into sharp focus the link between social isolation / loneliness and poor health, with carers telling us they felt forgotten and they had experienced higher care needs due to services being moved online or being less accessible because of Covid restrictions.

A survey by the Carers Centre in 2021 and SACE identified:

88% of carers reported that they felt tired

61% of carers reported feeling depressed

53% of young carers don't think their school understands what it is like to be a young carer

82% of young carers would like schools to understand they have other priorities at home

72% of carers have their own health need

25% of carers deliver over 100 hours of care a week

88% of carers in employment didn't feel supported by their employer

43% of carers are suffering financial hardship due to their care role

78% of carers feel isolated

Since the strategy was launched.....

An average of 300 carers per medical practice are registered with their GP as a carer - a 168% increase

Over 5,500 carers are now accessing support through Trafford Carers Centre

There has been a 211% increase in referrals made to Trafford Carers Centre

Trafford Team Together (which launched in November 2021) is providing early identification

Trafford Carers, Family, and Friends Strategy and Action Plan

In 2019, through a series of workshops and feedback sessions we designed six 'I' statements which stated what a Trafford carer could expect as a result of this strategy. Further consultation with carers took place in September 2022 concluding the 'I' statements were still felt to be relevant.



1. I will be identified as a carer as early as possible, be informed, be respected, be valued and included by health and social care professionals.
2. I will have choice and control about my caring role, and will get the personalised support I need as a carer.
3. I will be able to stay healthy and well and my needs and wishes will be recognised and supported.
4. I will be socially connected and not isolated.
5. I will be supported to fulfil my educational and employment potential, and where possible in maintaining employment.
6. If I am a young carer or young adult carer, I will be supported to be able to thrive and develop educationally, personally and socially, and I will be protected from excessive or inappropriate caring roles

This section outlines our action plan to continue to meet the minimum expectation of support for carers in each of the six areas of carers' needs.

Each 'I' statement is broken down into three areas:

- What are the minimum outcomes expected to be achieved?
- What have we already achieved against those outcomes?
- What do we still need to achieve?

1 I will be identified as a carer as early as possible, be informed, be respected, be valued and be included

Outcomes:

- Carers from all different places and communities will be identified at the earliest opportunity and carer identification will be embedded across all services that have regular contact with people and families.
- Carers will be valued, respected and listened to as expert care partners and will be actively involved in care planning, shared decision making and co-producing and reviewing services.

Achievements:

- Through development of Carers Partnership Board & Trafford Community Collective, adult referrals to Trafford Carers Centre has increased by 211% since 2019.
- An average 80% of adult referrals are registered as new cases.
- A 22% increase in carers accessing carer support services (average 11% year on year).
- A 168% increase in numbers of carers' identified to their GP to receive additional health support (including priority Covid vaccinations).
- Co-production of Carers Service Specification for delivery of carers' services from 2022 to 2027.

What we still need to do:

- Develop carer awareness training and guidance on expectations regarding or in respect of carer involvement for health and social care professionals.
- Ensure carer identification and understanding of carer support pathways is embedded within health and social care and other services that have regular contact with people and families.
- Further develop our neighbourhood and place-based model for carers' support that helps identify carers' in all communities including those from seldom heard groups.
- Ensure carers are identified as a priority group, in supporting delivery of Health and Wellbeing Board objectives.
- Needs of minority ethnic groups to be referenced/improved, so as to take account of carer status.
- Ensure GP's recognise and meet the needs of carers through improved and consistent recording, carer awareness and increased referrals to carer support services.

2 I will have choice and control about my caring role, and will get the personalised support I need as a carer

Outcomes:

- Carers will receive the right support, at the right time and in the right place, that is tailored to their individually assessed needs and aspiration. A carer's right to decide and choose in relation to how much care they will provide will be respected.
- Services will be accessible to all and consider the specific needs of different communities and groups of carers including when caring ends.
- Carers are able to access information, advice, and services that prevent, delay, or reduce their own need for support and the need for support of their cared for person(s).

Achievements

- All carers registered with Carers'Centre have been offered a strength based and person-centred carers assessment. This has led to a 10% increase, year on year, or people taking the assessment.
- Dedicated Diverse Communities Officer supporting Ethnic Minority communities to have a voice and improved access to translation services.
- Implementation of place-based ways of working to reach more carers in their local communities.
- New Carers Centre website with accessibility functions and up to date information.
- Co-production of Carers Service Specification for delivery of carers' services from 2022 - 2027.

What we still need to do:

- Ensure carers needs and choices are considered during health and social care process/interventions for the person they care for, including the need for replacement care and respite care.
- Support carers to consider future needs including emergencies, contingencies, anticipatory, and advanced planning linked to potential future changes in their caring role.
- Continue to provide information, advice, and training for carers, including online information linked to Trafford Carers Centre's website and other sources.
- Continue to promote Trafford Carers Centre as the referral focus and hub for carer support, working together with carers and drawing on their individual strengths and assets.
- Further develop access to carer support services to ensure all carers have fair access to services.

3 I will be able to stay healthy and well and my needs and wishes will be recognised and supported

Outcomes:

- To ensure the independence and physical wellbeing of carers and their families is improved.
- Improved opportunities in Trafford to access support inline with Trafford's Health & Wellbeing Strategy.

Achievements:

- 168% increase in number of carers known to their GP with an average of 300 carers registered per medical practice.
- A dedicated carers nurse to provide tailored health checks to reduce health inequalities.
- Development of an online carers health group focusing on the 5 ways to wellbeing.
- Delivering quarterly health focused Chatty Cafe's offering peer support and advice.
- Delivery of first aid sessions to carers.
- 91.7% of carers have had 2 vaccinations; 84.5% had booster jab as at May 2022.

What we still need to do:

- Further promote carer identification at GP surgeries and link carers into the social prescribing support offer.
- Ensure carers are provided with the information and support they need to stay safe and healthy
- Seek ways to promote carers as a group for targeted preventative health, public health, and wellbeing interventions including carer health assessments.
- Use conversations with carers to draw on the strengths, and promote health and wellbeing.
- Further develop carer support groups in a range of settings (workplace, community groups etc).
- Continue to develop wellbeing services for carers and build on learning from previous pilots to promote wider carer resilience.

I will be socially connected and not isolated

Outcomes:

- All carers are supported to manage their caring roles and avoid becoming socially isolated.
- A carers right to decide and choose how much care they will provide will be respected.
- All carers able to access support that allows them to take a break when they need to.

Achievements

- Implementation of online support groups – Successfully supporting carers to remain connected during the pandemic.
- Digital inclusion officers supporting carers to get online through tablet loan schemes and training.
- Implemented a 'What's On' calendar for carers to access recreational/activity groups, offering carers' of all ages access to up to 60 sessions a month.
- Carers have accessed over £130,000 in personalised support funds to enable respite from their care role.
- Volunteer befriending scheme developed to reduce isolation for carers.
- Carers activities and event options increased by 45%.

What we still need to do:

- Ensure the need for respite care is considered as part of the cared for assessment process.
- Use strength-based conversations with carers to help them recognise their own needs and find ways they can keep connected.
- Maintain the flexibility of the personalised Carer Support Fund to meet both crisis and preventative needs regarding social connection.
- Develop opportunities for social interaction through specific activities and events.

I will be supported to fulfil my educational and employment potential, and where possible maintain employment

Outcomes:

- Carers of all ages are able to access information, advice and support to enable them to fulfil their educational and employment potential and are able to continue in employment whilst still providing a care role.
- Carers who are unable to continue in employment, due to their caring responsibility are supported to maximise their income.

Achievements:

- Carers supported to have choice and control about accessing employment, further education, volunteering and training through a strength based Carers Assessment.
- More than 1,000 carers supported to access unclaimed benefits, pension credits and allowances totalling £2.3m. This equates to £43.40 per week per carer.
- Increased the number of volunteering opportunities throughout Trafford, including a Carer Befriending Scheme.
- Volunteer Coordinators supporting opportunities for carers through the Community Hubs

What we still need to do:

- Implement the best practice identified in Greater Manchester Working Carer Toolkit within Trafford Council and promote use of the toolkit across other organisations and employers.
- Conversations with carers will focus as required on educational and employment needs, allowing them to work together to determine an outcome that draws on the person's strengths and assets.
- Make income maximisation services available to carers including advice related to Carers Allowance and in-work benefits.
- Ensure information, advice and support is available to working carers regarding their employment rights and options.



6

If I am a young carer or young adult carer, I will be supported to be able to thrive and develop educationally, personally and socially, and I will be protected from excessive or inappropriate caring roles

Outcomes:

- Young carers will be identified by social care, health services, first response services and educational organisations
- Young carers will be provided with information and support to exercise choice and control over their lives to fulfil their educational and employment potential.
- Young carers will be provided with information, tools and resilience strategies to prepare them for changes in their caring role and emergency situations.
- Young carers will be prepared for the transition into adult carers support services and supported through the process.

Achievements

- Young Carers Project providing whole family support approach.
- Young Carers Project transitioning young carers to adult carer services from age 16 to enhance support pathway.
- Trafford Team Together working directly with schools and helping to identify young carers early.
- Since 2019 identification of young carers aged 5-25 has increased by 210% with 98% of referrals registered as new carers.
- Improved school-based support through drop-in sessions and carer awareness training.
- Increase of 121% in delivery of carers assessments since 2019 for young carers.
- Young carers supported to access college bursaries to continue their education.
- Young carers offered a minimum of four group sessions per week to reduce isolation.

What we still need to do:

- Ensure young carers are identified and their needs and choices are considered during education, health and social care processes.
- Provide information and support to raise awareness of young carers and their rights to education, health and care.
- Prevent inappropriate caring roles from impacting on children and young people's wellbeing by strengthening links with services that can offer early help tools.
- Ensure that the voice of the young carer is heard and influences service design, delivery and improvement.
- Provide support to enable young carers to reach their potential and make important life decisions such as further education or employment training.
- Young carers resilience strategies developed through appropriate support, training opportunities and social activities.



If you want to know more about the support available to carers in Trafford please contact Trafford Carers Centre on 0161 848 2400 or visit www.traffordcarerscentre.org.uk

This strategy is supported by the Integrated Commissioning Directorate. Any further questions can be directed to: commissioning.team@trafford.gov.uk

