

Healthy Parent Carers Family Faculty working group meeting

(Room 1.24, South Cloisters, St Lukes Campus)

13 June 2018

Meeting notes

Attendees

PenCRU – Annie, Gretchen, Silvia

Family Faculty – Annette, Carole, John, Julia

Overview

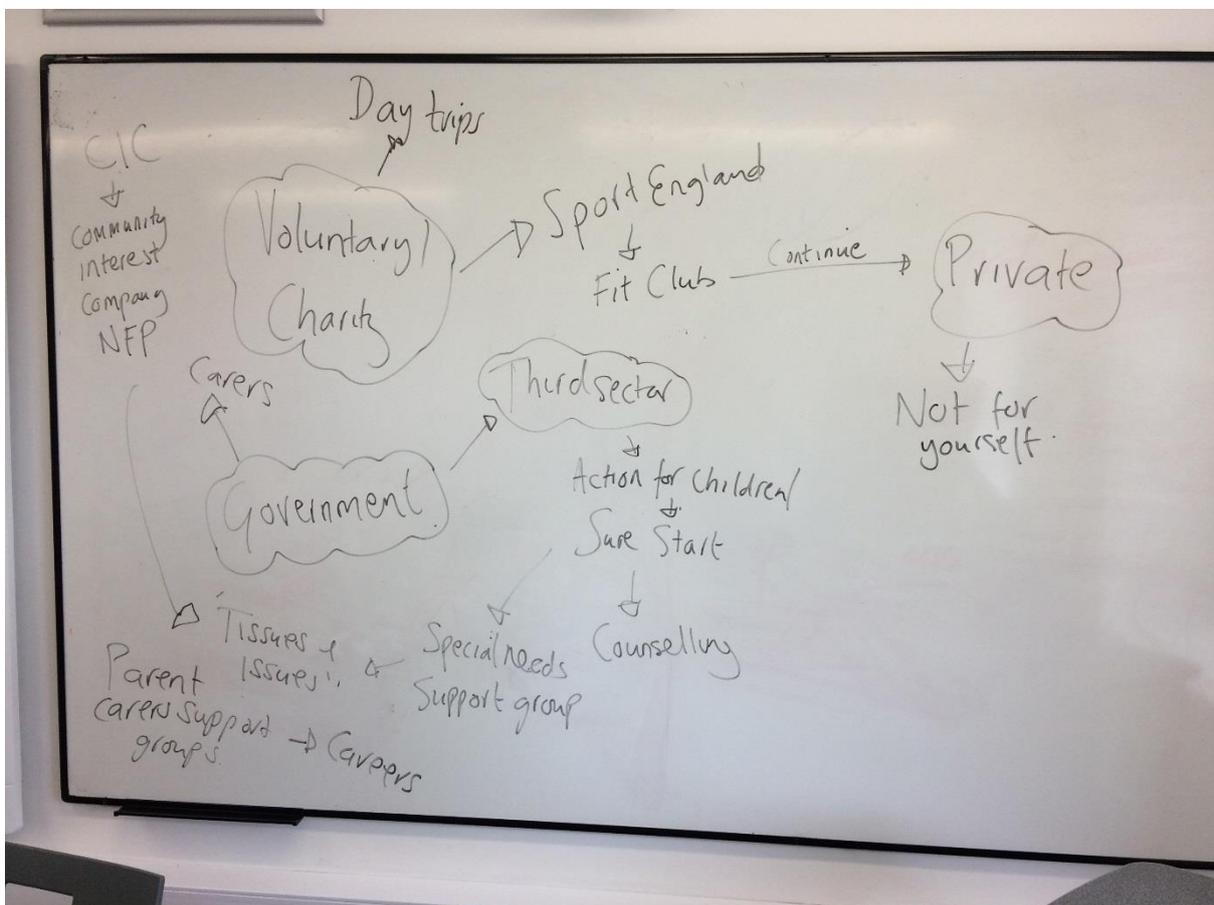
- Parent carers discussed the types of services that parent carers use to improve their health and wellbeing.
- The services were categorised in these broad categories: NHS services, local authority/ social services, voluntary/ charity services, and private services.
- Most important services identified included: carers assessment, physical activity, counselling services, social groups, and more generally services or activities which resulted in parent carers having “me time”.
- Activities and services for children can have an indirect benefit to the health and wellbeing of the parent carer.

- The aim of this meeting was to find out what the main resources and services are that parent carers use which may affect their health or wellbeing. This will help Health Economist Dr Annie Hawton to develop a resource use measure for the Healthy Parent Carers project that includes questions that are relevant to parent carers.
- The group discussed the types of services that parent carers use to improve their health and wellbeing, either paid or for free. The services were categorised in these broad categories: NHS services, local authority/ social services, voluntary/ charity services, and private services. All services discussed can be seen in the Appendix.
- Most important services identified included: carers assessment, physical activity, counselling services, social groups, and more generally services or activities which resulted in parent carers having “me time”.
- Local authorities are not able to provide services to parent carers as a result of a carer’s assessment due to lack of funding in children’s services. This is not the case if taking a carer’s assessment when caring for an adult (over 18) where in this case there is funding

and therefore may be more services available. The carer's assessment is being perceived by parent carers as a "tick box exercise" for local authorities.

- Activities and services for children can have an indirect benefit to the health and wellbeing of the parent carer. These include, for example, sleep interventions, respite care and short breaks.
- When the child is 0-5 years old there is more support available for the whole family. This tends to go away after the child is older than 5.
- Each local authority must have a SEND Local Offer website where parent carers can look search for available services, however these are not always comprehensive or up to date.
- Parent carers often don't know who pays for or commissions services they access.
- Services available to parent carers are often dependent on geographical area and the severity or category of the child's disability.
- More services are available if a child is considered to have a 'healthcare' need, rather than another form of disability e.g. autism, as services are then funded by the NHS rather than the local authority.
- When the parent carer becomes ill it can cost the NHS or social services a significant amount as they provide assistance to the family. However this is dependent on child's disability type, so for example, this care may not be available if a child is autistic.
- The parent carers said they spent very little money on things that might help their health or wellbeing, because their money always needed to go towards other things eg. for their child.
- As a result of the Healthy Parent Carers intervention, parent carers may request a carer's assessment if not done so previously, or they may feel motivated or empowered to seek out other services. Furthermore, there could be a reduction of crisis services used because parent carers may feel more able to cope.

Appendix – Services parent carers use



Other:

- **Physical activity** e.g. cycling, walking, running, badminton, fitness classes e.g. Exeter football club (funded by Sport England/ Lottery), Keep Active Devon (including nutrition advice).
- **Voluntary/Charity support groups for carers, parent carers, and parents of children with special needs** e.g. Torbay Parent Carers Forum, Devon Parent Carers' Voice, Adult Autism support, Devon Carers, 'Tissues and Issues'. These may include providing: wellbeing sessions eg. reflexology, massage, yoga, podiatry, stress relief, haircuts; activity groups eg. craft group; talks eg. about other services that may be available and; other services eg. childcare, 3-course meals, day trips.
- **NHS funded services** eg. Counselling, hospice services for children with life limiting illnesses, physiotherapy, 'Healthy Lifestyles' service.
- **Other government funded services (may be NHS, social services, local authority)** eg. Sure Start, respite care - including crisis respite care, Home Start, disabled facilities grant, case worker, sleep intervention for children.