



# Royal Borough of Kingston

## All Age Carers' Plan

2022-2027





This booklet is an Easy Read about the Kingston All Age Carers Plan.



The plan was written by carers for carers, with Kingston Carers' Network, NHS colleagues and other charities.

When we say 'we' in this booklet, we mean all of the above groups.

## Why a Carers Plan is important



- The Covid-19 pandemic had a big impact on unpaid carers.

- Family members and young people had to take on new caring roles.



- In this plan we will explain our vision for carers of all ages.

- We have also said what young carers and carers think is most important.

## Who is a carer?



- A carer is anyone who cares for a friend or family member and is unpaid.
- They may have to care for them due to illness, disabilities, addiction or mental health issues and the person can not cope without the support of their carer.



- Carers may provide physical or practical care and emotional support.
- A carer could be a partner, parent, brother/sister, child, young person, friend, neighbour or any other relation.



Caring roles may include:

- Shopping
- Cooking
- Cleaning
- Financial
- Personal care

# Kingston Carers All Age Plan



- The Kingston Carers All Age Plan is our ideas to support the needs of carers.



- The last Kingston Carers All Age Plan was in 2013-2015.
- Since then the **Care Act 2014** has been put in place.



- The Care Act is a new law about care and support for adults in England.

The Care Act tells us:

- What type of support people should get.
- What councils will have to do.





**We want to show what it is like to be an unpaid carer living in the Royal Borough of Kingston.**

We also want to show everyone:

- What is important to carers
- What issues they are facing
- What is working well
- What can be made better



- This plan will help us to develop **two action plans**, one for Young/Young adult carers and one for Adult Carers.



- The Kingston Carers Board will oversee the action plans and will make sure that all the actions are taken.
- Action plans will be developed by carers and young carers with **Royal Borough of Kingston Council** and **Achieving for Children's** support.



When writing this Plan we have worked together with:

- Young adults
- Adult carers
- Carers support companies and charities
- Kingston Carers Network



The All age Carers board is made up of:

- Carers
- Charities that support carers
- Kingston Carers Network
- Health and Care workers
- Kingston Healthwatch
- Achieving for Children
- Royal borough of Kingston Upon Thames Council.



The All Age Carers Board will make sure all those involved will carry out their actions in the plan.

## Local Support for carers: Kingston Carers' Network



**Kingston Carers'  
Network**



- Kingston Carers' Network is a voluntary organisation that provides support for unpaid carers in the Royal Borough of Kingston.

They offer:

- Counselling
- Emotional support
- Social activities
- Support groups
- Benefits advice
- Carers Assessments
- Care Plans
- Direct Payment support
- Working for Carers Project to help carers move closer to employment.



## Local Support for young carers: Charities



### Charities that support young carers:

- Kingston Carers' Network
- Achieving for Children
- Support from schools, colleges, universities.
- Support from Day opportunities

## Local Support for carers: Charities



South West London and  
St George's Mental Health  
NHS Trust



### Charities that support adult carers:

- Kingston Mencap
- Kingston Mental Health Forum
- Mind in Kingston
- Alzheimers' Society
- Kingston Centre for Independent Living.
- Milaap, for older Black, Asian, multi-ethnic carers.
- Staywell for older carers.
- Crossroads.
- Enhanceable respite.
- Citizens Advice Kingston.
- Day services, such as Enhanceable, Eco-Op, Stud Farm, Home Farm Trust and Fircroft for the person being cared for.
- St Georges and South West London Mental Health trust: Carers, Friends and families open group.
- Royal Borough of Kingston Council.



- Support organisations can be found on [Connected Kingston](#), the online directory of services in the Royal Borough of Kingston.



- Although there is a lot of support for carers in the borough many carers say they have not been able to access the right support when they needed it.



We have spoken to carers through the Carers board and our local Kingston surveys.

It is clear that carers have lots of different challenges.

These are listed below.

## Challenges for Young Carers



- Not always seen as a carer



- Isolated/ lonely



- Mental health



- Getting support.



- Managing their learning.



## Challenges for Young Adult Carers



- Finding young adult carers who are not in education, work or training.



- Young carers changing into adulthood (16-17 years), and as young adult carers (18-25 years old).

## Challenges for Working Age Carers



- Balancing work and caring - how this affects finances.



- Mental and physical health.



- Respite.

(**Respite** is a short break from caring role)



- Support for parent carers of children becoming adults.

## Challenges for Older Carers



- Support after losing a loved one.
- Support for someone who is no longer a carer.



- Challenges of care
- End of life care



- Own health & mobility issues.
- (**mobility** moving around freely)

# Challenges for Black, Asian and multi-ethnic Carers



- Language barriers.



- Lack of accessible information.



- Lack of **culturally appropriate support.**

( **culturally appropriate support** means, having support that thinks about your needs based on your race, religion or beliefs)



- Not always seen as a carer



- Less likely to access support.



- Being a carer can mean you have less money.

## Challenges for LGBTQ+ Carers (Lesbian, Gay, Bisexual, Transgender, Queer +)



- Not enough support for LGBTQ+ carers.



- Some people feel the support services are 'not for them' and won't understand their needs.



- Some people may access support late or not at all, because they worry about **discrimination**.

(**Discrimination** means, treating someone unfairly based on who they are, this could be female, male, age, race or disability.)



## Aims of the plan



Below are the aims of the plan so we can better support carers in the Royal Borough of Kingston Upon Thames.



- Young and young adult carers are **empowered** to link up with other young and young adult carers for support, socialising and friendship.

(**empowered** means, to make someone feel stronger and more confident)



- Young and adult carers live a balanced life, being physically and emotionally well and have a life outside of caring.



- Young and adult carers are able to access respite that is right for them when they need it.



- Young and adult carers access information and guidance that is accessible and relevant.

**(Relevant means at the current time)**



- Young and adult carers access the right support with their money. Helping them stay in education and keep their jobs



- Young and adult carers are better recognised by all partners.
- For example the council, health sector and charity sector see young carers as equal partners.
- Carers have told us that it is important to them to be seen as an expert.

## This means carers of all ages will have access to:



- Information, advice and guidance they need for themselves and the cared for person.



- Support that will help carers plan for the future, in case they are not well and when they are no longer around.



- An easy and clear support system that helps carers to get assessments and reviews of support plans.



- Respite / breaks from the caring role.



- Advice and support to look after their own health and wellbeing.



- **We will work with health and other services to address these and ensure the needs of carers are being met.**

Adult Carers in the Royal Borough of Kingston have told us that these are the things they find most important:



1. Health and Wellbeing



2. Enjoying a life outside of caring.



3. Respite.

(Respite is a short break from caring role)



4. Information and advice.



5. How being a carer affects their money.

Young carers in the Royal Borough of Kingston have told us that these are the things they find most important:



1. Make sure nobody feels alone.



2. Help young carers to stay physically and mentally well.



3. Finding other young carers.



4. Help young carers have a break from their caring role.



5. Access to financial support.