

Regional Integration Fund - Two-page profile

Regional Unpaid Carers Programme (PR014)

This profile shows the high-level details relates to the annual proposal, monitoring and evaluation, including indicators, performance measures, expenditure and the impact for service users.

Overview/summary of the programme

The Carers Support Programme provides a vital resource for carers of all ages, providing tailored support to meet their diverse needs. From young carers managing school alongside their responsibilities to older individuals caring for loved ones with dementia or frailty. The programme, developed through strong partnerships with a wide range of organisations, ensures comprehensive and complementary support, avoiding duplication of services. Funded in part by the RIF, this initiative enhances existing efforts and expands the reach and effectiveness of support for carers.

A key focus of the programme is addressing specific challenges carers face, including smooth transition from hospital to home and providing vital information and advice. Through various projects, carers receive practical and emotional support, empowering them with the knowledge and resources needed to care for their loved ones effectively.

Overall, the Carers Support Programme enhances carers' quality of life, promoting awareness and empowerment. By promoting a supportive community, the programme ensures carers are better equipped to handle their roles, ultimately benefiting both carers and those they care for.

RIF deliverables:

Primary model of care:

Prevention and community coordination

Enablers:

Promoting the social value sector

Integrated community hubs

Workforce development and integration

Priority population group:

Unpaid carers

Regional approach:

The programme is delivered by multiple partners across the region, predominantly from the voluntary sector. RIF ringfenced and core funding contributes towards a much larger investment from statutory partners. It is an integrated programme that works closely with partners from across all sectors.

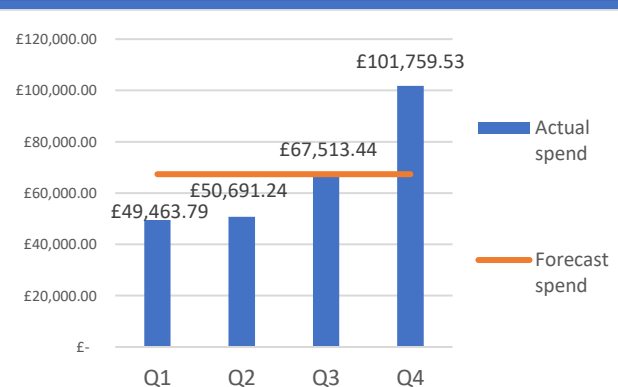
Priority (Linked to Area Plan)

Unpaid carers will have access to the information they need to improve their knowledge of the services available and barriers to them accessing support are removed.

Carers and the people they care for will be supported to enjoy good health and wellbeing and supported to maintain/improve their physical health.

Carers will have access to appropriate social, leisure, culture and fun activities wherever they live or whatever their circumstances.

Project expenditure – £269,428 (2023/24 FY)



Projects/partners supporting delivery:

MIND
Local authorities
LHB
Third sector
Community providers
CVCS

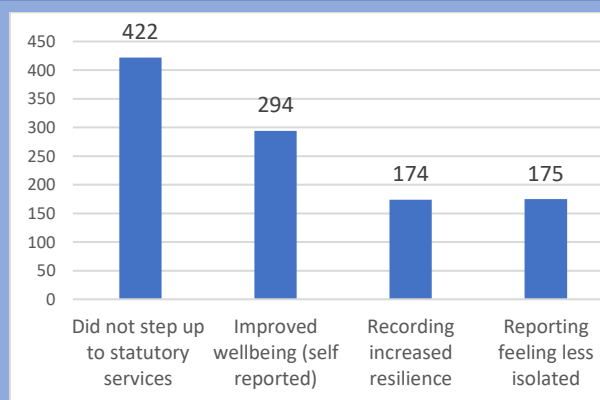
Summary of expenditure:

The funding received from RIF is a contribution towards the delivery of carers support across the region. The funding provided during 2023/24 was fully utilised during the year.

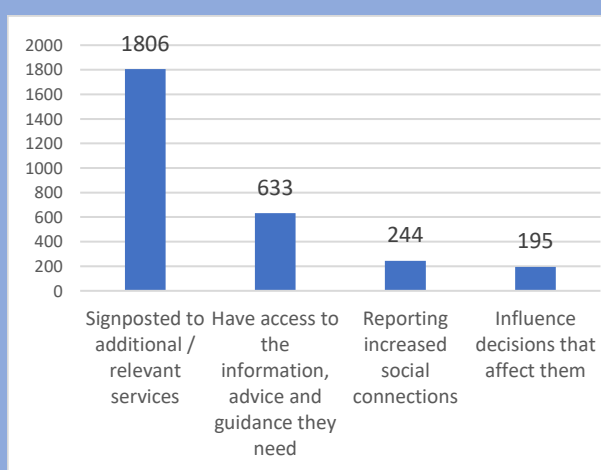
Programme outputs (annual figures):
(includes additional outcome measures)

New people accessing support	1687
No attending group activities/networks	1444
No receiving 121 support	351
No receiving benefit advice/support	233
Improved awareness of local services	422
No supporting with blue badges	40
No of new services/opportunities developed using coproduction	13
No of volunteers	45

Programme outcomes: (primary measures)
(Numbers)



Programme outcomes: (primary measures)



Performance overview: (summary)

The Carers Programme has achieved significant milestones in supporting carers across our region. Firstly, 422 individuals did not escalate to statutory services thresholds, indicating effective early intervention and support provided. This has helped prevent higher interventions, reducing the strain on health and social care services.

294 individuals reported improved wellbeing, demonstrating the positive impact on carers' mental and emotional health. Similarly, 174 individuals reported increased resilience, highlighting an improved ability to cope with caregiving challenges.

The programme successfully reduced isolation among carers, with 175 individuals reporting feeling less isolated and 244 reporting increased social connections. This indicates some success in fostering community and social connections, enhancing support networks and reducing reliance on services.

In addition, the programme signposted 1,806 individuals to additional services, ensuring access to a broader range of resources, utilising existing provision within our region.

Overall, the Carers Support Programme has demonstrated comprehensive support for carers across CTM, addressing their diverse needs and enhancing their well-being, resilience, and social integration.

Impact of the programme (qualitative):

- Improved wellbeing and resilience:** Carers have reported feeling more supported, which has contributed to improved overall wellbeing. They are more capable of dealing with challenges associated with caregiving, demonstrating increased resilience in managing stress and daily responsibilities.
- Reduced social isolation:** Many carers have described feeling less isolated. By participating in support groups, workshops, and community events, carers have found a sense of belonging and friendship with others facing similar challenges.
- Enhanced support networks:** Carers have expanded their support networks, both informally among peers and formally through connections with other service providers. This provides practical assistance and emotional support.
- Increased confidence:** Carers participating in sessions have reported increased confidence in their caregiving abilities. Learning new skills and strategies to provide better care.
- Positive feedback:** Qualitative feedback consistently highlights appreciation for the support and services.

Overall, the qualitative impact is clear, enhancing carers' quality of life, resilience, and capacity to provide effective care. By addressing not only practical needs but also emotional well-being and empowerment,

Recommendations:

Some potential recommendations to consider:

- Continue funding on current levels.
- Review how ring-fenced money is used and consider providing longer-term funding commitments to provide stability and continuity for the programme.
- Strengthen partnerships with all stakeholders, explore more collaborative approaches to leverage resources, share best practices, and ensure a holistic approach to supporting carers'.
- Further advocate for the rights of carers and raise awareness of their invaluable contribution towards supporting the delivery of care across the region.

The programme has demonstrated tangible benefits and enhances the well-being of both carers and those they care for. By investing in the carers support, we can maintain our commitment to supporting vulnerable people, promoting social inclusion, and maintaining a compassionate and responsive approach to caregiving support in Cwm Taf Morgannwg.