

# Joint Strategic Needs Assessment



LONDON BOROUGH OF  
RICHMOND UPON THAMES



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## Do you want to know more about the health and wellbeing of unpaid carers in the London Borough of Richmond upon Thames?

*Read on for more information on the health needs of local carers and the local services that are available.*

Welcome to the ninth issue of the JSNA Newsletter - a rolling publication produced by Public Health that describes the health, social care and wellbeing of local residents. In this issue we will give an overview of the health and wellbeing of carers.

A carer is someone who, without payment, provides help and support to a partner, child, relative, friend or neighbour, who could not manage without their help. This could be due to age, physical or mental illness, substance misuse or disability. Many of us will be carers at some stage in our lives.

The 2011 Census shows that there are an estimated 15,802 carers (8.5% of all residents) in the London Borough of Richmond upon Thames (LBRuT). This is similar to London, and lower than the average in England. Carers are more likely to report health problems than those who do not provide care.

If you would like to contribute to future editions of this JSNA newsletter please get in touch with us at [jsna@richmond.gov.uk](mailto:jsna@richmond.gov.uk). We will gladly receive and consider your feedback, data, information and intelligence for future newsletter publications. The next topic will have a focus on the health and wellbeing of children.

**Dr Dagmar Zeuner**

Director of Public Health

London Borough of Richmond upon Thames

## National and Local Strategies

- *Recognised, valued and supported: Next steps for the Carers Strategy (2010)*

The refresh of the 1999 National Carers Strategy has set the following priorities for 2010-2014:

- Identifying, recognising, supporting and involving carers
- Enabling carers to fulfil their education and employment potential
- Personalised support for both carers and those they support, enabling carers to have a family and a community life
- Supporting carers to remain mentally and physically well

The strategy can be found [here](#).

- *Richmond Carers Strategy (2010-2013)*

The 2010-13 LBRuT Carers Strategy sets the agenda for continued improvements in the quality of life, health and wellbeing of carers. This strategy is currently being revised for 2013-15 and is due to be published at the beginning of next year (2014).

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## Priorities

The LBRuT Health and Wellbeing Strategy and the LBRuT Carers Strategy have set out the following vision: all Richmond residents, including carers, are able to achieve their full potential, live their lives with confidence and resilience, and access quality services that promote independence and deliver value for money.

## Snapshots

### Population

- The 2011 Census shows that there are 15,802 (8.5%) carers in LBRuT. This is similar to London (8.5%) and lower than the average in England (10.2%).
- Three quarters of carers in LBRuT provide care for 1-19 hours a week.
- 59% of carers in LBRuT are female.
- 34% of carers in LBRuT are aged between 25 and 49 years, 38% between 50 and 64 years, and 22% are aged over 65 years.
- Five percent of carers are younger than 25 years (n=864). Young carers are a particularly vulnerable and difficult to reach group.

### Who do carers care for?

- The following groups of carers can be identified: young carers and young adult carers, caring for a parent or sibling; parent carers, caring for a child, and; carers of older people, mostly middle aged children or older aged spouses.
- Most carers (40%) care for their parents or parents-in-law and over a quarter for their spouse or partner (Survey of Carers in Households, Department of Health 2009-10).
- In the Survey of Carers in Households, carers were asked why the people they cared for needed their help. Most frequently cited reasons are: physical disability (58% of carers), long-standing illness (37%), sight or hearing loss (20%), problem connected to ageing (17%), mental health problem (13%), learning disability (11%) and dementia (10%).

### Health and wellbeing

- Data from the 2011 Census shows that carers are more likely to report health problems: 19% of carers in LBRuT report their health is not good, compared to 11% of those who do not provide care.
- While 60% of carers in LBRuT are economically active, providing care is often a reason for not working or for working part-time. It may also be more difficult to return to work after a period of not working.
- A range of services is available to improve the health and wellbeing of Richmond residents, including carers. These include: [Richmond LiveWell](#), a health-improvement service; the [Richmond Wellbeing Service](#), a service for local people who experience common mental health problems, such as depression or anxiety, and; free [NHS Health checks](#) for people aged between 40 and 74 years.
- Carers are eligible for a free flu jab.
- [Carers payments](#) are available to be used to enhance the carer's health and wellbeing.

### Local services for carers

- The [Carers Hub Service](#). More carers are recorded by the Hub than by either social care or general practice. Over 2,000 adult carers and 254 young carers are known to the Hub.
- [Richmond Borough Mind](#) "Carers in Mind". Around 370 carers are in contact with Carers in Mind.
- [Carer's assessments](#). 853 adult carers had a carer's assessment during 2011-12.
- Other services include the [Carers Emergency Card](#); the [Shared Lives dementia scheme](#); and [Telecare/Careline and emergency alarms](#).
- Carers are not systematically recorded within GP practices. Currently there are less than 1,000 carers recorded in general practice (0.45% of the registered population).
- The number of carers that is identified by services and general practice is much lower than the number of local carers reported in the 2011 Census (15,802; 8.5%). Increasing the identification of carers in general practice, community health services and mental health services, and the signposting of them to existing services, is a key priority in the Carers Strategy.

## What next?

Throughout the year short topic based reports are published on the Local Authority's website, enabling key messages to be shared with local partners.

The JSNA Carers (Deep Dive and BiteSize) and all quarterly newsletters are available on: **[www.richmond.gov.uk/jsna](http://www.richmond.gov.uk/jsna)**. Topics that are planned for future JSNA reports and JSNA newsletters include: sexual health, equality, cardiology, chronic obstructive pulmonary disease, care homes, travellers' health, and the health and wellbeing of children.

Look out for our newsletters and have a look at some of the resources we have highlighted below.

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## Further resources

- ***LBRuT information for carers***  
**[http://www.richmond.gov.uk/home/health\\_and\\_social\\_care/adult\\_social\\_care/ined\\_help\\_with/being\\_a\\_carer.htm](http://www.richmond.gov.uk/home/health_and_social_care/adult_social_care/ined_help_with/being_a_carer.htm)**
  - ***Local Carers Directory***  
**[http://www.richmond.gov.uk/carers\\_directory.pdf](http://www.richmond.gov.uk/carers_directory.pdf)**
  - ***LBRuT Adult and Community Social Services***  
Phone **020 8891 7971** for advice on services in the community
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## Contact us

If you have any topics or issues you think the JSNA team could analyse, or if you would like to get involved in any of the work currently underway, please email us at **[jsna@richmond.gov.uk](mailto:jsna@richmond.gov.uk)**