

Report To: Partnerships Scrutiny Committee

Date of Meeting: 20 September 2018

Lead Member / Officer: Lead Member for Well-being and Independence/
Head of Community Support Services

Report Author: Commissioning Officer – Carers Services

Title: Assessment of the Availability of Residential & Nursing Respite

1. What is the report about?

- 1.1 This report provides information on the provision and availability of respite to Denbighshire citizens who have care and support needs, which in turn provides respite to their family Carers. The data provided in this report is for the period 1st April 2017 to 31st March 2018.

2. What is the reason for making this report?

- 2.1 The report has been compiled in response to a request from Partnerships Scrutiny Committee “to assess whether there is sufficient availability of both residential and nursing respite care provision across Denbighshire to enable the cared for person to receive care and their carers to receive periods of respite in line with the aims of the Council’s Carers Strategy”.

3. What are the Recommendations?

That Scrutiny:

- 3.1 considers the report and provides comments as appropriate in relation to the availability of respite to support individuals with care and support needs, and their carers, within the context of current legislation and demographic changes; and
- 3.2 continues to support and promote the development of support for Carers in order for Denbighshire Community Support Service (CSS) to meet its statutory obligations in regard to Carers, and to support the Council in delivering its corporate priority of developing resilient communities

4. Report details

4.1 Scope of Report

- 4.1.1 This report focuses on the provision of respite for adults aged 18 years and over with care and support needs, that also supports Carers. It includes provision for older people and adults with complex needs including learning disabilities. In order to provide a more comprehensive picture of the provision of respite to support Carers, this report includes information on daytime respite opportunities, as well as on longer periods of respite in residential and nursing care settings.

- 4.1.2 It does not include information on the provision of respite to individuals who have full nursing care needs funded by the Health Board as we have no access to this data in these cases, the health service has a duty to meet all of the cared for person's needs, including respite in the absence of the carer.

4.2 Definition of Respite:

- 4.2.1 'Respite care is part of the overall support that families may need to keep their family member with care and support needs at home. The word "respite" means to take a break from the daily challenges of caring. It can be planned for a few hours or for as long as a fortnight. Respite can take place in the home or temporarily in another setting. Respite can take place regularly or intermittently'. [North Wales Regional Policy in Relation to Respite and Short Term Care as Part of Managed Care & Support July 2018].

- 4.2.2 The need for respite can be identified following an assessment of the person with care and support needs or following a carer's assessment. Respite forms part of the cared for person's Integrated Care & Support Plan, and is a chargeable service, although the need can be triggered by an assessment of the Carer. The provision of a 'sitting service', however, is a non-chargeable statutory service to the Carer, and is provided following a Carer Assessment.

4.3 Background and Context:

- 4.3.1 The Social Services & Well-being (Wales) Act 2014 (the Act) places a joint responsibility on individuals and Local Authorities for meeting needs and delivering outcomes. In this context, a need is only eligible to be met through a Local Authority Managed Care & Support Plan if it cannot be met in any other way. This includes the ability for individuals to use their personal resources, including financial resources, their willing family and social networks and accessible services/activities available within their community.
- 4.3.2 The Act therefore requires a change in culture that provides a greater focus on promoting resilience, independence, self-care and community support. It is transforming the way social services assess the need for support, and the way in which support is delivered, with a much greater emphasis on promoting people's independence to give them stronger voice and control.

4.4 Denbighshire's approach:

- 4.4.1 To ensure that the council meets the requirements of the Act, and embraces its ethos, Denbighshire has adopted an asset based approach to support citizens, including Carers. To support this approach, practitioners use the resource wheel (Appendix 1) to help identify a citizen's own strengths and skills, support from friends, family, their community and the third sector. Community Support Services are also moving away from the provision of traditional forms of respite and look to commission more innovative and creative respite opportunities that better meet individual outcomes. This approach also supports the Council's objective to develop resilient communities by ensuring that "people are able to live in their own homes for longer". The Act also focuses on greater use of Support Budgets to meet individual needs, providing greater choice and flexibility for the cared for person and their Carer, and this is now the default position for Community Support Services. A newly published leaflet (Appendix 2) provides more detail on the criteria and purpose of support budgets.

4.5 Demography and Commissioning Challenges:

- 4.5.1 The North Wales Population Assessment 2016 provides a comprehensive analysis of future trends and demands on services in relation to citizens in need of health and social care support, and carers in need of support. The full assessment is available online at: <https://www.northwalescollaborative.wales/north-wales-population-assessment/regional-plan/>. It is estimated that the number of older people across North Wales will increase over the coming years. There is also a growing number of people living with a learning disability, and with physical and sensory impairments. This is likely to lead to greater numbers of people providing unpaid care and providing care for longer.
- 4.5.2 This presents significant challenges. Commissioners and providers will have to provide flexible support to enable people to: be independent; identify their own solutions using personal and community assets; plan for future care needs; and achieve their personal and well-being outcomes. However, although it is possible that the asset-based approach and use of the resource wheel could reduce demand on statutory services, it is likely to be cancelled out by demographic change.
- 4.5.3 In response to the findings of the assessment, the North Wales Regional Plan 2018 sets out priorities for the Regional Partnership Board in relation to the health and social needs of the population. Priority groups include older people, those living with dementia, learning disabilities and mental health conditions. Priority actions in relation to Carers, recognise that Carers can be better supported by better meeting the needs of the cared for person. Headline actions focus on better integration of services across the region, and the need to maintain a sustainable market across North Wales.

4.6 Current Provision of Respite:

- 4.6.1 The current models of respite in Denbighshire combine traditional provision as well as more creative and innovative provision to meet individual outcomes. Appendix 3 provides information on the different models of respite currently commissioned by the authority. It also provides data on the provision of respite during 2017/18. Particularly for adults with learning disabilities and younger adults with complex support needs, traditional care home beds are not usually the preferred option for respite. They are more costly than other forms of respite and are fundamentally a regulated option.
- 4.6.2 The cared for person and Carer may receive a combination of overnight and day time respite, depending on individual need. For example, they may receive a combination of a weekly 'sitting service' and occasional periods of respite in a residential setting.
- 4.6.3 Whilst citizens and Carers can use support budgets to fund services commissioned by the local authority, they are also using them to fund their own innovative solutions to respite. Appendix 4 provides examples of how practitioners work with individuals and their Carers to look at more creative ways of using their support budgets to fund respite opportunities that meet their own outcomes.
- 4.6.4 Respite is also available from Third Sector organisations, and local and national charitable trusts. For example, NEWCIS has recently linked with Denbighshire Extra Care Housing to provide short breaks at Llys Awelon. They also fund hotel breaks for the carer and cared for via their Lottery Project. Locally, the Rhyl Men's Convalescent Institution charity provides funding for holiday breaks, and support for respite is also available from charities such as SSAFA (the Armed Forces charity), and the Carers Trust.

4.7 Availability of Residential and Nursing Home beds in Denbighshire

4.7.1 This is a very fluid market, and the authority does not purchase beds specifically for respite because usage cannot be guaranteed. Individuals and their families prefer to use a setting of their choice, and by and large, families negotiate with the home themselves. Appendix 5 provides data on the number of residential and nursing home beds in Denbighshire at the end of March 2018. Whilst there are beds available, there are gaps in specific provision for a small number of individuals who have very complex health and social care needs. Their respite needs to be jointly funded with health and provided in a specialist setting, and currently there is little provision for this in the county.

4.8 In Summary,

4.8.1 Current legislation places a requirement on meeting the individual needs of citizens, and a shift away from the provision of traditional services although these are still available and are the service of choice for many individuals. The service particularly recognises the value of the Shared Lives scheme, and although this provision is currently limited by the number of Shared Lives Carers available, there is work ongoing to develop and extend this provision. In addition, however, as shown by the examples in Appendix 4, there is a wide range of ways in which respite can be provided, and in considering more creative solutions it is important to take into account the needs of the person with care and support needs, as well as those of the Carer.

4.8.2 The delivery of the North Wales Regional Plan will also be key in placing a focus on better integration of services across the region, and the need to maintain a sustainable health and social care market across North Wales.

4.8.3 **North Wales Carers Strategy 2018.** As previously indicated, Carers are a priority group for the Regional Partnership Board and the Regional Carers Strategy has been drawn up in response to the findings of the North Wales Population Assessment. The Strategy is currently waiting to be signed off by the Regional Leadership Group. A Denbighshire Carers Action Plan will be developed in response to the regional strategy, and in context with the authority's corporate approach to supporting Carers.

5. How does the decision contribute to the Corporate Priorities?

This report does not require a decision with regard to current services and provision. It is hoped, however, that the content of the report demonstrates how current practice and commissioning approaches are supporting the Council's corporate priority in relation to Resilient Communities.

6. What will it cost and how will it affect other services?

This report does not focus on development of specific services.

7. What are the main conclusions of the Well-being Impact Assessment?

Not applicable.

8. What consultations have been carried out with Scrutiny and others?

Consultation with Scrutiny committees, officers or external bodies/groups was not required for the purpose of compiling this report.

9. Chief Finance Officer Statement

A Chief Finance Officer statement is not required for this report.

10. What risks are there and is there anything we can do to reduce them?

The continued provision of respite will depend heavily on partnership working and effective commissioning of a range of services that can meet individual need, as well as good practitioner engagement to help citizens identify their own solutions to their social care needs.

11. Power to make the Decision

Scrutiny's powers with respect to this matter are set out in Section 21 of the Local Government Act 2000 and Section 7 of the Council's Constitution

APPENDICES:

Appendix 1: Denbighshire Resource Wheel,

Appendix 2: Support Budgets leaflet,

Appendix 3: Models and Provision of Respite Commissioned by Denbighshire CSS

Appendix 4: Examples of Creative Use of Support Budgets for Respite,

Appendix 5: Availability of Residential and Nursing Care Beds in Denbighshire March 18