

Sefton All Age Carers Strategy 2024 – 2027.

Consultation Questions.



The consultation starts on Thursday 23rd November 2023 and ends on Sunday 18th February 2024.



You can complete the survey online by going to [Your Sefton Your Say](#) website and looking for the Sefton All Age Carers Strategy Consultation.



Or scan this QR code with your phone or tablet camera and follow the link.



If you need any help completing the questionnaire, or if you would like a paper copy, please call, or email us.

Phone Call: 0151 934 2888.

Email: yourseftonyoursay@sefton.gov.uk



To find out more please read the draft All Age Carers Strategy available on the [Councils Website](#), in Sefton Libraries or in Sefton Carers Centre.



Please return completed paper copies in libraries or to Sefton Carers Centre.

Sefton All Age Carers Strategy 2024 – 2027. Consultation Questions.

These questions will be about the information in the draft 'Sefton All Age Carers Strategy 2024 – 2027'. This survey should take around 15 mins.

About You.

Do you look after somebody else – a relative or a friend?

- Yes.
 No.

Do you think of yourself as an unpaid carer? An unpaid carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support. (Unpaid carers include people who receive benefits).

- Yes.
 No.
 Not sure.

If you said no/not sure can you tell us why.

Are you a: (please tick all that apply)

- Young Carer 5 – 17 years old.
 Young Adult Carer 18 – 25 years old.
 Parent Carer.
 Working Carer.
 Adult Carer.
 Older Carer – 65 years plus.

Vision – what we want to achieve by following the Carers strategy.

When we say we – this means all the partners who are involved in Sefton's All Age Carers Strategy (draft).

This is what we think our **Vision** for Carers in Sefton could be:

Unpaid Carers of all ages in Sefton will have support for their physical health, mental health and wellbeing needs whilst they are meeting the needs of the person they care for, ensuring Carers own life choices and ambitions are supported and recognised.

Do you think this shared Vision will improve the lives of unpaid carers in Sefton?

- Yes.
- No.
- Not sure.

Please tell us why you gave your answer?

Aims. – This is what we want to achieve in the Carers Strategy.

The following is what we think our **aims** for unpaid carers in Sefton could be:

- 1. Health and Wellbeing** - Recognising how caring affects physical or mental health. We will work with partners across Health, Education and Care services to look after the physical and mental health of unpaid carers.
- 2. Life Course of carers** – Supporting unpaid carers at all stages of caring and the impact that it has on the unpaid carer.

3. Effective planning to avoid crises by providing early assistance and preparation - Giving carers the right information and working with carers to plan more effectively. These plans will include an assessment of needs, requirements, and risks to identify the potential of a crisis before it happens.

We will review the change from children's to adult's services to improve the young adult, family and unpaid carer experiences, opportunities, and need.

4. Carer Involvement - All carers will have a voice and be treated as experts by experience.

5. Loneliness and social isolation – Unpaid Carers are valued and supported to explore opportunities to build, maintain and develop wider relationships.

6. Carers assessments and service provision - Unpaid carers will have access to information and support. There will be a holistic, person-centred approach to care and assistance that considers how caring for others affects relationships, children, and young adults.

7. Leisure and Culture – unpaid carers will have access to opportunities within the local community.

8. Carer respite opportunities – Ensure that unpaid carers can access regular breaks for themselves and the person they care for.

9. Maximizing financial support– supporting carers to make a choice about their financial options in the unpaid caring role.

10. Improve access to education, training, and employment for unpaid carers. By promoting better work practices, benefit awareness and creating carer-friendly workplaces. We will help unpaid carers of all ages to understand how to access education and training.

11. Recognise and assist young carers and young adult carers and ensure that every school in Sefton identify and supports Young Carers.

We will work with Sefton Carers including Young Carers Service, CVS (Sefton Council for Voluntary Services) Young Advisors and the schools and colleges across Sefton. We will share good practice, provide relevant tools and training, and celebrate the great outcomes many young carers achieve. We want our young carers to be able to focus on their lessons, take part in school activities and feel fully part of their school community.

Do you think these are the right Aims for Unpaid Carers in Sefton?

Aims	Yes	No	Unsure
1. Health and Wellbeing.			
2. Life course.			
3. Planning.			
4. Carer Involvement.			
5. Loneliness.			
6. Assessment and Provision.			
7. Leisure and Culture.			
8. Carer Respite.			
9. Maximising Financial Support.			
10. Improved Access to Education, Training, and employment support.			
11. Schools support of Young Carers.			

Please tell us why you gave your answers?

Is there anything missing from these Aims (please tell us).

Objectives. These are what we want the Carers Strategy to do.

The following is what we think the Priority Objectives could be for all partners to help unpaid carers in Sefton:

Objective 1: Unpaid Carer Involvement.

- Unpaid Carers are seen as professional in the unpaid care of the person they care for and whose roles are recognised, valued, and respected.
- We will ask and listen to unpaid carers' views and involve unpaid carers in service changes or proposals.
- We will continue to strengthen emergency planning and crisis support for unpaid carers in emergencies.
- We will support carers to plan and prepare for the future.

Do you think this will improve the lives of unpaid carers in Sefton?

- Yes.
- No.
- Not sure.

Please tell us why you gave your answer?

Objective 2: Joined Up and in Partnership.

- We will continue to raise awareness and promote best practice amongst health, education, and social care professionals to identify, value and support unpaid carers effectively.
- We will support all partners delivering services in Health, Education and Social Care to help them work with the unpaid carers to plan support needs.
- We will influence initiatives and partnerships in Sefton so that they include the needs of unpaid carers and the person they care for.

Do you think this will improve the lives of unpaid carers in Sefton?

Yes.

No.

Not sure.

Please tell us why you gave your answer?

Objective 3: Information.

- To ensure unpaid carers of all ages can find the relevant information and advice they need easily.
- We will work with unpaid carers to ensure the right information and advice is available in formats that meet their needs.
- We will work towards providing new and accessible formats including digital information platforms and encourage take-up of this on a wider scale.
- We will help partners to develop the skills and knowledge to provide accurate information that supports unpaid carers.

Do you think this will improve the lives of unpaid carers in Sefton?

Yes.

No.

Not sure.

Please tell us why you gave your answer?

Objective 4: Support unpaid carers at all the different stages of a carer's life.

- To ensure services and systems work for unpaid carers of all ages.
- Unpaid carers and those they care for are supported during changes or life events such as:
 - changes from being young people into adult (transitions).
 - changes in educational setting.
 - women who have a caring role and become pregnant.
 - family changes, retirement, and bereavement.

Do you think this will improve the lives of unpaid carers in Sefton?

- Yes.
- No.
- Not sure.

Please tell us why you gave your answer?

Objective 5: Recognising and Supporting Unpaid Carers in the Wider Community.

- To increase awareness and identification of unpaid carers of all ages.
- We will work with partners across the local system to ensure unpaid carers are identified in the early stages of caring.
- We will promote that local services work together to support unpaid carers and their families.
- We will reach out to unpaid carers from under-represented and vulnerable groups to ensure they are identified and supported in a personalised way.

Do you think this will improve the lives of unpaid carers in Sefton?

Yes.

No.

Not sure.

Please tell us why you gave your answer?

Objective 6: Services and Systems that work for unpaid Carers.

- We will explore new ways to connect unpaid carers with other unpaid carers to support each other.
- We will raise awareness of the impact of caring on unpaid carer's mental health and the importance of emotional support.
- We will evaluate the ways we support unpaid carers to develop future services.

Do you think this will improve the lives of unpaid carers in Sefton?

Yes.

No.

Not sure.

Please tell us why you gave your answer?

Objective 7: Employment and Finance.

- We will empower unpaid carers with information to balance work and care and to return to work alongside or after caring.
- We will support unpaid carers to make sure they are aware of the support available to minimise the financial impact of caring.
- We will work with employers to improve working practices and develop carer friendly employers.
- We will seek to raise awareness about the needs of unpaid carers among employers and support unpaid carers to stay in work or get back into employment.
- We will review how we support carers who are eligible for additional financial support which could be by an assessment.

Do you think this will improve the lives of unpaid carers in Sefton?

- Yes.
- No.
- Not sure.

Please tell us why you gave your answer?

Objective 8: Young Carers

- We will work with partners to increase awareness and identification of young carers and promote the benefits of supporting the whole family.
- We will provide support that protects young carers and young adult carers from providing inappropriate care.
- We will work with partners to improve educational, training and employment opportunities for young carers.

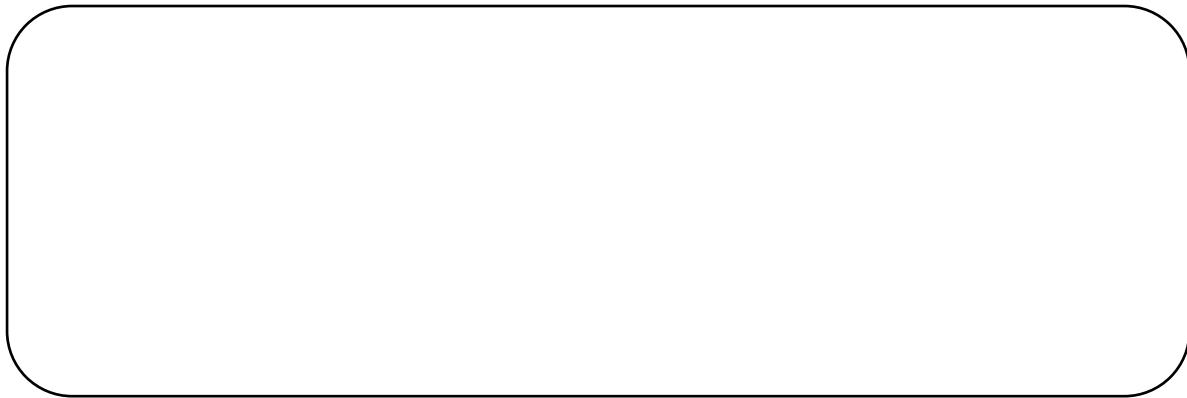
Do you think this will improve the lives of young unpaid carers in Sefton?

Yes.

No.

Not sure.

Please tell us why you gave your answer?



7. Is there anything missing from these objectives (please tell us).



8. Using technology or equipment to support you as an unpaid carer in your caring role.

Technology is not only about digital things such as apps and on-line information. There are many items of equipment or simple aids that can make caring easier or improve the quality of life of the person being cared for.

Do you currently use any form of technology or equipment to support you in your caring role. (Such as Alexa, Siri, ramps, lifelines, grab rails).

- Yes.
- No.
- Not sure.

8a. Please tell us why you gave your answer?

8b. If you said yes, please tell us what you use.

8c. If you said no please tell us why not.

Some Questions About You.

These questions are optional, you do not have to answer them. All this information is private. We bring together the answers. This information will **not** be able to tell us who you are, but it will help us to understand if we are missing people out.

1. How old are you?

Under 18.

18 – 29.

30 – 39.

40 – 49.

50 – 59.

60 – 69.

70 – 79.

80 – 84.

85+

Prefer not to say.

2. Gender.

Male.

Female.

Prefer not to say.

3. Is the gender you identify with the same as your sex registered at birth?

Yes.

No.

Prefer not to say.

3a Do you currently live as your birth sex?

Yes.

No.

Prefer not to say.

3b. If no, please tell us your gender identity?

4. Relationships - How would you describe your sexual orientation?

Heterosexual or straight.

Gay.

Lesbian.

Bisexual.

Prefer not to say.

I identify differently.

Please tell us how you identify.

5. Are you cared for by Sefton Council? This means a child or young person who is being cared for by the council.

Yes.

No.

Prefer not to say.

5a. Have you ever been cared for as a child by Sefton Council or any other council?

- Yes.
- No.
- Prefer not to say.

6. Disability - Do you have any of the following?

- Physical Impairment.
- Visual Impairment.
- Hearing Impairment / Deaf.
- Learning difficulty.
- Learning Disabilities.
- Autism Spectrum Condition.
- Long term illness that affects your daily life.
- Dementia.
- Mental Health Condition.
- Prefer not to say.

If you have Cancer, diabetes, or HIV this is seen as a disability under the Equalities Law.

Or you have selected any of the boxes in question 6 (above).

7. Do you think of yourself as disabled?

- Yes.
- No.
- Prefer not to say.

8. What is your religion or belief?

- No religion or belief.
 - Christian.
 - Hindu.
 - Muslim.
 - Jewish.
 - Sikh.
 - Prefer not to say.
 - Other. Please tell us.
-

9. Race and ethnicity - do you identify as:

- Prefer not to say.

White.

- English, Welsh, Scottish, Northern Irish, British.
 - Irish.
 - Gypsy or Irish Traveller.
 - Roma.
 - Polish
 - Portuguese.
 - Latvian.
 - Other White Background. Please tell us.
-

Mixed or Multiple ethnic groups.

- White and Black Caribbean.
 - White and Black African.
 - White and Asian.
 - Other Mixed/Multiple ethnic background.
-

Asian or Asian British.

- Indian.
 - Bangladeshi.
 - Pakistani.
 - Chinese.
 - Other Asian background. Please tell us.
-

Black or Black British.

- African.
 - Caribbean.
 - Other Black/African/Caribbean backgrounds.
Please tell us.
-

Other Ethnic Group.

- Arab. Other Ethnic background. Please tell us.
-

Sefton Council. Survey: Sefton All Age Carers Strategy 2024 – 2027.

Privacy Notice.

Sefton Council would like to tell you about our Privacy Notice for the consultation about the draft All Age Carers Strategy in Sefton.

This Easy Read privacy notice for the All Age Carers Strategy Survey will explain **the personal information we collect**.

In this questionnaire we will collect information about:

- IP addresses (If completed online this is a computer code to show what computer the information comes from).
- Equality questions.

What personal information we collect.

In this consultation we collect

- IP address.
- Age.
- Sexuality.
- Gender.
- Disability.
- Religion.
- Race or ethnicity.





Why we collect and use this information.

Sefton Council are asking people to have their say about the draft All Age Carers Strategy in Sefton.

IP addresses that identify computers.



- The IP addresses are collected to make sure only one response per resident is received.
- Once this is checked the IP address information is deleted.

Personal information.



- No personal information is collected in this survey.

Equalities Questions.



These are collected to show what groups of people are responding to the questionnaire.

This also lets us know if we need to use different ways to contact groups of people who are not responding.

How long we keep your information.

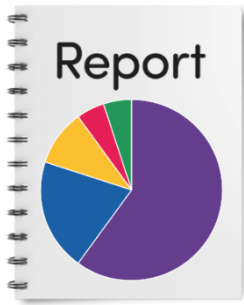


The IP address will be deleted immediately after the checks are done.

The equalities information will be kept until the information has been looked at and a report written.



How we use the information and who we share the information with.



The information collected in this questionnaire will only be used as numbers in the report.

No information is collected that tells us who you are.

Storing the information.



All information is kept safe.

Sefton Council follows the laws around data protection.

The laws.

We need to make sure we

- Only ask the questions we need to in the questionnaire.
- Ask the equalities questions.



The law says we must ask and act on this information.

It helps us to know what groups of people are responding to the questionnaire.

It also helps us to know that we are not missing groups of people.



Confidential.

Your answers will not tell us who you are. The answers will be collected to help us know what people think.





Who will we share this information with?

Your information will not be shared with any other organisations.

Asking to see your personal information.



You can ask to see what personal information we keep about you.

Be aware there are some rules about why some information cannot be shared.



You can refuse to answer any questions in the questionnaire.



If you want to ask to see your personal information you can. Use the Council [website to complete a request form.](#)

Or you can call Sefton Council on 0345 140 0845.



Contacts:

For more information about this privacy notice please contact:



Sefton's Data Protection Officer:

Ino.information@sefton.gov.uk

0345 140 0845.



Contact for the Carers Strategy consultation is:

yourseftonyoursay@sefton.gov.uk

0151 934 2888.