

Carer Health and Wellbeing Checks Demonstrator Site - Devon

www.devon.gov.uk/carershealthandwellbeingchecks

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Service Objectives

- Identify carers - commission responsive and appropriate services
- Contribute to the evidence base for promoting carer health and wellbeing through an annual check
- Ensure equitable access, assessment, treatment and opportunity to promote good health for carers
- Support research into the provision of health and wellbeing checks for carers



The Demonstrator Site

- Standard protocol and payment for health and wellbeing checks
- Range of providers – partnership agreement and service specification
- Time limited project support – coordinator
- Project evaluation – Plymouth University



The Carer Health and Wellbeing Check

- Promote self-value and self-care: carer to drive check process and personal goal planning
- Check for ill-health – includes vascular check for 40-74 age group
- Incorporates wellbeing elements and carer assessment
- Model based in primary care (but provide choice)
- Specific route for BME carers with their involvement
- Ensure check gives access to information and services
- Provides for follow up check after 12 months



Using The Booklet

Sections regarded as most helpful:

- Own health(**52%**)
- Check ups(**45%**)
- Home safety(**41%**)
- Caring tasks (**41%**)

Sections regarded as least helpful:

- Alcohol (**25%**)
- Work/Leisure/Education (**16%**)
- Personal plans (**13%**)



What sort of carers are coming forward?

- 72% female 28% male
- 63% over 65 years old (62% retired)
- 20% caring 30 - 50 hours per week
- 58% caring 50+ hours per week
- 64% caring for partner/spouse; 21% parent; 11% child/grandchild
- 38% caring for 10+ years



Key Findings

- **84%** of carers were satisfied with their Check
- **88%** of carers would like it to be an annual event
- **91%** of carers would recommend the Check to others
- **23%** led to identification of a previously undiagnosed condition
- **53%** identified specific goals (43% thought these would not be easy)



Learning

- Nurses better at identifying health conditions
- HCA's better at agreeing healthy living action plans
- Greatest success where strong team approach
- Specialist carer matters better dealt with by expert carer workers
- Some carers find planning for improvements for themselves difficult; some think it unrealistic
- Business model, not skills, is an issue for Pharmacies
- BME better in groups where there are dispersed communities

