



Joined Up Care Derbyshire **All Age Carers Strategy**

June 2026

Contents

Partnership and implementation	3
Who is a carer?	4
What does a carer do?	6
What we know	8
Young Carers	9
The Priorities	10
• Recognise	11
• Support	12
• Live	13
We want carers to be able to say...	14
Partners and Acknowledgements	15

Partnership and implementation



We have taken a strong partnership approach by developing this strategy with carers and partners from across Derby and Derbyshire.

We recognise that in order for carers to stay mentally, physically, socially and financially healthy for longer, everyone needs to work together and take ownership to deliver on the improvements carers have asked for.

Our vision and priorities are underpinned by a commitment to co-production and following the publication of this strategy, each partner organisation will be responsible for identifying and implementing the actions they will take. We hope that carers and partners will continue to support the strategy by taking action and measuring progress against the vision and priorities of the strategy over the next five years and beyond.

Thank you to all the carers across Derby and Derbyshire who have given their time and shared personal experiences of the challenges facing them and telling us about the information and support they need to care well.





Who is a carer?

Caring is a universal experience that most of us will have at some point in our lives. Caring can be deeply rewarding, strengthening the bond with loved ones, but can also come at great personal cost. This strategy sets out to widen the number of people who recognise themselves as a carer and highlight what we can all do to make caring easier.



**Looking after
our mum**



**Helping my
neighbour**



**Supporting my
friend**



**Caring for
my son**



Young Carers

A young carer is a person under 18 who provides unpaid care for a sibling, parent or family member who due to illness, disability, poor mental health or an addiction, cannot cope without their support.



Young Adult Carers

A young adult carer is a young person aged 18-25 who provides unpaid care for a parent, sibling or family member who, due to illness, disability, poor mental health or an addiction, cannot cope without their support.



Adult Carers

An adult carer is a person who provides unpaid care for a family member, partner or friend who needs help because of their illness, frailty, disability, poor mental health or an addiction and cannot cope without their support.



Older Adult Carers

An older adult carer is a person aged 65 or over who provides unpaid care and support to a family member, partner, friend who is living with illness, disability, poor mental health, addiction, or age-related frailty and cannot manage without their help.

Are you a carer?

- Are you an adult or child who helps another person without being paid (Carer's Allowance is a benefit, not a wage of paid job)?
- It could be your partner, parent, child, sibling, neighbour or friend.
- Do you help them because they couldn't keep completely safe, independent or participate in life without support?

If you answered 'Yes' to all of the above, then you are a carer.



What does a carer do?

There is no 'typical carer' and every caring role is unique and influenced by different factors. Carers come from diverse backgrounds, genders, age groups and ethnicities. Many move in and out of caring roles throughout their lives, sometimes supporting more than one person and providing a range of care types.

Carers of any age may carry out a range of tasks including:-



Practical tasks: cooking, cleaning, shopping



Financial management: handling bills, budgeting, benefits



Mental Health support: providing emotional support, representing the person's wishes and views



Medication support: organising and collecting prescriptions



Personal and physical care: assisting with washing, dressing, helping someone to move



Communication: helping someone express their needs, navigate support or access services

"I've given up on sleep so I can monitor mum through the night"



"I coordinate my siblings to ensure one of us visits mum daily while I'm at work"

"I prompt her to get washed and dressed"



"I take them to all their hospital and doctors' appointments"

"I provide so much emotional support to my daughter who lives with a depressive illness"

"Ever since losing mum, dad has been lonely. I call him everyday to make sure he's spoken to someone"

"I make sure he takes his tablets everyday"

"I look after all the money in the house, so we don't end up on the streets"

"I'm on call to deal with all emergencies"

"I take her to the garden centre and help her look after the garden"

"I've been doing my mum's finances for the past few years"

"I do all the cooking and cleaning... I dread to think what the house would be like without me"

"I take my sister to school, pick her up and then do my homework"

"My life is on hold trying to keep my vulnerable adult son safe"

What we know

Without support, carers are more likely to face financial pressures, struggle to work and feel lonely or isolated, which can erode emotional, mental and physical health. When the right support is in place, carers can better navigate the responsibilities of caring and look after themselves.



"A carer is something you become without being asked, it's not a choice"

"I know her better than anyone"

"We're burnt out and everyone keeps expecting us to do more"

Derby & Derbyshire have **99,728** carers (2021 ONS data)

75% of carers live with the person they care for

1 in 8 carers are doing 50+ hours per week of caring

By 2035, there will be an **11%** increase in carers doing 10+ hours per week

26% of carers care for more than 1 person

Over **56,800** people in Derbyshire combine caring with paid work

3 in 5 people will become a carer

44% of carers in Derby and Derbyshire are aged over 50

29% of carers have a disability

60% of carers are worried about the impact of caring on their finances and feel Carers Allowance is insufficient

58% of carers have had to cut back on their hobbies or leisure activities

"I have to move money around each month just so we can pay the bills"

"I'm just trying to survive"

Young Carers

Young carers face particular challenges in providing care, sometimes very intensively, which can impact significantly on their early life opportunities.



20% of young carers have additional needs of their own



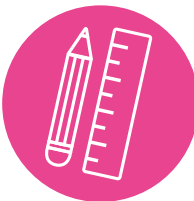
33% of young carers are currently not in education, employment or training (NEET) vs 5% of non-carers



The average age of a young carer is **12** and **66%** of young carers are bullied in school



Those caring **4** hours per week are **47%** less likely to have a degree qualification, and those caring for **35+** hours per week are **86%** less likely



Young carers are **5** times more likely to drop out of college than peers who are not carers



2 in 5 young carers worry too much about the person they care for to take a break



Young people with caring responsibilities have a higher likelihood of self-harm (**25%**) than non-carers



40% of young carers say caring "always" or "usually" affects how much time they can spend with friends





The Priorities

We have developed a carers insight framework which has compiled and analysed findings from numerous carer surveys, discussions and feedback. The framework evidences the three main priorities that will help to make a better experience of caring possible; roles that families, communities, workplaces, education, health and social care can all play a part in.



Recognise

People recognising that they are (or may become) a carer. Carers feeling recognised and involved as equal expert partners.



Support

Carers 'care well' through early, consistent support that works for them and ensures they are not providing care alone.



Live

A system and community supporting carers to prioritise their cultural, economic, educational, social, emotional and physical well being.

Recognise

"I know the Doctors have been to university, but I'm the expert when it comes to my son!"



Carers told us:

- I don't always identify with the term carer
- I want to feel valued and respected
- I want to be involved and consulted in the care of the person I support
- I don't feel entitled to call myself a carer
- I feel overlooked as a carer from a diverse background (and/or as a mental health carer, working age carer, male carer or young carer)



What can we all do?

- 'Think Carer' professional commitment and help raise public awareness of caring
- Respect carers as experts and partners
- Adopt a 'whole family approach' and check if young people in the household are providing care
- Express compassion and understanding
- Involve carers and help them navigate systems
- Link carers to tangible support
- Demonstrate cultural sensitivity and awareness



Measuring progress:

- Increase in people registering as a carer with commissioned carer services and GP's
- Increase in carers identified from diverse, vulnerable and under-represented communities
- Improved satisfaction scores measured in Survey of Adult Carers in England (SACE)
- Increase in young carers identified in school census

"Once a paid carer told the other carer not to listen to me because I'm only the family"

"She might not live with me anymore, but I'm still her carer"

"People make decisions without me, even though it affects me too"

"I'm not a carer, I'm a highly educated, accomplished person, with my own identity, who also undertakes caring duties for my mother"

"Learn my name - I'm not 'mum'"

"My employer told me I'm not really a carer"

"People always value his views and ignore mine, but they don't know what he's like to live with and why it wouldn't work"

"Daughters are supposed to look after their parents"

"I wish people understood my culture and what's expected"

Support

"I didn't know there was anywhere to get help until I found the carers support service"



Carers told us:

- I need clear, accessible information and advice
- I want support that's tailored to meet my individual needs
- My mental health needs to be considered before I end up at crisis point
- I feel lonely and isolated

What can we all do?

- Ensure information and services are easy to access, deal with and reduce strain
- Support carers to look after their emotional, physical, mental health and wellbeing
- Enable carers to take a break, recharge and stay connected
- Involve carers in designing services and support that matters to them and those they care for

Measuring progress:

- Increase in those accessing carer support from commissioned services, education, social care and health
- Improved satisfaction scores measured in Survey of Adult Carers in England
- Increased use of online resources providing carer information and advice

"My GP was really supportive, but I don't think he knew how to help me"

"I think people forget without me, he would be in a care home"

"Caring isn't just about personal care"

"I need a list of what services are out there"

"There is soo much paperwork!"

"Everyone always says they couldn't do what I do"

"I cared for my mum, then my son-in-law and now my wife"

"We've never been apart"

Live

"I feel misunderstood and lonely, as I can't spend much time playing with my friends"



Carers told us:

- I worry about money
- Balancing work and caring is difficult
- I want to plan for the future and know what to do in a caring emergency
- Provide us with options when we need to take a break from caring
- As a young carer, I want the same life chances as other young people

What can we all do?

- Support carers to maximise income and reduce financial strain
- Develop workplace policies to help carers balance the demands of caring
- Engage in future planning conversations
- Protect young carers and young adult carers from caring excessively
- Work with the key principles for implementing the Triangle of Care, including carer identification and a range of carer support

Measuring progress:

- Improved satisfaction scores measured in Surveys of Adult Carers in England
- Increased uptake of Carer Emergency and Future Care planning
- Increase in the number of working carers being supported
- Increase in employers adopting carer friendly practices

"I'm in debt and I don't know what I can do"

"My manager has done so much to help me"

"Everyone always expects us to smile"

"I had to give up my job, and now we're struggling to pay the bills"

"It's great to meet with other people in a similar position"

"My job keeps me sane"

"I don't really have any friends"

"What job would keep me? I'm constantly taking her to hospital appointments!"

"I feel so alone"

"I wish I had time for the gym"



We want carers to be able to say...

"I have a life outside of caring and I am able to remain connected to the people who matter to me"

"I have the right information and advice to be able to make informed decisions"

"I know my needs are equally recognised and my goals and aspirations are respected and fulfilled"

"I have access to appropriate support that suits my needs, including a break from caring"

"I am supported to provide care as I wish and do so in a way that takes into account my own access to education, employment, health and wellbeing"



Partners and Acknowledgements

This Strategy gratefully acknowledges content from the following sources:

- Reframing How We Talk About Unpaid Care: A Guide (Carers Trust, 2023)
- People at the Heart of Care: adult social care reform (Department of Health and Social Care, 2021)
- Young carers statistics – All-Party Parliamentary Group for Young Carers and Young Adult Carers, with Carers Trust (2023)
- Derby City Council
- Derbyshire County Council
- Derbyshire Carers Association
- NHS Derby and Derbyshire Integrated Care Board
- Derbyshire Healthcare NHS Foundation Trust
- Derbyshire Community Healthcare Services NHS Foundation Trust
- University Hospitals of Derby and Burton NHS Foundation Trust
- Chesterfield Royal Hospital NHS Foundation Trust



Joined Up Care
Derbyshire