



Getting good lives for people
with learning disabilities
in Kingston



THE ROYAL BOROUGH OF
KINGSTON
UPON THAMES

Royal Borough of Kingston

All Age Carers' Action Plan

2022-2027





This booklet is an Easy Read about the Kingston All Age Carers Action Plan.



The plan was written by carers for carers, with Kingston Carers' Network, NHS colleagues and other charities.

When we say 'we' in this booklet, we mean all of the above groups.

Below are our Actions

Young carers/ Young adult carers



- Young carers are **empowered** to link up with other young carers for support, socialising and friendship.

(**empowered** means, to make someone feel stronger and more confident)



- Young and adult carers live a balanced life, being physically and emotionally well and have a life outside of caring.

*Emotionally means a person's feelings.



- Young and adult carers are better recognised by all partners. For example the council, health sector and charity sector see young carers as equal partners.

- Carers have told us that it is important to them to be seen as an expert.

Adult Carers - Health and Wellbeing



- Adult carers are better recognised by all partners.
- For example the council, health sector and charity sector see young carers as equal partners.
- Carers have told us that it is important to them to be seen as an expert.



- Adult carers live a balanced life, being physically and emotionally well and have a life outside of caring.

Black, Asian, multi-ethnic carers



- Black, Asian and multi-ethnic carers are better recognised by all partners.
- For example the council, health sector and charity sector see young carers as equal partners.
- Carers have told us that it is important to them to be seen as an expert.
- Work closer with carers to understand their needs and write action plans together.



- Adult carers live a balanced life, being physically and emotionally well and have a life outside of caring.
- Work with providers such as Helmar Care, Milaap, Tamil Elders.



- Access respite when they need it.
(**Respite** is a short break from caring role)



- Make sure that information is accessible for carers.

Adult Carers - Enjoying a life outside of caring



- Adult carers live a balanced life, being physically and emotionally well and have a life outside of caring.



- Make sure there are low cost and free activities for carers on Connected Kingston.



- Promote carers support groups in the Royal Borough of Kingston.

Adult Carers - Respite



- Adult carers can access respite when they need it.

(Respite is a short break from caring role)



- Increase the offer of high quality respite options in the Royal Borough of Kingston, ensuring quality of care.
- Offers to be flexible, personalised and include specialist support for people with specific support needs.



- Promote and increase use of Direct Payments to promote choice of respite.



- Promote digital skills for carers through training.



- Promote better communication around hospital discharge both in terms of the carer and cared for.

Adult Carers - Information and advice



- Make sure printed information remains easily accessible and language barriers are reduced.



- Make sure more carers know what support is available for them in Kingston.



- Develop information on services on Connected Kingston that is accessible to carers and/or to those working with carers.



- Work with Citizens Advice around identification and advice for carers.



- Promote IT support program for carers.

Adult Carers - Financial impact of caring



- Support for carers to stay in employment if they wish, especially female carers and Black, Asian, multi ethnic carers.



- **Welfare rights** training for staff.

(**Welfare rights** is peoples rights when they are working)

Older carers



- Older carers live a balanced life, being physically and emotionally well and having a life outside of caring.



- Support for the carer once the person they have supported passes away.



- Support that will help carers plan for the future, in case they are not well and when they are no longer around.