



Older Parent Carers Planning for the Future Program

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Who Are Carers?

Carers are relatives and friends who provide support to people with a disability, mental illness/disorder, chronic condition or who are frail aged.

- In NSW alone there are 748,000 (or 11%) carers out of which 149,700 (or 2.3%) are primary carers.
- 245,595 persons aged 65+ provide unpaid care



The Need for Caring is Growing and Carers Themselves are Ageing

- Between 2001 and 2031
- Carers aged 65 years and over will grow by 91,000 (110%)
- By 2031 older carers (65 and over) are likely to comprise 56% of all carers

(Carers Australia 2005, The ageing population)

Carers NSW Older Parent Carer – Planning for the Future Program Overview

- Carers NSW has 30 years of experience in listening and supporting carers
- Carers NSW has undertaken various research into the needs of older parent carers and continuously advocated for a program that will address these needs

- In 2004 the (Former) Carers Coalition (revitalised now Strategic Carers Action Network SCAN) identified a range of pressing issues for older parent carers:
 - Concerns about the existence and quality of care for their child once they are no longer able to care
 - Physical and emotional health
 - Social isolation and participation

- Access to appropriate services
- Financial limitations
- Planning for the future
- Accommodation options

-Carers Coalition, 2004, *Needs of Ageing Parent Carers of Younger People with a Long-Term Disability*, Carers NSW.

Carers NSW Older Parent Carer – Planning for the Future Program Overview *continued*

- Reaching families and developing future plans while situations are still functional
- Funded by DADHC to undertake “Older Parent Carer-Planning for the Future Program” for two years
- Model is based on Queensland Positive Futures model
- Carers NSW is one of several organisations in NSW that delivers services to this population of carers

Carers NSW Older Parent Carer Program Goals

Carers NSW Older Parent Carer Program is designed to:

- Build on existing strengths of older parent carers and their adult son or daughter care recipient
- Identify carers' needs and assist them to plan for the future
- Connect both older parent carers and their children with disabilities to social networks and to the service systems that can best support them and assist them to realise their goals

Program Goals Continued

- Enable carers to put transition plans in place
- Reach out to hidden carers and carers from Aboriginal and Torres Strait Islander and CALD backgrounds
- Build a more effective service system that can respond appropriately to support older parent carers and their children with disabilities
- Provide value for money in service delivery

Carer Assistance Packages

- Where there is no other service or resource available under any other program.
- Maintain their caring role
- Improve their social and cultural connections
- One off purchase of household or other equipment
- Access programs to enhance living and social skills

ELIGIBILITY

- Parents over 60 years who are caring for an adult son or daughter with a disability.
- Aboriginal and Torres Strait Islander parent carers aged 45 and over.

Referral



Carer Speaks to a Carers NSW Support Coordinator

(Our Support Coordinators are all hand picked from a community services / allied health background)



Intake and Assessment takes Place





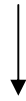
High Priority – Carer lives with the care recipient and has little or no services

Medium Priority – Carer lives with the care recipient and has some services

Low Priority – Carer does not live with care recipient

Nil priority – Not eligible, however will be supported with referrals and navigating service system if needed

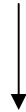




Intensive Support needed?



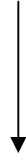
Yes



Referred to a Family
Facilitator



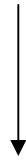
Under the guidance of Support Coordinator's Family facilitator's carry out the action plan, which could include information gathering on required services or accompany the carer to a solicitor for future planning.



Intensive Support needed?



No





Information given on where to
find the right help



Followed up and reviewed at a later
date

Characteristics of Carers NSW Older Parent Carer – Planning for the Future Program

The Carers NSW OPC program is delivered from four locations:

- Out East Sydney
- Coffs Harbour
- Dubbo and
- Broken Hill.

Case Study

There are different facets to the program which assist carers to gain confidence in service providers and to learn about services in general.

Having someone to care for the carers has demonstrated that, it increases carers trust and allows them permission to focus on their own needs. We get to witness the carers wellbeing improve significantly.

Some Challenges to Date

- Building the trust in services
- Data collection
- Availability of supported accommodation
- Home modifications
- Age limit restrictive

Conclusion

- The program has been well received for its:
 - Strengths based approach
 - Program's flexibility
 - CAP packages
 - Reduction of carer stress
 - Improvement of carer's quality of life
 - Builds carers' trust and relationship with services
- DADHC has agreed there is a real need to continue working with this cohort of carers on a long term basis, the program has just gone to recurrent funding