

Partnership with Carers through Training

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Fife Steering Group Carers Training in Postural Care

A concrete example of joint working

Membership of the group includes

- Fife Council (the Fife Joint Postural Care Service, Supported Living and Respite Services)
- PAMIS
- Capability Scotland
- Fife Carers Centre
- Adam Smith College
- and most importantly, Carers

CARERS look after family, partners or friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid.

Carers

Around 31,000 adults in Scotland become carers every year. Many people don't see themselves as carers but rather as mothers, sons, partners, neighbours or friends.

For every paid carer there are 5 unpaid carers – over 660,000 unpaid carers compared to 135,000 paid carers in Scotland. One in 5 unpaid carers, a total of 115,000 people across all age ranges, provide over 50 hours of care a week, we know that this number is growing and we know that there are increasing numbers of older carers.

Caring Trends (UK)

The number of carers caring for more than 20 hours has increased

- 1.5 million in 1990
- 1.7 million in 1995
- 1.9 million in both the 2000 General Household Survey (GHS) and the 2001 Census

The number of heavy end 50 hours plus carers has increased to 1.25 million. This is double the proportion of carers from the previous General Household Survey.

- Figures from VOCAL

Role of the Unpaid Carer

The enormous contribution of carers to the development, health and well-being of children and adults with significant and continuing illness and/or disabilities is now well recognised and documented. Research undertaken with family carers of people with profound and multiple learning disabilities for example, found that on average family carers spent between 7 ½ and 10 hours per day in personal care activities alone.

Community Care and Health (Scotland) Act 2002

Sections 8 to 12 of this Act are a group of provisions concerning carers:

- A right for carers to request an assessment from local authorities in their own right
- A right for carers under the age of 16 to request an assessment
- A duty on local authorities to inform carers of their right to an assessment
- A duty on local authorities to take into account a carer's view when constructing a care package for a cared-for person
- A duty on health boards to develop a "Carer Information Strategy" which outlines how they will inform carers of patients of their right to an assessment

Scottish Executive 2000

The same as you? A review of services for people with learning disabilities

- working in partnership
- collaborative working practice

Scottish Executive 2005

Care 21 Report: The Future of Unpaid Care in Scotland

- training and information for carers
- unpaid carers as partners in care
- partnership and planning

Recommendation 4

The development of a national 'expert carer' training programme to develop caring skills, knowledge and expertise.

Scottish Executive 2005

Framework for Role Development in the Allied Health Professions

- adding value, working more effectively and differently
- working jointly and innovatively

NHS: Kerr Report

A Health Service Fit For the Future

- Make carers' health a public health issue
- Implement fully NHS Carer Information Strategies
- Encourage carer participation and partnership involvement in planning
- Develop and provide carer training
- Build 'carer awareness' into professional training

Future model of healthcare

- | | |
|--|---|
| <ul style="list-style-type: none">• Current View• Geared to acute conditions• Hospital centred• Doctor dependent• Episodic care• Disjointed care• Reactive care• Patient as passive recipient• Self care infrequent• Carers undervalued• Low tech | <ul style="list-style-type: none">• Evolving model• Geared to long-term conditions• Embedded in communities• Team based• Continuous care• Integrated care• Preventative care• Patient as partner• Self care facilitated• Carers supported as partners• High Tech |
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Brian Doman talking about Delivering for Health, NHS Scotland. Scottish Executive (2005)

Scottish Executive 2006

Moving Forward: Review of NHS Wheelchair and Seating Services in Scotland

- user and carer led
- integrated, multi-disciplinary, multi-agency approach

Scottish Executive 2006

21st Century Social Work Review - Changing Lives

- new ways of designing and delivering services
- joined up effort
- support and promote well being

PCSP UK Ltd

PCSP UK Ltd have developed postural care training programme which is accredited by the Open College Network, West Midlands at the University of Warwick. They are running a Care Pathway Pilot. This is an 18 month training and development programme which will be fully evaluated. Fife is one of the five areas across the UK which has been given the opportunity to participate in this pilot.

The Pilot

Four tutors will acquire the skills to deliver training in this specialist field. Each tutor has identified 2 learners to participate in the pilot. They will be supported by their tutor. As part of this process the learners will work towards an accredited qualification in postural care. The tutors will also be equipped to provide and cascade this training to others, carers, colleagues and personal assistants during both the pilot and the future.

Funding for this pilot came from:

- Scottish Posture and Mobility Network
- Rix Thompson Rothenburg Foundation
- The Princess Royal Trust for Carers
- Fife Council, Social Work Service

The pilot is the responsibility of the Steering Group.

History of Steering Group

Joyce McDonald, Occupational Therapist, and Moira Dewar, Physiotherapist, have developed the Fife Wide Postural Management Service. They are also actively involved in the postural management sub group of the Scottish Posture and Mobility Network, which had previously held an event in Fife consulting carers about postural care management.

Following the consultation a small steering group was established. Then in September 2006 a Postural Care Skills Planning and Discussion day was organised by Joyce and Moira. This Planning and Discussion day was attended by a number of representatives from various statutory and voluntary agencies and family carers. They heard a presentation on Postural Care Skills given by Sarah Hill of the Postural Care Skills Programme

Having heard the presentation, many of the people who attended were keen to join the steering group. The aim of the steering group was to ensure that, through training and mentorship, a local infrastructure with qualified postural care tutors could be developed. We wanted a programme to support local people particularly carers to become qualified in postural care.

Benefits of successful postural care

The benefits of successful postural care are highlighted by the experiences reported by two family carers in Fife, who care for family members with very different needs.

One mother describes the importance of good postural care for her adult daughter with profound and multiple disabilities:

"If my daughter is positioned properly, she is content and happy, but, if not, she becomes uncomfortable and fractious and, in turn, this leads to an increase in her muscle tone, depresses her breathing and causes her visible distress."

She emphasises the health benefits for her daughter and also comments:

"these all make the caring role easier and benefit the carer. When 24 hour postural management is introduced early, it becomes a way of life and the carer does it without thinking about it being a 'task'."

Another Fife carer describes the benefits to herself and her husband since the implementation of a 24 hour postural care approach by the Fife Postural Management Service:

"In December 1999 my husband suffered a massive stroke at the time of cardiac surgery. He came home from hospital nine months later with profound physical disabilities. He can hold up his head and has some voluntary movement in his right arm and hand. Muscle contractures have rendered him 'chair-shaped'. Because of the stroke he also has severe left-side neglect. These difficulties cause him great distress, he thinks he is falling over and he cannot move to help himself.

Since the intervention of the postural management team he now has an armchair, which fully supports him as it is adjusted to his personal needs. It tilts and has a tray which, when fixed in position, enables him to use his arms for further support. Because he is secure in this chair, he is able to relax and enjoy activities enabling him to use and improve his limited manual ability."

"He is even showing interest in using the computer. When he tires the chair can be tilted to alter pressure and he can have forty winks without the trauma of being moved and hoisted.

At night he sleeps in a hospital bed, with cot-sides. He has a tilting sub-mattress and a raiser. He now also has a sleep system in place. The very first time he lay in the security of the system he fell asleep.

Now, I wonder how we coped without it. He still wakes at night but not because he thinks he is falling or because he is distressed. I have had more sleep in the last six months, since the sleep system has been in place, than the previous six years.

Good positioning has had an enormous impact on both our lives. My husband's posture has improved, our sleep patterns are improved and so are our temperaments."

At the end of the programme we will have four tutors qualified to deliver postural care awareness in Fife and an infrastructure to support unpaid carers and those involved in an individual's care to deliver an Integrated Postural Care Pathway.