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'Sustaining unpaid care: the National Institute for Health and Care Excellence (NICE) guideline Carers: Provision of support for adult carers, Sustainable Care

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NICE Guideline - Supporting Adult Carers

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The Open
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Supporting adult carers

NICE guideline
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www.nice.org.uk/guidance/ng150

[Full guideline -
https://www.nice.org.uk/guidance/ng150](https://www.nice.org.uk/guidance/ng150)

NICE provides national evidence-based guidance and advice for health, public health and social care practitioners with the aim of improving outcomes for people using the NHS and other public health and social care services by:

- developing quality standards and performance metrics for those providing and commissioning health, public health and social care services
- providing a range of information services for commissioners, practitioners and managers across health and social care
- producing evidence-based recommendations developed by independent committees, including professionals and lay members, and consulted on by stakeholders

Development of the Supporting Adult Carers Guideline

- a wide range of stakeholders were consulted throughout the whole production process
(<https://www.nice.org.uk/guidance/ng150/documents/stakeholder-list>)
- carers were represented on the guideline committee
- detailed scoping exercise
(<https://www.nice.org.uk/guidance/ng150/documents/final-scope>) that agreed the population to be covered by the guideline and groups that will not be covered
- the shape of the guideline (the nine sections of recommendations in slides 7-11) was agreed based partly on stakeholders' views of the key activities, services or aspects of care that matter most to carers

The Purpose of the Guideline

- aims to improve the lives of all adult carers (aged 18 and over) who provide unpaid care for anyone aged 16 or over with health or social care needs
- identifies action-oriented good practice in providing support that enhances the wellbeing, resilience and life experience of adult carers
- based on the best available evidence of effectiveness, including cost effectiveness, as well as evidence on the views and experiences of carers, people using services and practitioners

Who is it for?

- Local authorities, clinical commissioning groups and other organisations that assess, plan, and commission local services or provide support and information for adult carers and people receiving care
- providers of health and social care services, including:
 - Social care providers
 - Primary care
 - Hospital and community care
 - Emergency services
 - Community and voluntary organisations
 - Health and social care practitioners (including personal assistants) working with adult carers
 - Adults who provide unpaid care for 1 or more people aged 16 or over with health and social care needs

Recommendations

There are nine areas of recommendations

1. Information and support for carers: overarching principles

- The right to information and support
- Sharing information with carers
- Working with and involving carers

2. Identifying carers

- Recommendations for health and social care practitioners
- Recommendations for health and social care organisations

3. Assessing carers' needs

- Carers' assessments - overarching principles
- Preparing for and carrying out a carer's assessment
- Work, education and training considerations
- After a carer's assessment

4 Helping carers stay in, enter or return to work, education and training

- Advice and support
- Flexibilities to support employment
- Replacement care to enable carer to work

5. Social and community support for carers

- Community information, advice and support
- Carers' breaks
- Peer support
- Support for former carers
- Advocacy

6. Training to provide care and support

- Carer training programmes
- Use of equipment and adaptations, and moving and handling

7. Psychological and emotional support for carers

Psychosocial and psychoeducational support - community based
Psychotherapy and counselling

8. Support during changes to the caring role

9. Support for carers during end of life care and after the person dies

Information and support

Advance care planning

Providing care at the end of life

Implications of guidelines

Significant contribution towards making caring sustainable for carers in a cost effective way by:

- making sure information is accurate and detailed, easier for carers to understand and retain
- encouraging the carer in their role and respecting them as a core team member
- improving the quality of discussions between practitioners and carers
- improving coordination between local authorities and other health and social care organisations in identifying carers and giving them support
- reinforcing carers' statutory rights and should help to improve consistency of best practice and reduce regional differences in provision
- encouraging commissioners to develop local markets so that replacement care is available to purchase
- providing flexibility for working carers

Key recommendations for research

1. Whole family approach to carer's assessment

- What is the effectiveness, cost effectiveness and acceptability of the whole family approach to carers' assessments?

2. Support for carers to return to work, employment or training

- What is the effectiveness of personal health and social care budgets in supporting carers to return to work, education or training?

3. Training for carers to reduce caring-related incidents

- What training, support or interventions help to reduce caring-related accidents or incidents?

4. Practical support through carer passport schemes

- What is the effectiveness, cost effectiveness and acceptability of carer passport schemes?

5. Practical support for carers through social prescribing

- What is the effectiveness, cost effectiveness and acceptability of social prescribing for carers?

The guideline referred to in this presentation was produced by The National Guideline Association for the National Institute for Health and Care Excellence (NICE). The views expressed in this presentation are those of the authors and not necessarily those of NICE. National Institute for Health and Care Excellence (2020) Supporting Adult Carers. Available from <https://www.nice.org.uk/guidance/ng150>

