

ADASS POLICY SUMMARY

VERSION 2

DATE 10/01/26

REVIEW DUE Autumn 2026

CARERS

Vision

The role played by unpaid carers is central to the Governments plans for neighbourhood health and care, the NHS 10 year plan and Adult Social Care priorities for local government. Supporting people drawing on care to remain in their own home in their local community, preventing escalation of need or admission to acute services and maintaining physical and mental wellbeing are all important outcomes associated with the role and impact of family carers. Supporting carers to achieve positive outcomes for themselves is therefore essential for Government to achieve the fundamental shifts as set out.

To support family carers to continue to care, and to thrive in their own life outside of caring, we have to move away from a situation in which many family carers care out of necessity, and do so without the financial, practical or emotional support they need. We want family care to be a positive choice. Where people make this positive choice, this should be recognised and rewarded with financial, as well as practical and emotional support that takes a holistic view of how needs for care and support impact on family members or others in their support network.

Where the ADASS vision and proposals for unpaid carers fall outside the direct ADASS scope and responsibility, we will work with partners to influence policy, amplify the need for solutions and advocate for carers.

ADASS Proposals for Unpaid Carers

More support on things that matter to carers: Carers can access high quality carers assessment, with support identified, so they are not feeling isolated or overwhelmed and can achieve their own outcomes. There is more funding for short breaks, legal advice and advocacy and other support available to them locally which helps carers improve their health and wellbeing, so we're responding to what carers need, as set out in the Care Act This support reaches more people as more carers, including young family carers who can face unique challenges, are identified and advice and guidance is personalised. Carers are more proactively involved in coproducing care with the person they support, through whole family approaches, with digitalisation an important way of achieving this.

A simpler system, set up to help carers: Remove key barriers that prevent carers from providing support, advocating for increasing Carers Allowance, and implementing a straightforward, co-designed system that provides easy access to information, advice and advocacy that supports carers from all backgrounds and with diverse characteristics at every stage of their caring journey. Carers are supported to care at home by local services being available for them and the cared for person in their local community, reducing the necessity for travel to acute centres for treatment and support. Redesigning the biennial Survey of Adult Carers in England survey in co-production with carers,

exploring quality of life measures and improving client level data collections would all be useful sources of intelligence to better understand the experience of carers and to improve support.

A new deal for carers so they can all live well, work and care: A long-term, co-produced, holistic, cross-Government strategy (supported by good intelligence) that sets out steps to ensure carers have access to the tailored support they need to care for their relative or friend, and the choices and support to live the life they want to lead. Support which is available to carers from all parts of Local Government (including public health), the NHS, the Voluntary and Community Sector and private organisations in their local neighbourhood. That means paid leave and flexibility at work or at school, financial support when they need it, support for their health and wellbeing and access to opportunities that might otherwise be inaccessible including education.