

ADASS Carers Group Plan on a page – 2026/27

An outline of the key themes the ADASS Carers Group will focus on for 2026/27, linked to delivery of the wider ADASS carer policy position. Working in partnership to shape, influence, amplify and collaborate is critical where themes are outside of ADASS direct remit.

Co-production and carer involvement

This should be cross cutting to all policy work of the ADASS carers group.

- 🎯 **Aim:** Ensure that carers are involved in shaping national ADASS policy work, including young carers.
- ✅ **Actions:** Work with ADASS Carers group and partners to identify and support carers with lived experience to participate in the national ADASS Carers group.
- ➔ **Next steps:** Discuss coproduction approach and follow with request volunteers from the ADASS Carers group to join a short task and finish piece of work with a focus of ensuring stronger carer representation.

Carers' storytelling

Follow the storytelling approach led by ADASS President and linked to co-production and carer involvement.

- 🎯 **Aim:** Use real stories of carers to show the true value of carers and highlight the work of the ADASS Carers group. Show caring as a 'positive choice'!
- ✅ **Actions:**
 - Link with the ADASS Comms team to discuss potential and planning for producing content
 - Create an annual podcast sharing updates and achievements of the group.
 - Make a video featuring a diverse group of carers sharing their stories.
- ➔ **Next steps:** Speak to ADASS team and explore resources needed for podcast/video.

National policy

- 🎯 **Aim:** Shape and influence wider national work and policy developments.
- ✅ **Actions:**
 - Monitor the Casey Commission / Neighbourhood health and wellbeing / 10yr plan / ASC priorities or onward work linked to carers.
 - Stay connected to PCH about the Sector-Led Improvement Programme, specifically carer data e.g. client level data / carers survey / public health data
 - Link any carer-related work to CQC assurance and improvement outcomes.
- ➔ **Next steps:** Include standing item at meetings for policy updates.

Things that matter most to carers

This list is not exhaustive but provides an outline of themes / topics identified by the ADASS Carers group for future meetings



Design and access to 'good' carers assessment

Variation in practice, waiting times, focus on outcomes not process are all challenges.



Caring, who pays?

Exploring how financial hardship affects carers and differing approaches to support (link to financial wellbeing, benefit advice, and targeted support). Worries about planning and paying for care when the carer is no longer here.



Mental health, wellbeing and carer burnout

Carers' psychological health and stress highlighted repeatedly as a concern. Linked to financial strain and carer burnout.



Young carers and whole family approaches

Importance of whole-family approaches and safe transitions from children to adult services. Link to education, deprivation, and long-term outcomes.



Advocacy and rights

Supporting carers to understand what their rights are and how to access advocacy.