

RESPIRE CARE/BREAKS FOR CARERS WORKING GROUP: MINUTES OF FIRST MEETING ON 23 JUNE 2006

Present

Adam Rennie (Chair), Community Care Division, SEHD.
Peter Stapleton, Community Care Division, SEHD.
Bas Gough, Community Care Division, SEHD.
Jane Leask, Social Work Services Policy Division, SEED.
Andrew White, Analytical Services Division, SEHD.
Martha Shortreed, Social Work Inspection Agency.
Jackie Donnelly, ADSW, East Ayrshire Council.
Marcia Ramsay, Care Commission.
Claire Cairns, Coalition of Carers in Scotland.
Fiona Collie, Carers Scotland.
Don Williamson, Shared Care Scotland.
Mary Yates, Respite Lead Officer Network, South Lanarkshire Council.

1. Welcome and introductions

Adam Rennie welcomed members and invited them to introduce themselves. Apologies were noted from:

Julie Rintoul, Analytical Services Division, SEHD.
Louis Skehal, ADSW, North Ayrshire Council.
David Small, Lothian Primary Care Trust.

Marcia Ramsay will represent the Care Commission until a representative with more direct experience of this area is identified.

2. Background and remit

Peter Stapleton presented a paper outlining the background to the group's formation and remit, citing relevant sections of the Care 21 report *The Future of Unpaid Care in Scotland* (2005) and the Executive's response. Don Williamson raised the issue of a national respite strategy, which would ensure that any resources flowing from the Spending Review would be used effectively. Peter explained that while Ministers had not decided to develop such a strategy at this stage, the possibility remains when the Care 21 response is reviewed in 2008. Also that the links between the proposed guidance and Local Improvement Targets should help ensure a focus on delivery.

The importance of considering more than just future demographic changes for the guidance was noted. Jackie Donnelly stressed that changes in the way in which support is now provided should be mentioned.

*The group approved the remit as a true reflection of the Executive's response to *The Future of Unpaid Care in Scotland* (2006), subject to any additional wording which **Jackie** might suggest to reflect the point above.*

3. Draft Work Plan

Peter Stapleton presented a draft work plan. The first priority was identified as providing an evidence base to the 2007 Spending Review by the end of 2006. When asked about the level of commitment required, he explained that most of the development work would be taken forward by Executive officials, although group members would be invited to input at different stages and, for those with access to suitable resources, assist in identification of suitable information.

The group agreed the work plan as a live document to be kept under review at future meetings.

4. Assessing respite provision and demand

Peter Stapleton presented a paper summarising the strengths and weaknesses of the principal data sources on respite provision and demand, assessing the available options. It was agreed that while there are concerns about some of the data, there is not capacity for a significant additional survey to be undertaken within the lifetime of the group.

The group discussed the limitations of the current data. Inconsistent recording between local areas was noted as giving rise to both:

- Under-represented classes, including some day care provision; and
- Over-represented classes, as in the case of school attendance being counted as respite in cases of children with autism or attention-deficit disorder.

Demand for respite was noted to be inherently difficult to measure because:

- Service provision does not necessarily reflect outcomes;
- Desire is often recorded as need, and neither clearly indicates demand;
- Data on unmet need is not generally kept;
- Need for very short breaks of 1-2 hours is often overlooked.

The following way forward was agreed:

- Audit Scotland Performance Indicators would be used to develop an initial picture of respite provision, with other information such as the Scottish Care Homes Census dataset and Local Financial Returns used for checking.
- The Scottish Household Survey, offering the most flexible breakdown in terms of users and types of care, would be employed to assess respite demand.

Members agreed to work with the latest available versions of these datasets, updating as more recent data becomes available.

It was intended to explore scope for enhancing this approach by informing assumptions made in analysing these data, including average need among different groups, appropriate average levels of provision, proportion of carers who want respite and unit costs, with a range of high-quality, small-sample datasets, including:

- Exemplary local authority respite datasets; *to be investigated by Jackie Donnelly and Don Williamson;*
- Carer focus groups at the Coalition of Carers in Scotland (COCIS) conference in September;

*to be developed by **Claire Cairns and Peter Stapleton**;*

- Care Commission data on respite; *availability to be checked by **Marcia Ramsay**;*
- Social Work Inspection Agency carer survey data; *to be investigated by **Martha Shortreed**;*
- Care 21 survey data.

Finally, it was suggested that published research on the economic and health benefits of respite care would add a useful dimension to any evidence base for Spending Review. The availability of evidence was discussed and some studies were identified as being potentially useful, including:

- Aberdeen case study work by Jan Wells; *to be provided by **Claire Cairns**;*
- Studies from local authorities with independent respite strategies, and who therefore might have assessed the local need, provision and benefit of respite; ***Don Williamson** to investigate.*
- Literature review references *to be provided by **Jane Leask**;*
- Other leads through Rosemary Chesser at Robert Gordon University; *to be followed up by **Peter Stapleton**.*

The group agreed to develop the clearest picture of respite provision, demand, and benefit possible with the available data, informing analytical assumptions with high quality samples and academic research.

***Jane Leask, Marcia Ramsay, Jack Ryan and Don Williamson** volunteered to assist with reviewing work to be developed by **Peter Stapleton and Julie Rintoul** for the next meeting.*

5. Respite Guidance

Peter Stapleton presented Scottish Office Circular SWSG 10/96, which provides the existing Executive guidance on respite care. The group has been asked to develop, by June 2007, national strategic guidance for respite services, informing local service planning and directly underpinning Local Improvement Targets.

The group discussed the relevance of SWSG 10/96. It was agreed that although the context has changed considerably in the last decade, much of the conceptual content of SWSG 10/96 remains valid. It was proposed that it would be appropriate to build upon this document for the new guidance. Members agreed that priority areas for review included those highlighted in the accompanying paper. In addition, it was agreed to reflect the main changes to the concept of care service delivery, following *Delivering for Health* (2005) and *Changing Lives* (2006), including the shift to preventative, personalised care, and to the recognition of carers as key partners in both the provision of care and design of care services.

Following discussion of respite definitions, members noted that the definition of respite from the Care Commission National Care Standards informed both the Audit Scotland Performance Indicators and Care Commission quality assurance and monitoring. As a widely consulted definition, the group agreed that this might serve well as a universal definition of respite in the guidance.

The strategic planning section of SWSG 10/96 was highlighted for updating, particularly in the context of joint working. It was suggested that although local authorities have general carer strategies, not all of these reflect the respite strategies called for by the guidance. Members noted that, post-Care 21, even if new guidance were to reiterate much of the old, it could still be expected to deliver fresh impetus to the respite care agenda; not least because this time the guidance directly underpins Local Improvement Targets.

Fiona Collie, Jack Ryan and Marcia Ramsay volunteered to assist with reviewing initial work on respite guidance to be presented to the group at the next meeting.

6. Future Meetings

Members agreed to hold future meetings between Tuesday and Thursday in St Andrew's House, Edinburgh. We will aim to provide papers ten days in advance of subsequent meetings, dates to be identified soon. Alongside minutes of meetings, Executive officials will provide a 'user-friendly' summary of progress for members to circulate within their own networks.

Adam Rennie thanked members and closed the meeting.

Bas Gough
Scottish Executive – Community Care Division
July 2006