



Buckinghamshire Carers Conference 2025

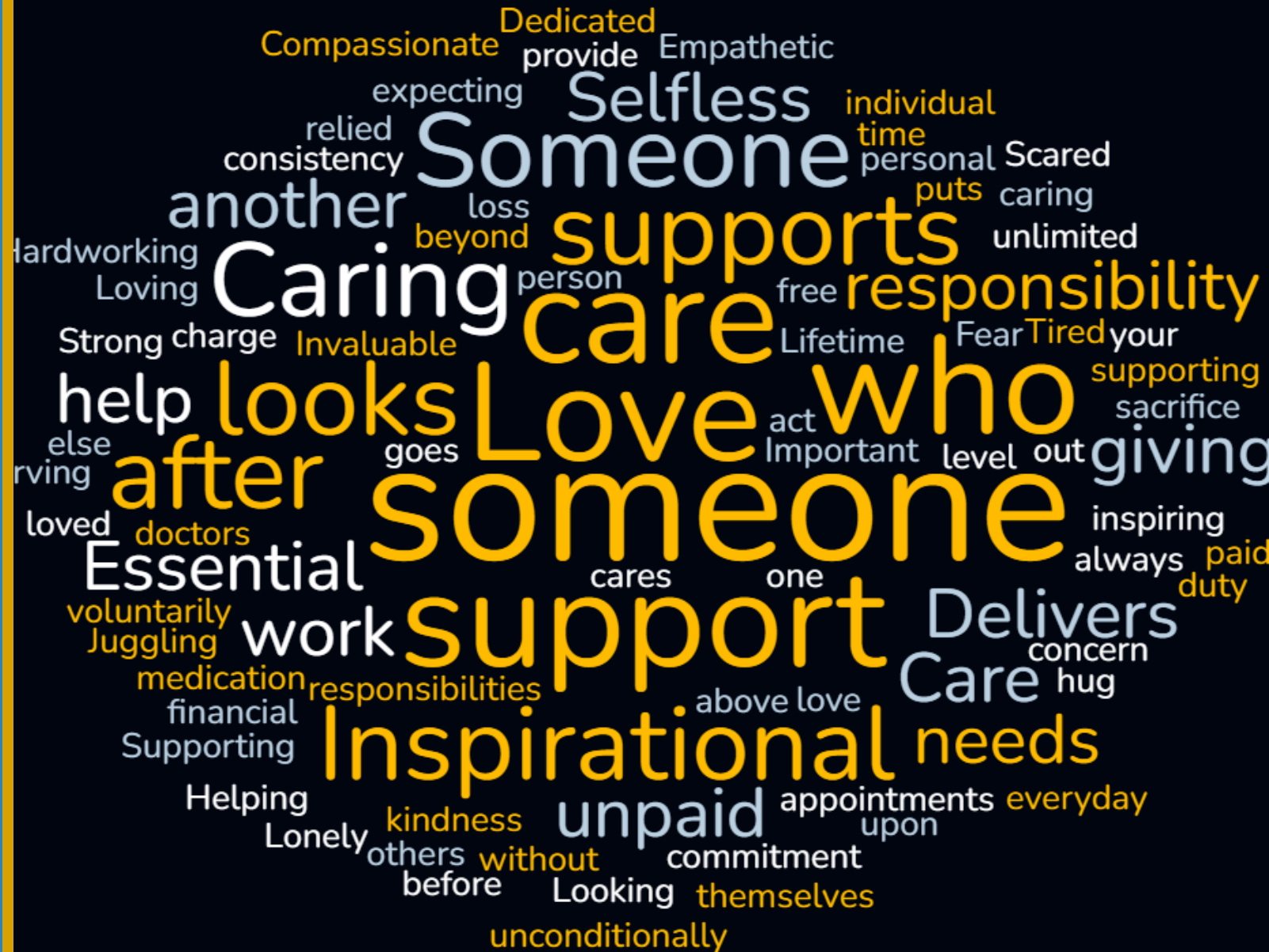
We are all 'Stronger with Support'



Agenda

- 10.15 Welcome
- 10.25 Keynote speakers & Q&A
- 11.10 Local Partnership Working & Making a Difference
- 11.30 Breakout Exercise - Living between two worlds
- 12.00 Table feedback
- 12.15 Session Wrap Up
- 12.30 Lunch & Networking
- 13.00 End

What does the word 'Carer' mean to you?



Our Vision

'We want every carer in Buckinghamshire to be recognised and valued, being able to access the information, support, and resources they need to live fulfilling lives, alongside caring.'



Understanding the National Picture



Emily Holzhausen CBE
Director of Policy & Public Affairs



Dominic Carter
Director of Policy & Public Affairs



Unpaid carers – working together

Emily Holzhausen CBE

Director of Policy and Public Affairs

Carers UK

Buckinghamshire 18 Nov 2025



"I want to see a future for carers where they are recognised and appreciated for their invaluable contributions to society."

"I want to see a future for carers where they are treated with the same respect, courtesy and dignity as paid carers and NHS staff."

"I want to see a future for carers where we no longer live in poverty."

"I want to see a future for carers where they don't have to worry if they can afford to pay bills and buy essentials."

"I want to see a future for carers where we can find time to look after our own mental and physical needs, to avoid becoming stressed, depressed and burnt out."

"I want to see a future for carers where employers are supportive and empathic."



1. “I am recognised as an unpaid carer within the NHS and treated as an equal partner in care, with my knowledge and experience valued and respected.”
2. “I can access high-quality care for myself, and the person I care for, when and where I need it.”
3. “I have a life outside caring and can take regular breaks by accessing support that suits me, such as respite care.”
4. “I am confident that health and social care services are integrated and work together to support our needs.”
5. “I am identified as an unpaid carer on my own patient record and that of the person I care for.”

Source: [Carers UK, A fresh approach to supporting unpaid carers – our vision for delivering the 10 year plan in England](#)



A fresh approach to supporting unpaid carers

Our vision for delivering the
NHS 10 Year Health Plan in England



Source: [Carers UK, A fresh approach to supporting unpaid carers – our vision for delivering the 10 year plan in England](#)

Table 1: Carers' views on the impact of moving care from hospital to community.

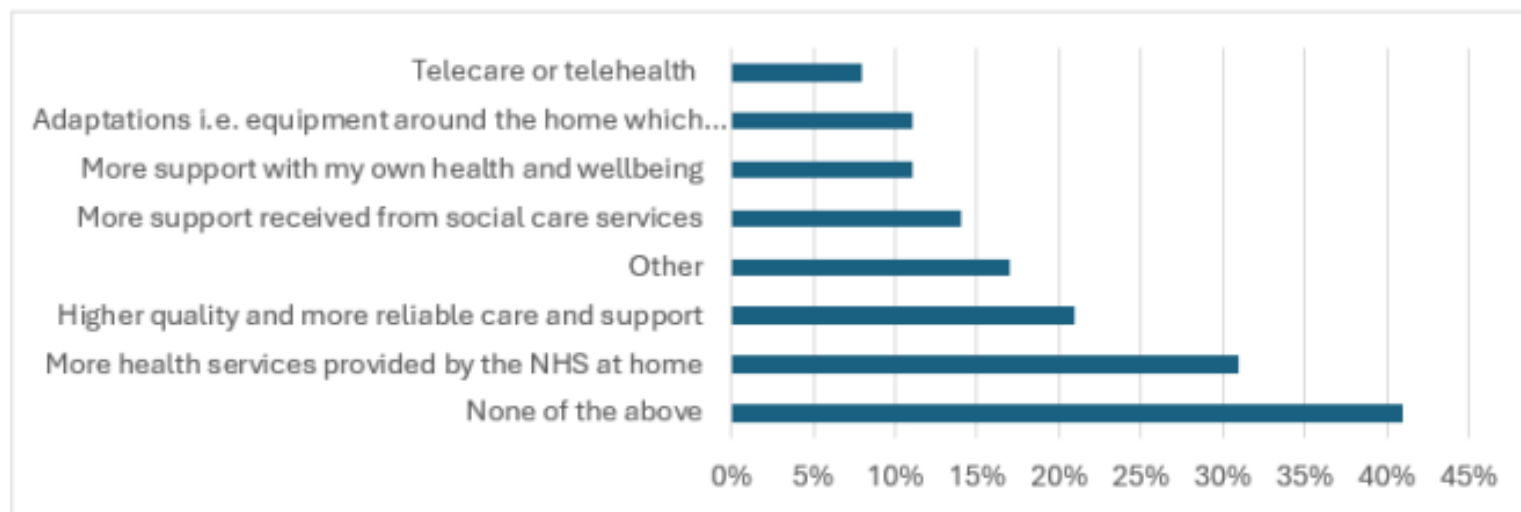
- **Most are positive.**
- **Significant proportion say it will increase car**
For some, this is a
worthwhile “trade” if
care improves.
- **Catastrophic for some**

Implications of moving care from hospital to community	% of carers who agreed
Caring closer to home could allow the person I care for to receive care in a more comfortable environment	82%
Caring closer to home could reduce my transport costs (eg to hospital appointments)	80%
Caring closer to home could enable the person I care for to receive more personalised care	75%
Caring closer to home could reduce waiting times for appointments, tests, scans, and treatments	70%
Caring closer to home could enable the person I care for to have more ownership of their care	62%
Caring closer to home could increase the amount of care I need to provide in the home	44%

Source: [Carers UK, A fresh approach to supporting unpaid carers – our vision for delivering the 10 year plan in England](#)

44% of unpaid carers in Carers UK's survey had experienced an unplanned hospital admission in the last 12 months

Figure 1: carers' views on what support, if anything, would have helped to prevent the person they care for experiencing an emergency admission or unplanned visit to hospital in the last 12 months – Carers UK, State of Caring survey 2025



Source: [Carers UK, A fresh approach to supporting unpaid carers – our vision for delivering the 10 year plan in England](#)

Measured against:

- Health and Care Act 2022 duty on NHS Trusts to involve unpaid carers at hospital discharge.
- Statutory guidance on the law above.
- Care Act 2014 aspects
- Involvement back up
- But good listening low and fallen
- Choice about caring down
- Sufficient support very low

Table 2: Carers' views on hospital discharge in the last 12 months by year – Carers UK State of Caring surveys 2022, 2023, 2024 and 2025.

Statement about hospital discharge	% of carers who agreed			
	2025	2024	2023	2022
I was involved in the decisions about the discharge from hospital and what care and treatment they needed	38%	29%	38%	36%
I was asked about my ability and willingness to care	14%	16%	20%	20%
I felt listened to about my ability and willingness to care	14%	14%	17%	16%
I received sufficient support to protect the health and wellbeing of the person I care for as well as my own health	13%	10%	14%	15%
I was under no pressure to care and felt fully prepared and supported	12%	11%	14%	13%

Source: [Carers UK, A fresh approach to supporting unpaid carers – our vision for delivering the 10 year plan in England](#)

Table 5: A comparison of carers' views on technology between 2025 and 2022

- Improving in all areas.
- However, digital exclusion is still an issue.
- Has to be the right tech and work well, otherwise makes caring harder.
- Face-to-face/person to person still critical for some people/instances.

Technology	% of carers who said this made their role easier		% of carers who said this made their role harder	
	2025	2022	2025	2022
Online mental health services (eg counselling or mental health resources)	15%	9%	8%	7%
Environmental monitoring such as heating and lighting control, door video systems, smart appliances	22%	12%	2%	1%
Remote monitoring and alerts, such as motion sensors, fall detectors, personal alarm, GPS trackers	28%	18%	1%	11%
Voice assisted devices (eg Amazon Echo [Alexa], Google Home)	21%	17%	2%	1%
Apps for managing conditions and symptoms (eg pain management and mood management)	8%	5%	2%	2%
NHS App	27%	14%	6%	4%
Medication management tools such as medication dispensers or medication reminders	31%	26%	2%	1%
Digital ways of keeping in touch with friends and family/the person I care for (eg Zoom, Teams, FaceTime, WhatsApp)	49%	41%	2%	2%

- 1 in 7 juggle work and care
- 600 people a day give up work to care
- Consistent findings of what carers need to stay in work from employers – Employers for Carers and Carers UK
 - Understanding – line managers and colleagues
 - Flexibility
 - Positive policies
 - Paid Carer's Leave
 - Carer Passports in employment
- Potential £8bn in productivity gain for UK's employers if carers are supported
 - Talent retained
 - Health and wellbeing improved
- £37 billion to economy, according to DWP figures



8th to 14th June 2026

And the theme for 2026 is.....

A solid blue horizontal bar spanning the width of the slide at the bottom.

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Dominic King-Carter

Carers Trust - Director of Policy and Public Affairs

November 2025



**BURNOUT
POVERTY**

7





The Young Carers Covenant

We are committed to a fair future for all young carers and young adult carers

We agree that:

Young carers and young adult carers are children and young people first; they should be recognised and listened to.

No young carer or young adult carer should take on caring roles which are inappropriate, excessive, or which negatively impact their life opportunities, health or wellbeing.

We are committed to a future where all young carers and young adult carers:

Are identified at the earliest opportunity



Are able to thrive in education



Can access and succeed in employment/training opportunities



Have time for themselves



Are safe and secure



Can access support for themselves and their family



Feel they have choices in their lives



Have good physical and mental health



Can access and benefit from the rights they have



Live free from poverty



www.carers.org/youngcarerscovenant







*OPTIMISM IS THE
FAITH THAT LEADS
TO ACHIEVEMENT*

2026

Q&A

Working Together & Making a Difference

Sara Turnbull

Co-Chair, Buckinghamshire Carers
Partnership Board
Service Director, Adults & Health,
Buckinghamshire Council



Karen Irons

Co-Chair, Buckinghamshire Carers
Partnership Board
CEO
Carers Bucks



Buckinghamshire Carers Partnership Board



Buckinghamshire Healthcare
NHS Trust

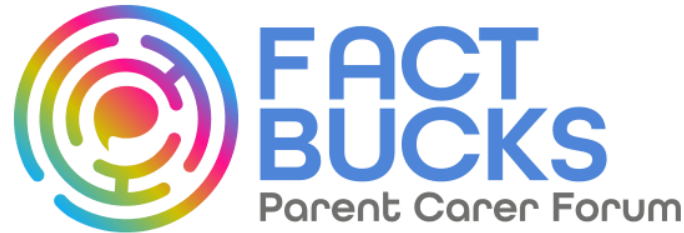
NHS
Buckinghamshire, Oxfordshire
and Berkshire West
Integrated Care Board

CarersBucks
Dedicated to supporting carers

healthwatch
Bucks



Carers, experts by experience



NHS
Oxford Health
NHS Foundation Trust

Making a Difference

Buckinghamshire All-Age Carers Strategy 2025- 30



**Buckinghamshire
All-Age Carers Strategy**

2025 -2030

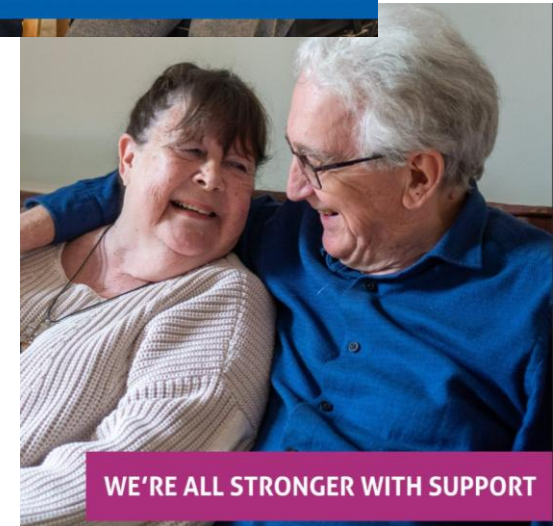


- **Identification**
- **Information, advice and guidance**
- **Health & Wellbeing**
- **Financial impact**

[All-Age Carers Strategy 2025-30](#)

Making a Difference

Carer Awareness Campaign



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Showcasing Good Practice

New carers assessment, online self-assessment, wellbeing plan, co-designed with carers

Strengthened carer awareness training for professionals

Enhanced digital support

Carers Health Passport, for carers of patients in Buckinghamshire Healthcare Trust



Carers on the Ground - Bringing the Picture Into Focus



A word cloud on a light blue background with a darker blue rectangular area on the right. The words are in various colors (blue, green, orange, purple) and sizes, representing the experiences and needs of carers. The most prominent word is 'understanding' in large blue letters. Other significant words include 'support' in purple, 'empathy' in green, 'time' in orange, and 'love' in green. Smaller words include 'companionship', 'sleep', 'understanding from society', 'respect from government', 'diy help', 'to be able to sleep', 'my life back', 'a break', 'a hug', 'recognition', 'compassion', 'listen too', 'responsive gp', 'appreciation', 'release from isolation', 'a little break', 'to do something different', 'supported', and 'respite'.

companionship
support and understanding
sleep
understanding from society
respect from government
diy help
to be able to sleep
my life back
a break
support
understanding
empathy
time
love
respite
a hug
recognition
compassion
listen too
responsive gp
appreciation
release from isolation
a little break
to do something different
supported



CarersBucks

Dedicated to supporting carers

1 in 5 carers hasn't had a break in over 12 months



State of Caring 2025

The cost of caring – the impact of caring across carers' lives

October 2025



600 working carers
quit every day due to
insufficient support

#RightToCarersLeave carersUK

Economic value of caring
is
£162 billion pa —
equivalent to a
second NHS



CarersBucks

Dedicated to supporting carers

National comparisons – in Buckinghamshire

Carer Age Profile

GP Patient Survey - BOB - 2025

62% of carers in the BOB ICB area are over 55, compared with 42% nationally

Local caring may be concentrated among older adults with increasing support needs?

Younger adults may not identify themselves as a carer?

Young Carers Attainment Gap

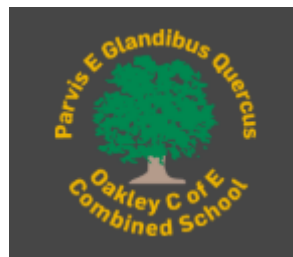
DfE data – Bucks – July 2025

KS2 attainment (Reading, Writing & Maths) is **45%** for young carers in Bucks compared with **64%** for pupils with no caring responsibilities – a **19% differential** – one of the highest in the UK.

The impact of caring responsibilities begins early and significantly.



Local intel: How we learn from each other



CarersBucks

CARER FORUM

COPRODUCING
EMERGENCY PLANS
TOGETHER

We're working on a new way to help carers plan for emergencies and we need your help to make sure it works for you.

These sessions will continue to be **carer-led**. This means that your experiences and ideas will shape what the final plan looks like.

Our partners from Buckinghamshire Council and NHS Buckinghamshire Healthcare will be there to listen, learn, and support the roll out of the final plan.

The forum is a **safe and confidential place** where you can speak freely and share your thoughts.

To join, email: mail@carersbucks.org



Carers Star™

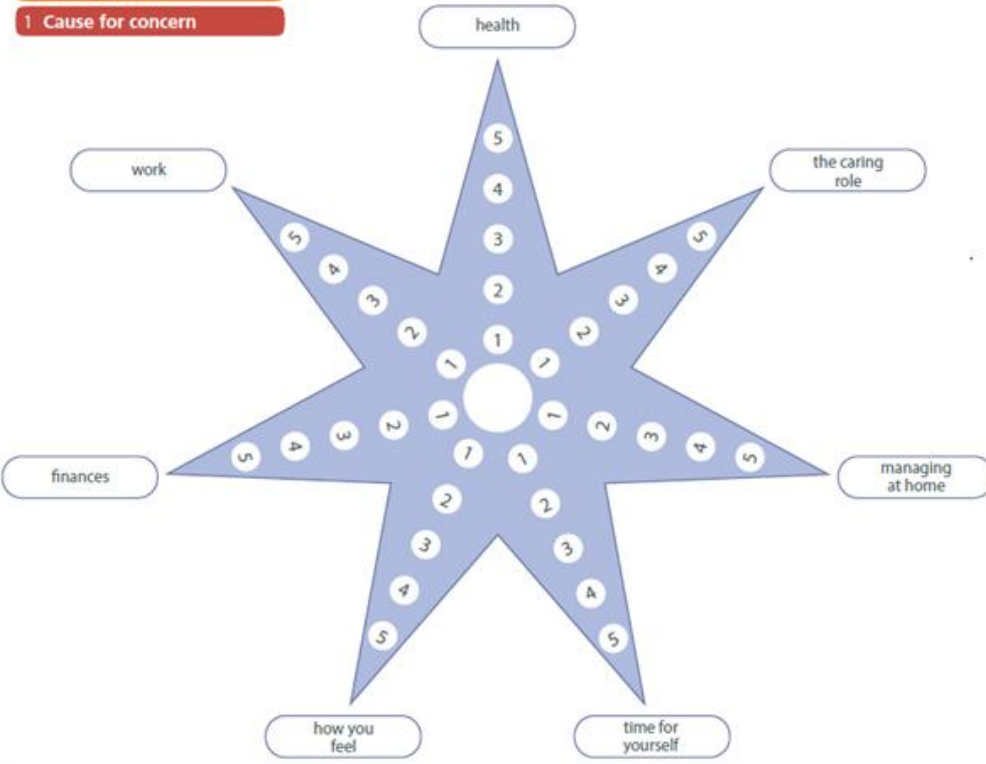
5 As good as it can be

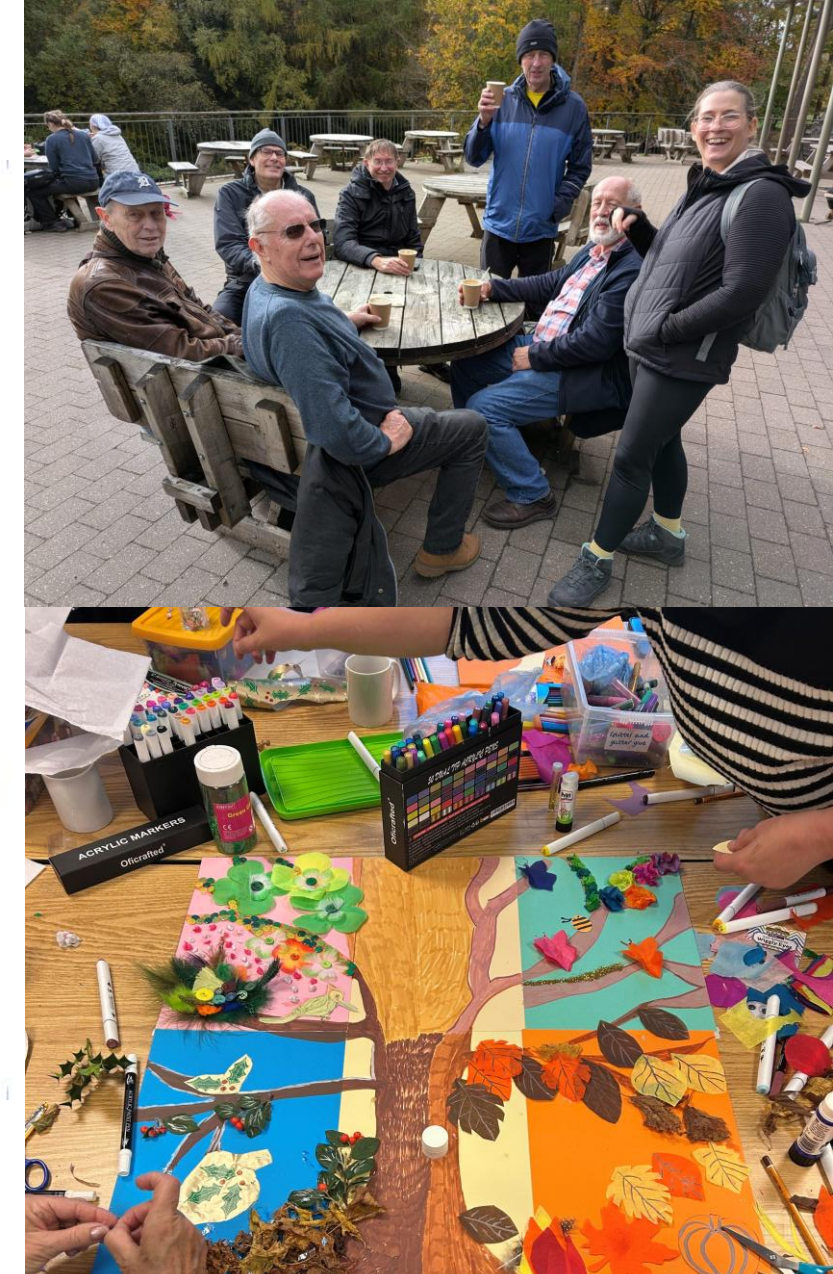
4 Finding what works

3 Making changes

2 Getting help

1 Cause for concern





CarersBucks

Dedicated to supporting carers



WE'RE ALL STRONGER WITH SUPPORT

CarersBucks

Dedicated to supporting carers



Together, let's reach the carers we don't yet see

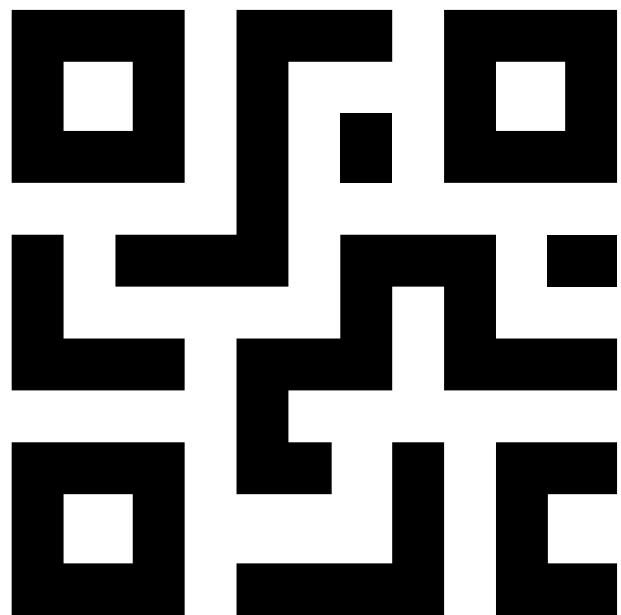


Emma's Story; Living between two worlds

In your breakout groups discuss the case study to identify;

1. What were the missed opportunities to help Emma manage her caring role?
2. What learning points can we take away, to improve the future experience for unpaid carers in Buckinghamshire?

Feedback



Results



We are all 'Stronger with Support



Please share your feedback
before you leave today

Join us!



Thank
you