

# Integrated Care Fund Project Proposal Form - Revenue



Llywodraeth Cymru  
Welsh Government

## Project Overview

Region: WWCP	ICF Project name: Carers Resilience and Wellbeing	
Project start date: April 2019	WG ref:	Project completion date: March 2021
Is this project linked to an ICF capital project? N		
Is this project linked to the Dementia Action Plan funding? N		

What is the primary focus (1) and secondary (2) focus of the project are you proposing? \* please mark 1 and 2 as appropriate

Children's/young carers projects	Adults/Carers projects	Regional Capacity building/Infrastructure
Information/Advice/Awareness raising	Information/Advice/Awareness raising	Regional Partnership Board Development
Access to Services/single point of access/transport	Access to Services/single point of access	Regional Workforce development/training
Assessment and diagnosis	Assessment and diagnosis	Regional Programme management and evaluation
Social Prescribing	Social Prescribing	Regional/Integrated planning and commissioning
Early Help and Prevention	Early Help and Prevention	Regional Support for Social Value Sector Engagement
Emotional Health and Wellbeing	Emotional Health and Wellbeing/loneliness and isolation	Regional support for Citizen/carers engagement
Edge of Care support	Stay at home/return home	Other – (please specify below)
Family Group Conferencing approach	Integrated Community Teams	
Family re-unification	Step up/down from hospital	
Therapeutic intervention	Intermediate Care/ pathway	
New accommodation/residential solutions	New accommodation/Residential solutions	
Other (please Specify below)	Other (please Specify below)	

### ICF Project Description (brief description using theory of change model):

- 1 - What is the problem you are trying to solve? *The original Resilience and Wellbeing Programme © was designed by Dr Dee Gray as a workforce intervention for 'frontline' staff, who, due to pressures at work were perceived to be at risk of stress and burnout.*
- 2 - What long term outcome/change are you hoping to achieve? *Carers learn how to become aware of their state of resilience, becoming proactive about how to improve it, having developed knowledge and skills to improve their own resilience and wellbeing, whilst also being able to take this forward as change agents within their employing organisations and communities.*
- 3 - Who is your key audience? *Carers: Adults in Employment, Young Carers in Education, Carers in the Community. This tri faceted approach connects with and for all communities. Additionally, by use of the Train the Trainer model, connects directly with professionals, and engage wider community champions, this positively impacts on the wider awareness of carers needs and provides the underpinning cultural change to affect a resilient and resourceful community for and as a carer.*
- 4 - How will you reach them? *For each of the three facets of the programme we will engage carers and recruit professionals as Train the Trainers, through each public sector partner body, GP clusters, educational institutions, & 3<sup>rd</sup> sector and community based organisations, and utilise the full Carers Sector communication networks to promote programmes directly to and with carers.*
- 5 - What resources are available to support? *Current resources & expertise resides within Ceredigion County Council from Phases 1-3, with coordination & 11 TtT under specified licenced programme until Oct 2019. Employers for Carers Project 19/20. Align with Transformation Workforce funding opportunitie to extend rollout pace.*
- 6 - What activities will bring about the change? *Workforce, community, schools programmes for Train the Trainer Level 1 expansion, delivery of 3 facets of the CR&WB training programmes, carer awareness linked to the Employers for Carers, liC & development of Level 2 Trainer for future new cohorts of trainers*

## How does your project address your population needs assessment and area plan?

**PA:** Developing appropriate access to a range of information, advice and assistance, including carers information services and training, which supports all the key stages in the caring journey

**AP: 1.10** Raise awareness of carers through Carer Aware/ Young Carer Aware e-learning programmes, training and workforce development and the Investors in Carers Scheme, to ensure needs are identified and appropriate support provided. **1.13** Support the well-being of carers and former carers through supporting them to build and maintain emotional resilience

What level of 'prevention/Intervention' (continuum) best describes your project? \*please tick as appropriate

Self Help, Information and Advice	Early Help and support	Intensive Support	Specialist Intervention
✓			

## Project Costs

YEAR ONE	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Cost
<b>Direct delivery costs -</b>					<b>126,500</b>
Staffing (LA Project Officer+mileage,+1/3 <sup>rd</sup> project management)	13,000	13,000	13,000	13,000	52,000
Overheads (heat, light, rent etc)					
Resources/activity costs (Grays professional consultancy & licence for individual programmes delivered across region @approx 35+ days and on costs per programme)		34,000	19,750	19,750	73,500
Equipment/IT(+translation & evaluation)	1,000				1,000
YEAR TWO	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total Cost
<b>Direct delivery costs -</b>					
Staffing(LA Project Officers x 2 +mileage,+1/3 <sup>rd</sup> project management )	13,000	13,000	13,000	13,000	52,000
Overheads (heat, light, rent etc)					
Resources/activity costs	34,000	19,750	19,750		73,500
Equipment/IT(translation & evaluation)	1,000				1,000

## Project Delivery

Delivery partners	
Local Authority	x
Health Board	x
Third Sector/Social Value sector	x
Private/Independent sector	x
Housing Association/RSL	x
Other (pls specify below)	

Project budget holder	
Local Authority	x
Health Board	
Third Sector/Social Value sector	
Private/Independent sector	
Housing Association/RSL	
Other (pls specify below)	

Project geographical footprint	
Regional	x
Sub-regional	x
Multiple regions	
Local Authority	x
Local community	x

## Project Beneficiaries (pls check boxes as appropriate):

Primary beneficiaries	
Older people	
People with learning disabilities	
Children with complex needs	
Children at risk of becoming looked after	
Care experienced children including adopted children	
Carers	x
Young Carers	x
People with dementia	

Secondary beneficiaries	
Older people	x
People with learning disabilities	x
Children with complex needs	x
Children at risk of becoming looked after	
Care experienced children including adopted children	
Carers	
Young Carers	
People with dementia	x

Other beneficiaries	
Older people	
People with learning disabilities	
Children with complex needs	
Children at risk of becoming looked after	
Care experienced children including adopted children	
Carers	
Young Carers	
People with dementia	

**Project Design Principles** (pls check boxes as appropriate):

Which of the 'A Healthier Wales' Quadruple aim/s does this project primarily address?

Improved health and wellbeing	x
Better quality and more accessible health and social care service	
Higher value health and social care	
A motivated and sustainable health and social care workforce	x

Which of the 'ten national design principles' from A Healthier Wales will the project address?

Prevention & Early Intervention	x
Safety	
Independence	x
Voice	x
Personalised	
Seamless	
Higher Value	
Evidence Driven	x
Scalable	x
Transformative	x

With voice and co-production as key principles, tell us who you have engaged with in the design of your projects

Service users (adults)	
Service users (Children/young people)	
Carers	x
Young carers	x
Workforce	x
Social Value/third sector	
Community members	
Other:	

**Project outcomes and impacts**

What Population level indicators/measures is your project seeking to address? \* please select from national outcome/performance management framework

NOF: Citizens understand what care, support and opportunities are available and use these to help them achieve their well-being. Citizens access the right information, when it's needed, in the way they want it and use this to manage and improve their well-being. Citizen's voices are heard and listened to.

WWCP Outcomes Framework Theme: Staying Well & Independent in the Community: Promoting general health and wellbeing. Improving individual and community connections

Tell us how you will measure/understand the impacts of your project?

<p><b>How Much?</b> (outputs)</p> <p>Yr 1</p> <p>Ceredigion:</p> <ul style="list-style-type: none"> <li>Community Programme x1 recruit TtT &amp; Carers+ deliver</li> <li>ACE/YC rolling programme maintained</li> <li>TtT identify and develop in preparation for Level 2</li> <li>Programme Coordination in county &amp; set up support for regional developments</li> <li>Regional Lead with Grays and License Agreements negotiations</li> </ul> <p>Pemb/Carms/HDUHB/3<sup>rd</sup> Sector:</p> <ul style="list-style-type: none"> <li>Recruit for TtT and delivery of blended ACE/YC training</li> <li>Rolling programme established for ACE/YC</li> </ul> <p>Yr 2</p> <p>Ceredigion</p> <ul style="list-style-type: none"> <li>Programme Coordination in county, &amp; coordination support for regional development &amp; delivery</li> <li>Community Programme recruit for x 3 programmes &amp; delivered</li> <li>Level 2 TtT training completed</li> </ul>	<p><b>How Well?</b> (quality)</p> <ul style="list-style-type: none"> <li>Baseline pre programme and post evaluations:</li> <li>TtT reporting positive impact from programmes</li> <li>carers reporting positive impact from programmes</li> <li>organisations demonstrating Carer Aware, liC and Employers for Carers improvements in practice</li> <li>organisations reporting positive impact from programmes</li> </ul>
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<ul style="list-style-type: none"> <li>• ACE/YC rolling programme maintained &amp; new cohorts at Level 1 developed</li> <li>• Establish rolling programmes for continuation at exit Pemb/Carms/HDUHB/3<sup>rd</sup> Sector</li> <li>• Community Programme x1 per county recruit TtT &amp; Carers+ deliver blended programmes</li> <li>• ACE/YC rolling programme maintained</li> <li>• Establish rolling programmes for continuation at exit</li> </ul>	
<p><b>Difference made? (impact)</b>  NOF: Citizens understand what care, support and opportunities are available and use these to help them achieve their well-being. Citizens access the right information, when it's needed, in the way they want it and use this to manage and improve their well-being. Citizen's voices are heard and listened to.</p> <p>WWCP Outcomes Framework Theme: Staying Well &amp; Independent in the Community: Promoting general health and wellbeing. Improving individual and community connections</p>	

Tell us how you intend to evaluate the following aspects of your project (*please refer to ICF guidance*)

<p><b>Impact Evaluation</b> (How will you measure/understand the outcomes that have been achieved by your project?)</p>	<ul style="list-style-type: none"> <li>• Pre Questionnaire for workforce, education and community training</li> <li>• Post Questionnaire for workforce, education and community training</li> <li>• Employers for Carers impact on policy, procedure wellbeing improvements evidence</li> <li>• IIC impact evidence from areas of Bronze/Silver/Gold validations</li> </ul>
<p><b>Process Evaluation</b> (How will you evaluate the system &amp; process changes delivered by your project e.g. integration, co-production, social value?)</p>	<ul style="list-style-type: none"> <li>• Virtual Steering Group: Regional review for all areas of development</li> <li>• Six monthly partner improvements/suggestions/satisfaction review</li> </ul>
<p><b>Economic Evaluation</b> (How will you evaluate the cost benefits/cost avoidance delivered by your project?)</p>	<p>Using a number of methods including:</p> <ul style="list-style-type: none"> <li>• Analysing available local /regional and national data</li> <li>• Reviewing impact on other services as a result of project</li> </ul>
<p><b>Qualitative Evaluation</b> (How will you capture the experiences of service users/staff/communities?)</p>	<p>Developing:</p> <ul style="list-style-type: none"> <li>• Pre/Post Evaluation per programme and annual review</li> <li>• Case studies</li> <li>• Evidenced based Research opportunities with Universities in partnership</li> </ul>

### Exit Strategy

<p>Tell us about your exit strategy for the project (post 2021):</p> <ul style="list-style-type: none"> <li>• The Train the Trainer model to be embedded within each key partner organisation, and within L&amp;D programmes.</li> <li>• Organisational commitment to deliver community based programmes through the shared pool of trainers.</li> <li>• Sustainability through achievement of sufficient regional Trainers accredited to Level 2 status for future Train the trainers Level 1 cohorts.</li> <li>• Long term License Agreement with Grays to ensure continuation for use of all co designed programmes</li> </ul>
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### Project contact details

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