



# East Lothian carers' strategy

What does it mean for me?

# East Lothian carers strategy

The East Lothian Carers' Strategy is about making sure that there is a clear understanding of what being a carer means and that carers get the information, advice and support they need when they need it. It looks at the role that communities, schools, community services, health and social care services, third and independent sectors and employers should play in supporting carers.



# Our Vision for carers

Carers of all ages across East Lothian are able to access the help and support they need, when they need it, to maintain their quality of life, health and wellbeing, however they define it. They will be able to maintain their daily life, relationships, physical, psychological and social health.



# Who is a carer?



Carers can be any age from really young children to much older people. Carers care for parents, partners, brothers and sisters, children, other family members and friends. They are not paid for the care they provide.

The people they care for have a range of needs. The people cared for can be any age and might have long-term or short-term health conditions, physical or learning disabilities, mental health or substance misuse problems. Carers provide all sorts of care, including physical, personal and emotional support. They might also be doing things like shopping, cleaning and taking the person they care for to medical and other appointments. Some carers do this regularly and some do it all the time. Some people find caring manageable and rewarding. Others find it difficult to manage to the extent that that it makes them ill. Lots of carers lie somewhere in the middle – they have good days and bad days and that balance can easily shift.

What is clear is that caring may (and in most cases does) have an impact on the carer's own life, choices, employment, education, health and wellbeing.

# Identifying carers

Carers sometimes don't think of themselves as carers. Professionals sometimes don't always make it clear that people are carers and should be able to get appropriate information, advice and support to help them in their caring role. The strategy says that we can address this by:

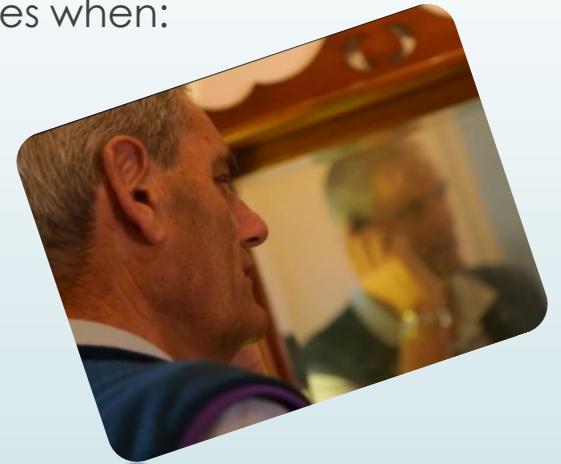
- ▶ Getting health and social care practitioners to make sure that they talk to patients, service users and families to identify carers
- ▶ Getting teachers, lecturers and other education professionals to identify young and young adult carers
- ▶ Making sure that if the cared for person moves to another service, that the new service is aware of the carer too
- ▶ Working with the third sector to identify carers that they are involved with
- ▶ Engaging with community, family, and social supports.



# Making sure Carers are well informed and can get the information they need when they need it

Carers need timely, accurate and good quality information and advices when:

- ▶ Someone is new to caring
- ▶ An initial diagnosis is made
- ▶ They are considering formal support or accessing other services
- ▶ Crisis situations occur
- ▶ Support needs increase or change
- ▶ Planning for future needs
- ▶ They or the person they care for has to change from one service to another
- ▶ The person they care for is discharged from hospital
- ▶ The person they care for dies
- ▶ They want to end their caring role.



# Carer Health and Wellbeing



The strategy is committed to:

- Supporting carers to promote their own health through Adult Carer Support Plans or Young Carer Statements
- Making sure the level and nature of care provided by young carers remains appropriate for their age
- Developing short-term support for carers who need cover to attend their own health appointments
- Providing regular moving and handling advice for carers to reduce risks to their physical health
- Developing carer friendly communities by growing community support through local groups, Local Area Partnerships, etc.
- Developing peer/buddy support for carers
- Providing social and peer activities for carers
- Providing advice, information and support to maximise incomes for carers (and the people they care for)
- Enabling Young Carers to access health and wellbeing support through school nurses.

# Breaks from caring are timely and regularly available



This strategy commits us to

- Developing an East Lothian Short Breaks statement in 2018 to make sure that there is a range of flexible local opportunities for replacement care/respice in a variety of settings to suit people's circumstances
- Ensuring that breaks are part of support plans for both the cared for person and the carer including regular planned respice in place as required to enable carers to "recharge"
- Expanding access to short term breaks for carers through flexible funding for breaks
- Commissioning specialist short breaks support for carers so that all carers have access to information and advice about breaks from caring
- Making sure that people who are cared for have access to replacement care to allow their carers to take breaks from caring
- Encouraging involvement across families/informal support to enable carers to get a break.



# Carers can achieve a balance between caring and other aspects of their lives

This strategy is committed to:

- Supporting carers to maintain social relationships as part of their Adult Carer Support Plan
- Developing access to flexible breaks to enable carers to maintain social relationships
- Supporting carers in employment making sure they can access to advice and information
- Developing carer friendly communities
- Developing peer support for carers to address social isolation.



# Young carers are supported to have a life outside of their caring role



The strategy is committed to:

- ▶ Working with schools to improve identification of young carers and to ensure a flexible and understanding approach towards young carers' needs and the provision of appropriate and tailored support
- ▶ Ensuring that the cared-for person has appropriate support to protect young carers from age inappropriate caring roles and enable them to have a life outside their caring role
- ▶ Commissioning services to support younger carers to have a childhood, have life outside caring role access to support if they are made anxious or upset by their caring situation
- ▶ Commissioning services that support older young carers as they enter adulthood, enabling them to achieve and sustain positive destinations outside of their caring role
- ▶ Developing clear pathways for young carers to get support and have Young Carers Support Plans that are regularly reviewed
- ▶ Developing support for "family moments" where young carers and their families can enjoy time together
- ▶ Developing Young Carer ID cards to help with identification and having views heard.
- ▶ Develop a regular East Lothian Young Carers Festival or event.

# Carers and young carers are recognised as partners in care and are appropriately included in the planning and delivery of services

We will treat carers as equal partners in the care of the person they care for by:

- Raising awareness of carers and increasing training for staff
- Supporting carers to have a say in the development and delivery of services in East Lothian
- Supporting the development of a “Carers Voice” group in East Lothian
- Supporting young carers to be heard, for example through groups and forums
- Ensuring that all registered and HSCP care services capture feedback from carers as well as from users of services and have forums to engage with key stakeholders



# Local communities are supported to be carer friendly



We will:

- Work within communities to raise awareness of carers, referral pathways and their need for support including supporting Carers Week in June 2018
- Support Carers Week events and Life Changes Trust Carers Events
- Develop and distribute information for carers in their local communities including information boards at appropriate locations
- Encourage the development of local peer and buddy groups for carers
- Work with our Local Area Partnerships who help direct how some services are funded in their local area
- Actively facilitate the relationships between third sector organisations and carers
- “Join the dots” between community services to make accessing support easier and more streamlined
- Work with community organisations to share information including providing a “what’s on” social media platform
- Encourage local businesses, including East Lothian Council, to work towards Carer Positive status
- Highlight the role of Day Centres and Care Homes in supporting carers.



# Over to you



If you need this  
info in another  
format or  
language,  
phone 01620  
827 799

This presentation gives you a quick overview of the key points covered in our new East Lothian Carers Strategy. We'd like to hear what you think. You can either respond to what you have read here or read the full strategy on the [East Lothian Consultation Hub](#). We'd like to hear:

- Whether you think the strategy will help carers
- What you think is good
- If you think we've missed things or there are other things you think we should do.

You can let us know what you think by emailing us at [elhscp@eastlothian.gov.uk](mailto:elhscp@eastlothian.gov.uk), phoning 01620 827 755, or writing to us ELHSCP, Room 211, John Muir House, Brewery Park, Haddington EH41 3HA