



ANGUS
Health & Social Care
Partnership

Carers in Partnership

A strategy for unpaid carers in Angus 2019-22



Published February 2020





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Foreword

Unpaid carers make an extraordinary contribution to communities in Angus by supporting family members, friends and loved ones who could not manage without them. Many see themselves simply as husbands, wives, partners, parents, siblings or friends, but they provide crucial support and make an immense difference to the lives of those they care for.

Angus Health & Social Care Partnership recognises that carers have a demanding role which will have an impact on their own health and wellbeing. We are committed to recognising and valuing their contribution and ensuring they know how to access support when they need it, to ensure a fulfilling life alongside their caring role. We could not manage without them.

Vicky Irons
Chief Officer, Angus Health and Social Care Partnership

A strategy for unpaid carers in Angus 2019-22

Introduction

This is our strategy for supporting carers in Angus from 2019 to 2022. By carers we mean unpaid carers, as opposed to people who are employed in the role - there are more detailed definitions in the “Am I a carer?” section at Appendix 1. This strategy has been developed in partnership with carers by the Angus Carers Strategic Partnership Group and sets out our priorities for the next three years.

Carers (Scotland) Act 2016

This new legislation places a number of duties on Angus Health and Social Care Partnership, Angus Council and NHS Tayside to support unpaid carers. The table below shows our progress in meeting the key requirements:

Requirement	Achieved ●	In Progress ●	Outstanding ●
Prepare a local Carer Strategy	●	-	-
Prepare an Adult Carer Support Plan	●	-	-
Prepare a Young Carer Statement	●	-	-
Prepare Local Eligibility Criteria for Carers	●	-	-
Provide an Information and Advice Service for Carers	●	-	-
Prepare a Short Break Services Statement	●	-	-
Waiving of Charges for Carers Policy	-	●	-
Ensure carer involvement in hospital discharge planning for cared-for people	-	●	-
Involve carers in services and service planning	-	●	-

Preparing the strategy

Since 2015 a range of conversations and events have taken place to help us identify how carers in Angus want to be supported. These conversations have enabled us to focus and shape the carer strategy and improvement plan.

Carers consultation events and methods (see Appendix 2)

Young Carers Consultation Day	April 2015
Carers Consultations Local Carers Support Groups	May - June 2015
Stakeholders Review event & Survey Monkey	April - May 2015
Carers Census Consultation	Nov 2016
Young Carers Stakeholders Event	Nov 2016
Carers Diary Project	May 2017
Carers (Scotland) Act 2016 Consultation on draft regulations	July 2017
Carers Conversations Day	August 2018
Review of Angus Carers Strategy 2013-16	May - August 2019
Carers Conversations Day	June 2019

In Angus we want our strategy to go beyond the legal requirements (see Appendix 3) and reflect the things that local carers have told us are important to them. We will work with our key partner Angus Carers Centre as well as carers themselves and other third sector organisations in Angus, to carry forward our plans.

This work is also underpinned by the Scottish Government's health and wellbeing outcomes framework which aims to improve people's experience of health and care services and produce services of a consistent quality across the country. There are nine "outcomes" which are defined as what matters to people using services and the impact they have. Outcome six is:

"People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and wellbeing"

The Scottish Government is also developing a Carers Strategic Policy Statement to support national and local planning. The themes they have chosen resonate with this strategy: carer voice and engagement, health and social care support, social and financial inclusion and young carers.

Our Vision for Carers

Carers of all ages are recognised and valued as equal partners, are fully involved in shaping services in Angus and are supported to have fulfilling lives alongside caring.

Caring in Angus



Identifying how many adult and young carers there are in Angus, and understanding how that number might change in the future, is very challenging. There are complex and varied reasons why people often don't recognise themselves as carers, or seek any kind of support.

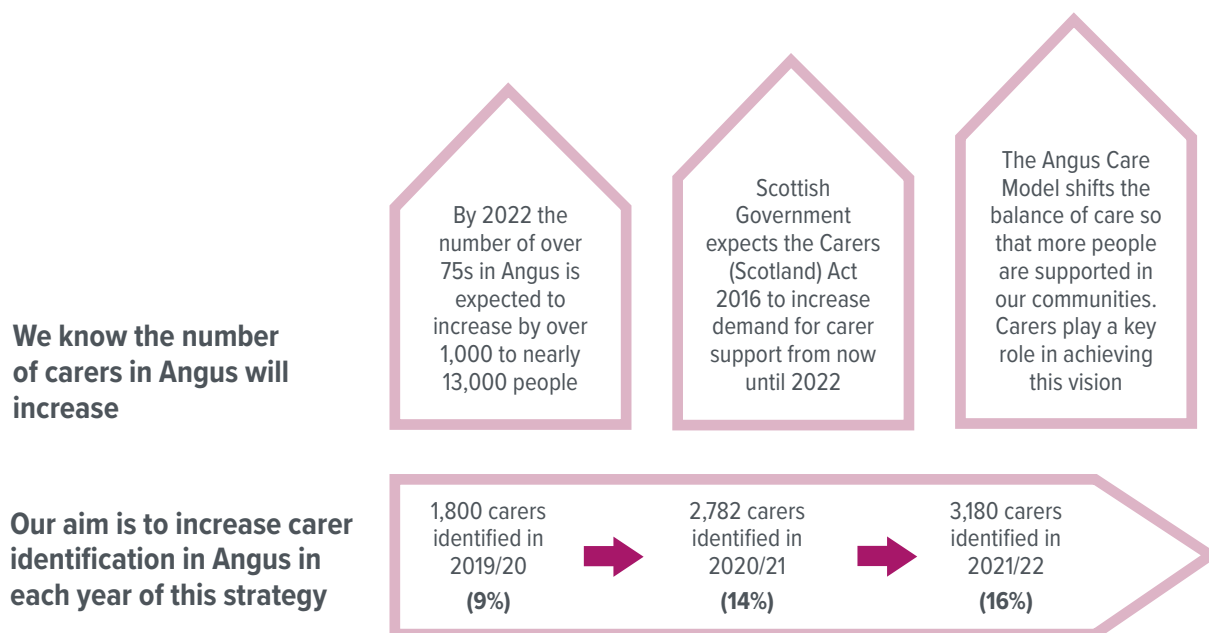
At the moment we can only estimate how many people are in a caring role in Angus. What we do know is that they make a tremendous contribution to supporting people in our community, often at a cost to their own health and wellbeing. Only a proportion of carers will ever need support from Angus Health and Social Care Partnership, Angus Council, Angus Carers Centre, or other local agencies. However, the Carers (Scotland) Act 2016 recognises that preventative support at an early stage can reduce the risk of carers coming to crisis,

and help carers to continue to manage independently. So we want to help carers to identify themselves so that they can readily get the support they need if and when they need it.

The Scottish Health Survey estimates that there are more than 19,000 carers in Angus. As at 1 June 2019 up to 1,800 carers are being supported by Angus Carers Centre and adult social care services. Other carers will be supported by schools and other services, but we are still only reaching under 10% of local carers. We need to do better than this, and to reach carers before they come to crisis point.

We expect the numbers of carers in Angus to increase, especially those supporting increasing numbers of older people living at home, and we want to ensure that they are supported to care for as long as they feel able and willing to do so.

More information about support for carers in Angus can be found through the Angus Carers Centre Tel. 01241 439157 www.anguscarers.co.uk and Angus Social Care and Health Partnership AHSCP www.angushscp.scot/support-for-carers/



How will Angus identify and support carers?

We are building our strategy on the principles of Equal Partners in Care (EPiC).

Why use the principles of Equal Partners in Care?

Carers have a unique role in the life of the person, or persons, that they care for. They also have valuable knowledge to contribute to the planning and delivery of care and services for those persons. But sometimes professionals don't fully appreciate the valuable contribution of unpaid carers, or the impact of change on them.

Being Equal Partners in Care means that providers of health and social care services (and other relevant organisations) should listen to and involve carers in planning and decision-making for the person they care for; creating an environment of mutual respect.

These principles reflect both national priorities and what is important to carers in Angus. We know they are ambitious but believe they are achievable and worth striving for.

The EPiC principles are:

- Carers are identified
- Carers are supported and empowered to manage their caring role
- Carers are enabled to have a life outside of caring
- Carers are fully engaged in the planning and shaping of services
- Carers are free from disadvantage or discrimination related to their caring role
- Carers are recognised and valued as equal partners in care.

This is our strategy for carers in Angus

Our six priority areas follow the Equal Partners in Care themes and contain a number of actions which are further developed in the Improvement Plan document. For a copy of the Improvement Plan please contact the Council's ACCESSLine on 03452 777 778.

Carers are identified

To achieve this we will:

- Support those in a variety of caring roles to recognise themselves as carers
- Promote public awareness of carers and the diversity of the caring role
- Ensure training for all relevant staff (particularly in health, social care and education) includes carer awareness and carer support

Carers are supported and empowered to manage their caring role

To achieve this we will:

- Provide accessible information, advice and direction to support for all carers across Angus
- Develop supports for carers that will prevent them reaching crisis
- Develop local arrangements to support carers in crisis

Carers are enabled to have a life outside of caring

To achieve this we will:

- Ensure that there are a range of short break options accessible to the diverse population of local carers to support them in their caring role
- Support opportunities for carers to work or continue to work where they wish to
- Provide opportunities for carers to participate in a range of supports and activities that are important to them

Carers are fully engaged in the planning and shaping of services

To achieve this we will:

- Ensure the views of carers are consistently represented in Angus Health and Social Care Partnership's decision-making
- Ensure that carers are informed about opportunities to shape services
- Ensure that we deal with anything that gets in the way of carers being fully engaged, such as resources, location and timing of meetings etc

Carers are free from disadvantage and discrimination related to their caring role

To achieve this we will:

- Consult with carers to identify any areas of disadvantage or discrimination
- Address barriers that disadvantage or discriminate against carers
- Support professionals to understand the impact protected characteristics (i.e. age, disability, gender, race, pregnancy & maternity, gender re-assignment, marriage and civil partnership, religion and belief, sexual orientation) can have on a carer

Carers are recognised and valued as equal partners in care

To achieve this we will:

- Ensure that all professionals value the role and contribution of carers in supporting people in their community
- Recognise the expertise that carers bring and ensure their views are fully reflected in planning to meet a supported person's needs
- Recognise the contribution that carers make to the supported person's life and to society in general

What we will do next

We will involve unpaid carers, and all those involved in supporting them in working to meet the aims that have been identified in this strategy. We want to ensure that the support of unpaid carers becomes a greater priority in Angus; that all services take account of how carers can be identified, supported and included in decision-making; and that they recognise the value of carers as expert and equal partners.

How will we know the strategy is successful?

The Improvement Plan sets out how we will measure success in achieving our aims. We will also measure our success in achieving our vision that “Carers of all ages are recognised and valued as equal partners, are fully involved in shaping services in Angus and are supported to have fulfilling lives alongside caring”. We will do this by collecting feedback in a range of ways, including satisfaction surveys and consultation events. You can follow progress at the Angus HSCP website.

Comments from some local carers supported through the Angus Carers Centre

“ Thank you. I found a little bit of me today!

“ Thank you – you’ve given me a bit of hope.

“ The Carers Craft Group is the most relaxing two hours I have each week.

“ Thanks for all your wonderful words of wisdom.

“ We loved every minute of our stay there. So tranquil. It did us the world of good.

“ Chatting to you and knowing that you get it is amazing. I know that you don’t feel I am being a horrible person by saying no to people either.

This document was produced in partnership with carers, by Angus Carers Strategic Partnership Group. If you have any comments or suggestions, please contact Angus Carers Centre on 01241 439157 or listening@anguscarers.org.uk

Appendix 1

Am I a carer?

In the Carers (Scotland) Act 2016, “caring” is understood as providing what is necessary to the cared-for person, to support their physical and mental health and wellbeing.

It doesn't need to be a certain kind of care, or take a certain amount of time, for a person to qualify as a carer. A carer doesn't need to live with the person they care for.

There are many examples of what carers do and these include:

- Helping someone to wash, dress or take medication
- Practical support with shopping, attending appointments, or going to social events
- Emotional support such as encouragement or reassurance

Meaning of young carer

You are a “young carer” if you are a carer (as above) and are also:

- under the age of 18; or
- 18 or over, but still attending school.

Meaning of adult carer

You are an “adult carer” if you meet the criteria for a carer above and are aged 18 or over, and not attending school.

Kinship carers

A kinship carer (usually a relative or close friend looking after a child in place of their parents) can be a carer under the Act, even where they have a kinship carer agreement with the local authority. This is only for kinship carers who meet the other requirements of the meaning of 'carer' above, so not where the care is simply because of the child's age.

More Information about carer definitions can be found **[here](#)**

Appendix 2

Carers Act (Scotland) 2016 Section 31: Duty to prepare local carer strategy

‘Carers in Partnership’ is the Local Unpaid Carer Strategy for 2019-22. It has been jointly prepared by Angus Health and Social Care Partnership together with Angus Carers Centre as its primary partner in delivering support and advice to unpaid carers in Angus.

The strategy document aims to present an agreed vision for supporting unpaid carers, which has been informed through extensive consultation with unpaid carers, volunteers, professionals and organisations which work with adult and young carers. It should be read alongside the Improvement Plan which identifies key actions to improve the identification and support provided to unpaid carers in line with the Equal Partners in Care approach.

The Strategy document and Improvement Plan set out:

- plans for identifying carers and obtaining information about the care they provide or intend to provide to cared-for persons in the local area
- an assessment of the demand for support to carers
- links to further information about the support available to carers in Angus
- an assessment of the extent to which demand for support to relevant carers is currently not being met
- plans for supporting relevant carers
- plans for helping carers put arrangements in place for the provision of care to cared-for persons in emergencies
- an assessment of how supporting carers may reduce any impact of caring on carers’ health and wellbeing
- the intended timescales for preparing adult carer support plans and young carer statements
- information relating to the particular needs and circumstances of young carers
- how the EPiC principles will become integral to supporting carers in Angus