



# **Carers in Partnership -**

## **A strategy for unpaid carers in Angus**

### **2019-2022**



## Introduction

This is our strategy for supporting unpaid carers in Angus from 2019 to 2022. It has been developed in partnership with carers by the Angus Carers Strategic Partnership Group and sets out our priorities for the next three years.

## 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.***

## Preparing this Strategy

Since 2015 a range of conversations and events have taken place to help us identify how unpaid carers in Angus can best be supported.

From these conversations, we were able to provide focus and shape the carer strategy:	
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 – 2016	May – August 2019
Carers Conversations Day	June 2019

The Scottish Government requires all local authorities and relevant health boards to prepare a local carer strategy (See Appendix 1). The Scottish Government's definitions of carers can be found in Appendix 2.

In Angus we want our strategy to go beyond the minimum legal requirement and reflect the things that local carers have told us are important to them.

We are building our strategy on the foundation of the **EPiC principles**. EPiC stands for Equal Partners in Care.

## What do we mean by Equal Partners in Care?

Carers have a unique role in the life of the person(s) they care for. They also have valuable knowledge to contribute to the planning and delivery of care and services for that person(s). 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.

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.

The principles reflect both national priorities and what is important to carers in Angus; and are ambitious but achievable.

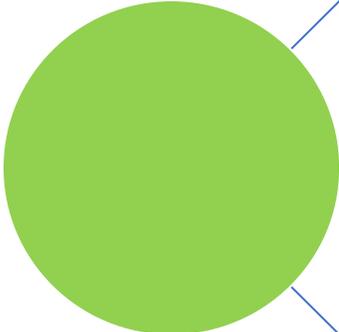
Support for carers is also included in the Angus Health and Social Care Partnership (HSCP) Strategic Commissioning Plan 2019- 2022

### OUR VISION

Working together, developing communities that actively care, promoting wellbeing and creating the best possible health and social care across Angus

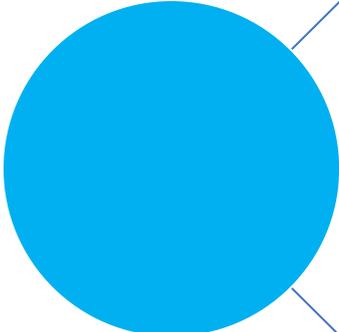
We will work in partnership with carers, Angus Carers Centre and other third sector organisations in Angus to carry forward our plans in the spirit of the EPiC principles.

**This is the strategy for carers in Angus. The strategy will be taken forward under six priority outcomes. Each priority outcome contains a number of actions which are further developed in the Improvement Plan (Appendix 3).**



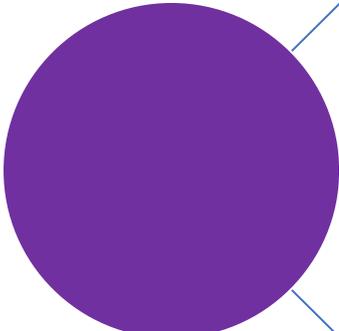
**Outcome 1: Carers are identified**  
To achieve this we will:

- Support those in a caring role to recognise themselves as carers
- Promote public awareness of carers and the caring role
- Ensure induction and training for all relevant staff includes carer awareness and carer support



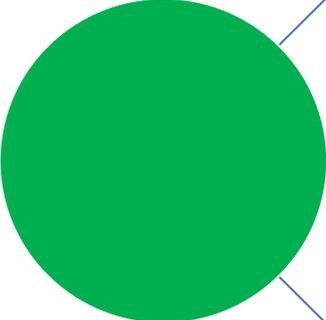
**Outcome 2: Carers are supported and empowered to manage their caring role**  
To achieve this we will:

- Provide accessible information, advice and sign-posting for carers
- Develop local supports for carers that will prevent them coming to crisis
- Develop local arrangements to support carers in crisis



**Outcome 3: Carers are enabled to have a life outside of caring**  
To achieve this we will:

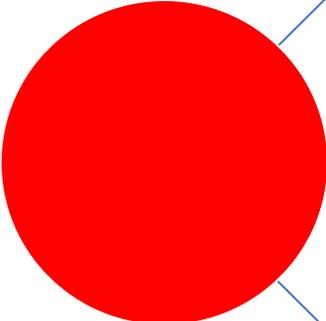
- Ensure that there are a range of short break options accessible to the diverse population of local carers to support them in their caring role
- Support opportunities for carers to work or continue to work where they wish to
- Provide opportunities for carers to participate in a range of supports and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



**Outcome 4: Carers are fully engaged in the planning and shaping of services**

To achieve this we will:

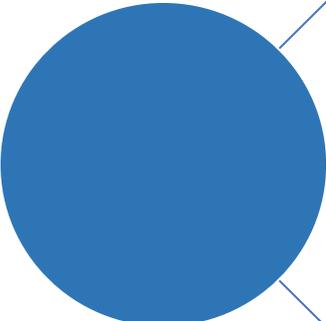
- Ensure carers are consistently represented throughout the Partnership's decision-making structures
- Ensure that carers are informed about opportunities to shape services
- Proactively address any barriers to effective carer engagement, such as resources



**Outcome 5: 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 staff to understand the impact of carers' **protected characteristics** (i.e. age, disability, gender, race, pregnancy & maternity, gender re-assignment, marriage and civil partnership, religion and belief, sexual orientation).



**Outcome 6: 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

## Caring in Angus



Working out how many adult and young carers there are in Angus and understanding how that figure might change in the future, is a challenge. There are complex reasons why people don't always recognise themselves as carers.

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 the health and social care needs of people in our community, often at the cost of their own health and wellbeing. Only a proportion of carers will ever need support from Angus HSCP, 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.

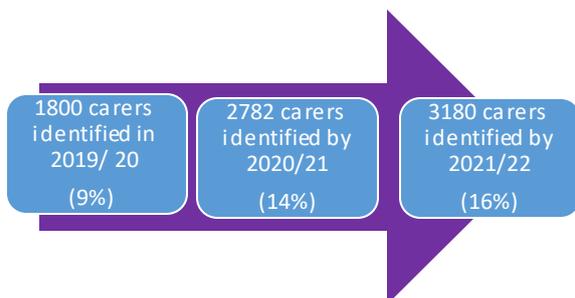
The Scottish Health Survey estimates that there are more than 19,000 carers in Angus. As at 1 June 2019 up to 1800 carers are being supported by Angus Carers Centre and Adult Services teams. Other carers will be supported by schools and other commissioned services, but we are still only reaching about 9% of local carers. We want, and need to, do better, and reach carers before they come to crisis. We know the numbers of carers in Angus will increase, especially those supporting older people.



By 2022 the number of over 75s in Angus is expected to increase by over 1,000 to nearly 13,000 people

Scottish Government expects the Carers (Scotland) Act 2016 to increase demand for carers support from now until 2022

The Angus Care Model shifts the balance of care so that more people are supported in our communities. Carers play a key role in achieving this vision



**Our aim is to increase carer identification in Angus in each year of this strategy**

**Financial Information will be contained in the final document.**

### **What we will do next**

We will involve unpaid carers, Angus HSCP, Angus Council, Angus Carers Centre, relevant third sector organisations and other interested parties, in working to meet the aims that have been identified in this strategy. We want to ensure that the support of unpaid carers becomes core business in Angus and that all services take into account how carers can be identified, supported and included in decision-making.

### **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](#).



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](mailto:listening@anguscarers.org.uk)

The content of this publication, or sections of it, can be made available in alternative formats or translated into other community languages. Please contact the Council's ACCESSLine on 03452 777 778 for further information.

## Appendix 1

This strategy has been developed within the context of two new major pieces of legislation from the Scottish Government.

### 1. **The Public Bodies (Joint Working) (Scotland) Act 2014**

#### [The Public Bodies \(Joint Working\) \(Scotland\) Act 2014](#)

This requires NHS Boards and Local Authorities to integrate planning for, and delivery of, certain adult health and social care services. The Act led to the formation of the Angus Health and Social Care Partnership (Angus HSCP) in April 2016. The main purpose of integration is:

- a) To improve the wellbeing of people who use health and social care services, in particular those whose needs are complex and which require support from health and social care at the same time.
- b) To improve the wellbeing of those for whom it is necessary to provide timely and appropriate support in order to keep them well.
- c) To promote informed self-management and preventative support to avoid crisis or ill health

### 2. **The Carers (Scotland) Act 2016**

#### [The Carers \(Scotland\) Act 2016](#)

This legislation requires Angus HSCP to ensure that carers in Angus have:

- a) **A local Carer Strategy**
- b) **Adult Carer Support Plans/Young Carer Statements:**  
Carers have the right to be offered or request an Adult Carer Support Plan (ACSP) or Young Carer Statement (YCS), setting out their personal outcomes and identified needs.
- c) **Information and advice:**  
Local authorities are required to establish and maintain an information and advice service for carers. They must also publish and keep under review a *Short Breaks Services Statement*.
- d) **Support to carers:**  
Local authorities have a duty to provide support to carers, based on the carer's needs which meet local eligibility criteria. Local authorities also have powers to enable them to provide support to carers who do not meet local eligibility criteria.
- e) **Breaks from caring:**  
Local authorities are required to consider whether any support provided should include, or take the form of, a break from caring. They must also have regard to the desirability of breaks being provided on a planned basis.
- f) **Hospital discharge:**  
Health boards have a duty to inform the carer and to invite their views before a cared-for person is discharged from hospital. These must be taken into account before the discharge of the cared-for person.
- g) **Carers Charter:**  
Scottish Government have published a Carers' charter which sets out the rights of carers in or under the Act.

In addition to this legislation, the **Self-Directed Support Implementation Plan for 2019 – 2021** has recently been published. The carer strategy will be developed in Angus with this plan in mind.

## **Appendix 2**

### **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](#)