New Measures to Support Carers

On 1st April 2018 The Carers (Scotland) Act 2016 came into effect. The Act extends and enhances the rights of carers in Scotland to help improve their health and wellbeing so that they can continue to care, if they so wish, and have a life alongside caring.

The Act places a duty on local authorities and health boards to prepare a Local Carers Strategy covering both adults and young carers. Aberdeen’s strategy consequently encompasses all ages and relates equally to young carers as it does to adult carers.

Importantly, the Act brings changes to how carers can access support through ‘Adult Carer Support Plans’. Under previous legislation, a carer had to provide ‘regular and substantial’ care in order to access a support plan. This has been removed and all carers will be entitled to one, if they want one.

Carers (Scotland) Act 2016 — Useful Links:

Coalition of Carers—have produced a series of leaflets explaining the new duties and powers—these can be downloaded from our website using the below link:


Scottish Governments Carers Charter — will help carers understand their rights under the Carers (Scotland) Act 2016.

Adult Carer Support Plans - These plans and statements will replace Carers Assessments and consider a range of areas that impact on a carer.

Eligibility Criteria - Eligibility criteria for access to social care services for carers must be published. However, not all support offered to carers will be subject to the criteria. Local Carers Strategies must be produced and reviewed within a set period.

Carers Involvement - Carers must be involved in both the development of carers services and in the hospital discharge processes for the people they care for.

Information and Advice - An Information and advice service must be provided for relevant carers, with information and advice about rights, advocacy, health and wellbeing (amongst others).

Short Breaks Statements - To prepare and publish a statement on short breaks available in Scotland for carers and cared for person.

Hospital Discharge - To place a duty on all Health Boards to involve the carer before the cared for person is discharged from hospital.

Additionally, the new act requires a focus on assessing the needs of the carer separately from the needs of the cared for individual. The act also brings a range of new duties and powers.

For more information on what to expect from these new duties and powers locally please go to page 3 of the newsletter.

If you would like additional information or you would like to be involved, please get in touch with us on 01224 212021 or e-mail Carers.Info@vsa.org.uk.
Fit 2 Care Aberdeen

VSA Carers Resource Service has teamed up with various partners to provide a programme of activities and events to help carers feel supported and recognised while helping to improve fitness and wellbeing.

The first programme runs from June to September and includes activities such as Technogym, Inclusive Circuits, Carers Café’s and Cooking for Carers to name but a few.

These activities are suitable for all ages and abilities and therefore inclusive for all carers.

You can download the Fit 2 Care programme by going to the ‘Healthy and Connected’ tab on our Carers Service website, following the link below:


Here you will see some of the other activities and events that you can participate in which helps to improve health and wellbeing.

As always we would like to get your feedback and thoughts on the range of activities available within the Fit 2 Care programme and perhaps your experiences of doing some of the activities on offer. You can contact us on 01224 212021 or e-mail us at Carers.info@vsao.org.uk.

Carers Week 2018—Healthy and Connected

VSA Carers Resource Service hosted a number of events to promote and celebrate Carers Week this year, with the theme for Carers Week being ‘Healthy and Connected’ we wanted to ensure that Carers could enjoy activities that would promote Health and Wellbeing.

Events included a Carers Café, Information Stands, Carers Roadshow at Royal Cornhill Hospital, Cooking for Carers and an Afternoon Tea and Spa.

One of the events we hosted in partnership with CFINE was Cooking for Carers, which had a ready, steady, cook theme where two teams had to cook a 2 course meal with the ingredients provided.

The afternoon was great fun and all who attended thoroughly enjoyed the challenge of cooking on the spot and being able to eat their food in good company afterwards.

We also had information stands at the Trinity Centre/Health Village and at Cornhill Hospital, where we were raising awareness to the general public with regards to unpaid carers. We would like to thank all those carers who attended events over Carers Week and a special thanks goes to all the organisations which partnered and supported us to run some of the events.
Carers (Scotland) Act—What to Expect?

Scotland has taken a major step in enhancing the rights of the nation’s unpaid carers with the introduction of the Carers (Scotland) Act 2016, which sets out to ensure that carers are better and more consistently supported. It introduces new rights for unpaid carers and new duties for local councils and NHS to provide support for carers. But what does that mean in practise and what can carers expect from the Carers’ Act?

**Duty to prepare an Adult Carer Support Plan (ACSP)**

One significant change is that carers now have the right to be offered – or to request an Adult Carer Support Plan (ACSP) (or Young Carer Statement (YCS) if applicable). Any carer can request one, regardless of the number of hours, type of caring, or regularity of their caring role. An ACSP starts with a conversation that identifies personal outcomes and any needs a carer may have. The plan may highlight any support that could be provided to an adult carer to meet their needs.

**Duty to set local eligibility criteria**

Local Authorities now have a duty to set Local Eligibility Criteria, which is a framework used to identify whether an adult or young carer should receive support from Aberdeen City Health & Social Care Partnership (ACH&SCP) to meet their identified needs. In Aberdeen, the National Eligibility Framework will determine the local eligibility criteria. If a carer meets the threshold support may take the form of self-directed support (SDS).

**Duty to provide support**

Carers who are not eligible for SDS will still receive help and support and can access services such as information and advise from ACH&SCP and VSA Carers Resource Service. Carers may also be offered support such as breaks from caring.

**Duty to involve carers in carers services**

ACH&SCP has a duty to consult with carers about shaping services that impact on their caring roles. ACH&SCP has a duty to involve carers in hospital discharge planning, ensuring that before a cared-for person is discharged from hospital, carers are involved in the process. When ACH&SCP are preparing a cared-for persons assessment, carers views should also be taken into account.

**Duty to prepare local carer strategy**

ACH&SCP will prepare a local carer strategy. This sets out how they plan to deliver services for carers.

**Information and advice services for carers**

VSA Carers Resource Service deliver an advice and information service for carers on behalf of ACH&SCP. The service provides information and advice about Carers Rights, education and training, health and wellbeing (including counselling), support planning and future care planning.

**Carers Charter**

Scottish Ministers must prepare a Carers Charter setting out the rights of Carers in the Act.

If you require more information on any aspects of the new Act and how this impacts you please contact us on 01224 212021 or e-mail Carers.Info@vsu.org.uk.

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**Goodbye and Good Luck to Hilary Benson**

Hilary Benson, Carers Service Manager has decided to move on from the service and we would like to thank Hilary for her service over the last few years and we wish her every success for the future.
The Herbert Protocol — Caring for Someone with Dementia?

You may have recently seen in the news Police Scotland’s new initiative called The Herbert Protocol. This is a local initiative for residents living in the North East of Scotland.

The system provides the police with everything they need to know to search for the person living with the dementia should they go missing.

It’s a form that is kept at home containing important information regarding known routines, habits as well as descriptions of your friend/relative and details of their and others involved with their care. It can be handed to Police so that you do not have to worry about gathering the information during what can be a very stressful time.

You can download the form from [http://www.scotland.police.uk/herbertprotocol](http://www.scotland.police.uk/herbertprotocol)

It should be kept up-to-date so that all the information is relevant and current. A recent photograph should also be kept with the form.

The police will only need the form when the person is reported missing and the form will be returned when the person is found.

If you need help downloading the form or require any further information please contact us on 01224 212021 or e-mail Carers.Info@vsa.org.uk.

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**Aberdeen City Council Blue Badge Scheme Update**

Aberdeen City Council runs a pilot allowing for anyone with a mental disorder / cognitive impairment to apply for a Blue Badge. The pilot is now complete and the mental disorder/cognitive impairment scheme is now a permanent part of the Blue Badge Scheme.

This means people with a mental disorder or cognitive impairment may be eligible for a Blue Badge. ‘Mental disorder’ is a legal term that means a mental illness, a personality disorder or a learning disability.

There is a separate application form for this, as the application must be supported by a professional who is involved with the applicant’s care, such as a Consultant, Specialist doctor (not a GP), Specialist nurse, Social worker or Specialist teacher who works in close contact with the applicant.

All applications received are required to be assessed by an Occupational Therapist, through providing the benefit information if they have one, it will make the process quicker.

The scheme allows badge holders to park closer to their destination, but the national concessions apply only to on-street parking.

You can apply for a Blue Badge by visiting the Aberdeen City Council website or clicking on the following link: [https://www.aberdeencity.gov.uk/services/roads-transport-and-parking/parking/blue-badge-scheme](https://www.aberdeencity.gov.uk/services/roads-transport-and-parking/parking/blue-badge-scheme)

Please ensure you download the mental disorder/cognitive impairment form and not the original Blue Badge form.

If you require more information regarding the Blue Badge Scheme or need help downloading the application form and guidance notes please get in touch on 01224 212021 or e-mail Carers.Info@vsa.org.uk.

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For more information on VSA Carers Resource Service or to unsubscribe from our Carers’ mailing list, please contact VSA on 01224 212021 or email Carers.Info@vsa.org.uk.