

West Lothian Health and Social Care Partnership

Carers Strategy 2020 2023

Contents

1. Introduction	3
2. Strategy at a glance	4
3. Strategic Outcomes and Priorities	5
3.1 IJB Strategic Aims	5
3.2 Carers Strategy Policy Statement	5
4. The Legislative Framework	6
4.1 Carers (Scotland) Act 2016	6
4.2 Social Care (Self-Directed Support) (Scotland) Act 2013	6
5. Development and Engagement	7
6. Who are Carers	9
6.1 What carers do	9
6.2 Types of Carers	9
6.3 Impact on Carers	10
7. Carer Demographics	11
7.1 Scotland statistics	11
7.2 West Lothian demographics	12
8. Carer Support	13
8.1 Core Principles for supporting Carers	13
8.2 Advice, Information and Support	14
8.3 Adult Carer Support Plan and Young Carer Statement	15
8.4 Short Break Statement	15
9. Strategy Action Plan 2020 -2023	17
10. Legislation and useful links	23

1. Introduction

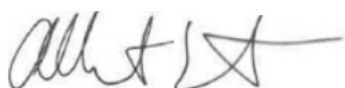
The West Lothian Health and Social Care Partnership (HSCP) Carers' Strategy 2020 – 2023 sets out our vision and aims for unpaid carers in West Lothian.

The HSCP is committed to working in partnership in delivering the best outcomes for adult carers and young carers and for the person(s) they care for. We recognise that caring for family or friends is incredibly rewarding but that it can also be emotionally, financially, and physically challenging and that carers may at times require support to continue in their caring role and to stay in good health themselves.

This strategy has been shaped by carers and their families and draws from a range of engagement activities undertaken in partnership. It sets out how we plan to achieve our aims and priorities to ensure that carers' physical and emotional health and wellbeing is supported, that breaks from caring are available, and that young carers are supported to be children first.

The challenges are significant particularly when considered against the increasing demand upon health and social services, financial pressures and economic uncertainties. The Covid 19 pandemic has emphasised the role and contribution carers make both to the person they support and within their communities. With this increased recognition of the valuable role of carers and the impact the pandemic may have had on their own personal lives or those of the people they care for, this plan reflects the support carers are entitled to and deserve.

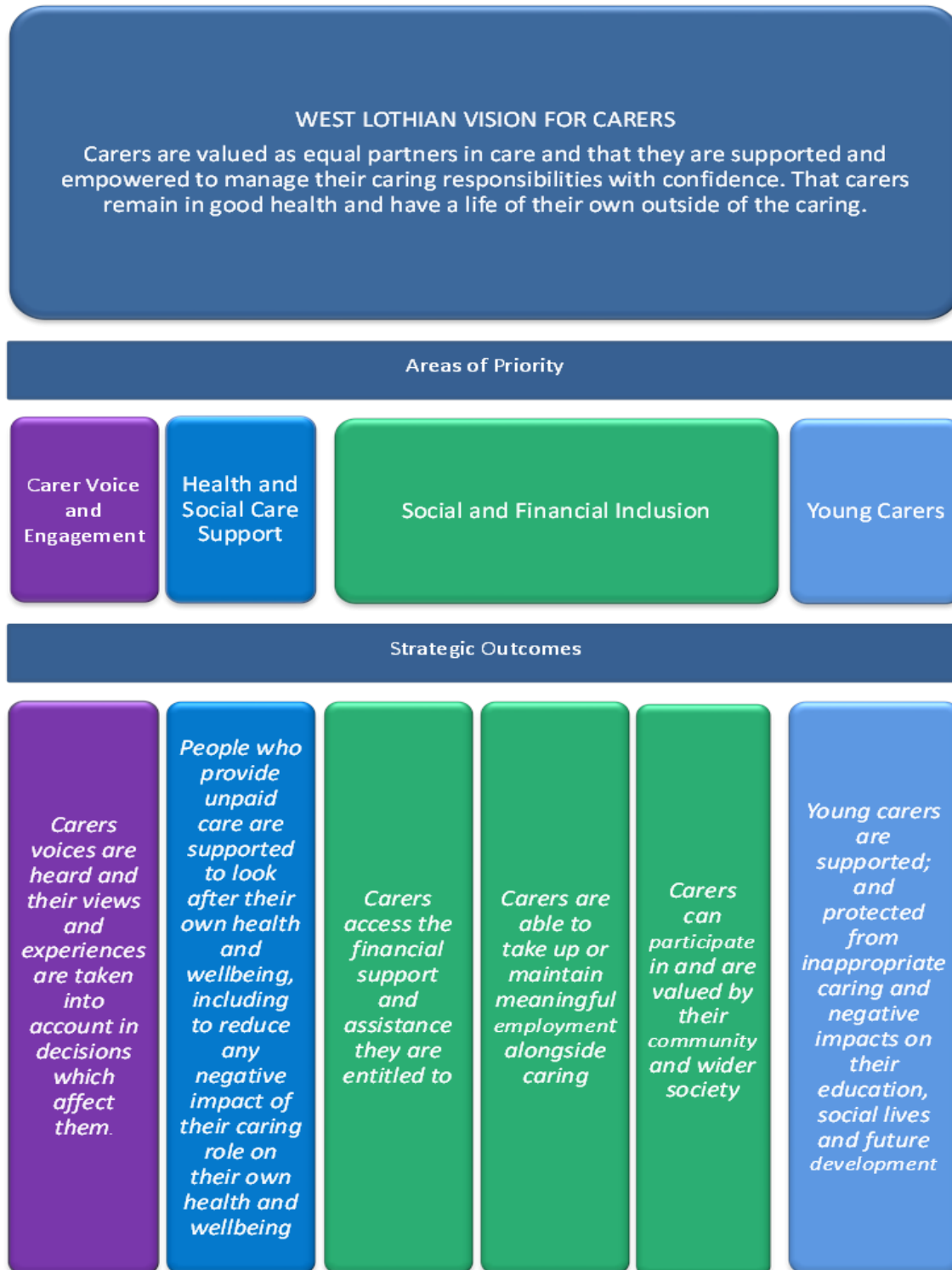
We are confident that by working together in genuine partnership we can achieve a support network and deliver excellent services for carers of all ages to meet their own individual needs and those of the person they care for.



Allister Short, Director
West Lothian Health and Social Care Partnership

2. Strategy at a glance

Carers play a vital role in society and there is a long history in West Lothian of working in partnership with unpaid carers. Support must be available to carers who need it to ensure they are not only able to fulfil their caring role but also able to lead a good life beyond their caring responsibilities. West Lothians vision and priorities for carers of all ages is summarised below:



3. Strategic Outcomes and Priorities

This strategy reflects on the vision and aims from the Integration Joint Board (IJB) Strategic Plan, the principles from Equal Partners in Care, the Scottish Government's Carers Strategic Policy Statement, and from our commitment to Getting It Right For Every Child (GIRFEC).

3.1 IJB Strategic Aims

The West Lothian IJB Strategic Plan 2019-23 details the IJB's strategic aims detailed below:



The Strategic Plan recognises the vital role that carers have to play in the delivery of these strategic aims.

3.2 Carers Strategy Policy Statement

In December 2019 the Scottish Government completed a national consultation on its draft Carers Strategic Policy Statement. The Statement is intended to assist local and national strategic planning and policy development to achieve a commitment to align policies to support and listen to carers. The West Lothian Health and Social Care Partnership has referred to this statement and the four policy areas in the preparation of our Carers strategy.

- Carer voice and engagement
- Health and social care support
- Social and financial inclusion
- Young Carers*

* Young Carers will also be a priority area / action in the West Lothian Children's Services Plan 2020 -2023 and will commit to delivering the best outcomes for young carers.

4. The Legislative Framework

4.1 Carers (Scotland) Act 2016

The Carers (Scotland) Act 2016 came into effect on 1 April 2018. The purpose of the Act is to help carers continue in their caring role whilst being supported to look after their own health and wellbeing.

The Act provides for carers in a number of areas. These include:

- The right for carers to be offered or to request an Adult Carers Support Plan or Young Carer Statement
- The right to support to meet any identified eligible needs
- A duty on the local authority to develop a short breaks statement
- A right to be involved in planning carer services
- A requirement for local authorities to have an information and advice service for carers
- A duty for the health board to inform and involve carers in the hospital discharge process for the person they are or are going to be caring for

4.2 Social Care (Self-Directed Support) (Scotland) Act 2013

Self-directed Support (SDS) allows supported people and their carers to make a choice on how any assessed eligible support is delivered. Carers have four options in relation to how any eligible needs are met;

Option 1 - Direct Payment (cash payment)

Option 2 - The selection of support by the carer to an organisation they choose, with the arrangements and payment made by the local authority

Option 3 - The carer chooses to allow the council to arrange their services

Option 4 - The selection of options 1, 2 or 3 for each type of support (combination of options)

The choices offered under SDS allow each carer to personalise their assessed eligible care and support in a way that meets their individual needs and outcomes.

5. Development and Engagement

A collaborative approach was taken in developing the Strategy, with carers and the organisations that support them at the centre of the process. This included the consultation and feedback from the IJB strategic plan and commissioning plan process and a survey undertaken by Carers of West Lothian.

The HSCP initiated a wide range of engagement activities from August to October 2019. This involved attending existing network groups, forums and also setting up separate meetings with specific care group providers, carers and advocacy groups. The work was enhanced further by reaching out to the voluntary and 3rd sector organisations and individual meetings with their stakeholder groups.

Over 645 carers / advocates, service users, service providers, members of the public received direct face to face contact and responded to the engagement activity. The engagement process underpins the HSCP commitment to work with all health, social, voluntary sector and 3rd sector partner organisations.

Based on the engagement feedback, in January 2020, West Lothian's Integration Joint Board approved four commissioning plans for:

- Older People and People with Dementia
- Mental Health
- Learning Disabilities
- Physical Disabilities

Whilst specific themes emerged for each of the plans, there were some common themes across all care groups including support for carers. The feedback correlates to the strategic aims reflected in this strategy and areas for improvement for carers are included in all 4 commissioning plans and in this strategy action plan.

Stakeholder Engagement



Feedback from the 2019 Carer Survey

80 carers registered with Carers of West Lothian (COWL) responded to the 2019 annual survey. Carers were asked about the type of information or advice they received through COWL and how helpful or unhelpful this was. 88% of those receiving financial or benefits advice said it was either extremely helpful or helpful. Respondents generally said the quality of information and advice received is excellent, with no improvements needed and that the information provided is clear, informative and professional.

34% said they wanted opportunities to relax and unwind / relaxation sessions

23% said they would like courses or workshops to improve their health and wellbeing



26% of respondents are looking for opportunities to get time away from their caring role and 16% are looking for interest groups e.g. gardening or crafts

25% of respondents commented that they would like activities to be run across West Lothian not just in Livingston



22% would like more opportunities for peer support



14% are looking to develop their confidence in their caring role

17% would like to be connected with groups or activities that run in the evenings or weekends

6. Who are Carers

The Carers (Scotland) Act 2016 defines unpaid carers as an “individual who provides or intends to provide for another individual”.

An unpaid carer can be a child or an adult who, unpaid, looks after a friend or family member who can't cope alone due to illness, disability, a mental health problem or an addiction. Many people don't recognise themselves as carers. This strategy is for carers for all ages who live in West Lothian, or who care for someone who lives in West Lothian.

6.1 What carers do

There are many ways Carers, including young carers might care for someone else including;

- practical tasks like cooking, housework and shopping
- physical support, like lifting, helping someone on stairs or with physiotherapy
- personal care, like washing, dressing and helping with toileting needs
- managing the household budget, and collecting benefits and prescriptions
- giving medication
- emotional support

The time a caring role takes up can vary hugely from carer to carer, and may involve visiting a relative who lives far away or arranging and accompanying the cared person to any appointments necessary. Carers may be someone who drops in daily to a nearby disabled friend to give them a meal and company, someone who moves in with a relative to help them get better after an operation or is there to provide 24-hour constant care for a partner.

6.2 Types of Carers

Adult carer:

A carer who is at least 18 years old but is not a young carer

Parent Carer:

An adult who cares for a child with a long term illness or disability to a greater extent than would be expected in a parenting role for the age and stage of the child

Young carer

A carer who— (a) is under 18 years old, or (b) has attained the age of 18 years while a pupil at a school, and has since attaining that age remained a pupil at that or another school and cares for a sibling, parent or other family member who has an illness or a disability

Hidden Carer:

Do not identify themselves as carers and therefore may not seek support and information that would benefit them. Instead they see themselves as looking after a parent, child or relative on a regular basis and do not identify this as a caring role.

6.3 Impact on Carers

Caring is very rewarding but can also be extremely demanding. Care may be provided throughout the day and night seven days a week, or may fluctuate depending on the needs of the person they look after. Each carer, and their caring situation, is unique. As such, carers experience varying degrees of positive and negative impacts. Sometimes, a caring role can feel very challenging and can lead to:

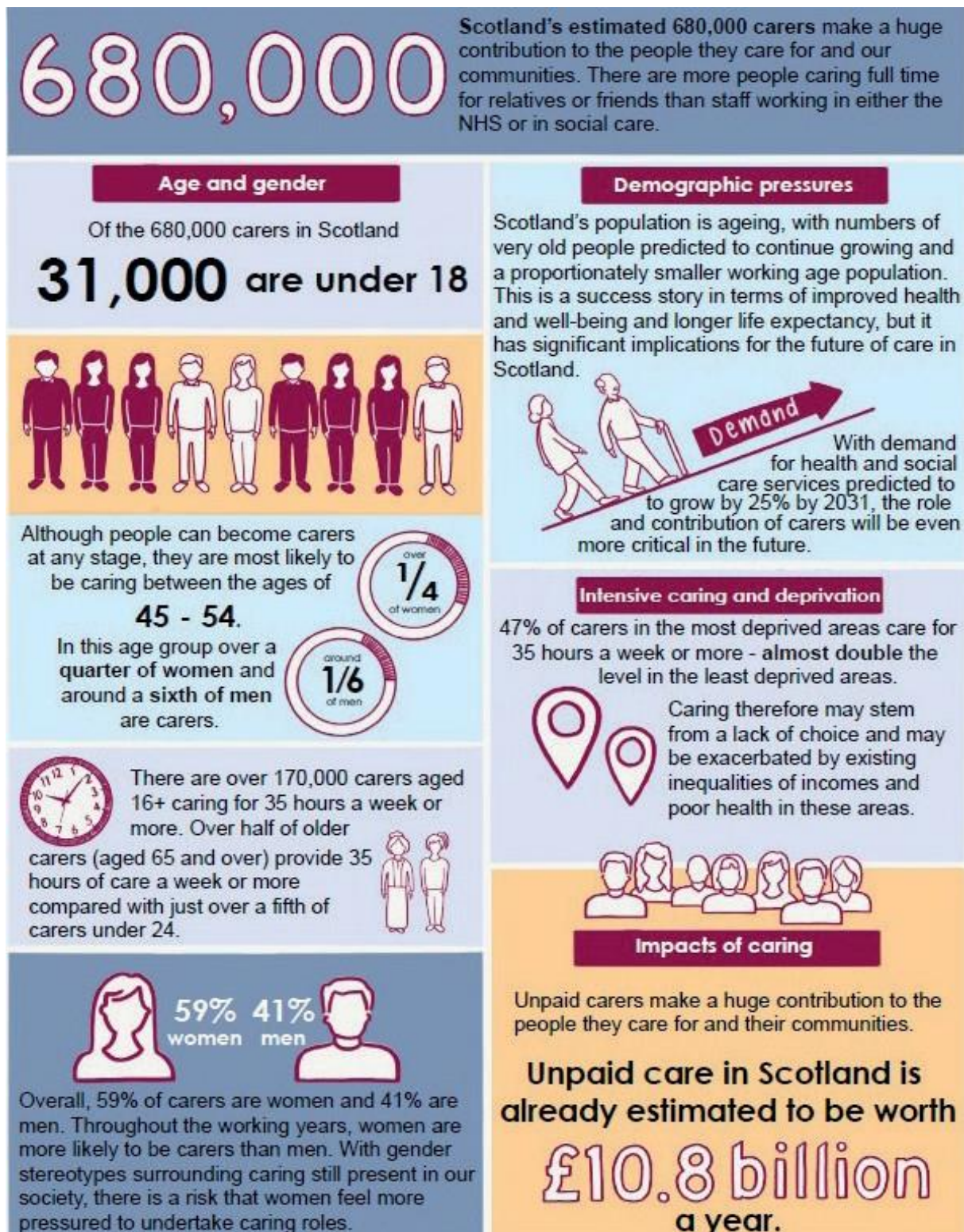
- social isolation due to not having time to develop or nurture relationships with friends or family members;
- stress of co-ordinating care with wider family responsibilities;
- having very limited or no opportunity to have 'time out' or a break to recharge;
- difficulties in maintaining education or employment, leading to the loss of opportunities and income;
- increased financial pressures due to caring role;
- making long-term lifestyle changes;
- health and wellbeing being impaired due to pressure and stress of the caring role.

According to the 2011 Census, young carers and young adult carers are twice as likely to report a mental health condition compared to those without caring responsibilities, and young adult carers are three times more likely to report a mental health condition compared to young carers.

7. Carer Demographics

7.1 Scotland statistics

The role of carers is valued at a national and local area and the Scottish Statistics below show the importance the role of carers contribute to the country as a whole:



7.2 West Lothian demographics

Positively, people living in West Lothian are now living longer. Of particular significance is the increasing population of older people which brings both opportunities and challenges for future care delivery.

The ageing population in West Lothian is rising faster than the national average and by 2041, one in four people will be over the age of 65. Over the next 5 years, people aged over 75 will increase by 25%, therefore we need to think about how we design and deliver our services.

The number of carers in West Lothian is, similar to the national average of 9.5% of the population. There has, however, been a significant increase (35%) in the amount of care provided with nearly 7,800 people providing unpaid care for 20 or more hours a week, and 4,600 of these for 50 hours or more.

Older age impacts the incidence of frailty, including dementia and other long term conditions and services will need to change to ensure that the right types of supports are available to people at the right time and in the right place. People with long term conditions are also living longer and this will have an impact on demand for care and support and where it is delivered and also increase the demand for carer support.

Progress has been made to identify and support many carers in West Lothian but we know there are many other 'hard to reach' or 'hidden carers' including Black and Minority Ethnic (BAME) and Lesbian, Gay, Bisexual and Transgender (LGBT) carers who continue to provide substantial levels of care with little or no recognition. Our aim is to ensure that all people in West Lothian with significant caring responsibilities have access to information and support they require as carers.

We will also continue to take forward effective carer identification by ensuring that the Health and Social Care workforce have the necessary knowledge and skills to refer and signpost carers to the relevant support services.

For 2020/2021, the Scottish Government allocated additional resources to Local Authorities to support the implementation of the Carers (Scotland) Act 2016. From the additional resource of £11.6 m West Lothian was allocated £339,000. This funding has been invested to ensure the provision of additional respite and short breaks from caring and ensuring all carers who meet the eligibility criteria have a personalised Adult Support Plan or Young Carers Statement in place and to ensure information and advice services are available to all carers in West Lothian.

8. Carer Support

8.1 Core Principles for supporting Carers

The Scottish Government published Health and Social Care Standards My Support, My Life in June 2017. The new Standards set out what we should expect when using health, social care or social work services in Scotland. They seek to provide better outcomes for everyone; to ensure that individuals are treated with respect and dignity, and that the basic human rights we are all entitled to are upheld. The development of our services will continue to be based on the following underpinning principles:

We will:

- Prioritise preventative support to help prevent problems developing
- Enable choice and control so that support can be personalised

By:

- Ensuring Adult Support Plans and Young Carer Statements meet the personalised needs and agreed outcomes of the individual
- Involve Carers who's cared for person is in hospital in the hospital discharge process
- Promote Self Directed Support to offer the most flexibility to the carers support needs
- Ensure there is a high quality carer advice and support organisation in West Lothian

The guiding principles of personalisation and prevention will help deliver the best outcomes for individuals and the system as a whole. These principles are at the core of Self-Directed Support as Scotland's approach to statutory social care support. They and the Carers Act itself are also key elements of the wider work to reform adult social care to design a system fit for the future.



In addition, the strategy embeds the Equal Partners in Care (EPiC) core principles where Carers are;

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

8.2 Advice, Information and Support

Carers of West Lothian (COWL) is the carers organisation in West Lothian which has been commissioned to provide support to carers across the Health and Social Care Partnership. Development continues to take place to ensure access to information, advice and support to help carers maintain their health and wellbeing and to have a life alongside their caring responsibilities.

Unpaid carers can benefit from a wide range of support if they live in West Lothian or if they care for or look after someone living in West Lothian. Carers are offered advice on a range of topics including benefits and legal advice such as Power of Attorney or care cost planning. Information is also offered about other services in West Lothian that may provide specialist support. Workshops and training are offered as well as social peer support groups giving carers the opportunity to talk with other people who are also carers. Counselling and access to funding for short breaks is also offered.

Information is available on the support that carers can receive from the Health and Social Care Partnership, including information about the eligibility criteria, Adult Carer Support Plans and Young Carer Statements. Staff at COWL can tell carers about other support that is available and answer questions on many topics that might impact on carers, also signposting to other specialist support organisations where appropriate.

Advice Clinics are delivered on benefits so that carers can get the right support when applying for benefits including the Carers Allowance or Young Carers Grant, and help to maximise income for carers who might have to reduce working hours or leave work due to a caring commitment. A legal clinic is also offered every month through Blackadders Solicitors who provide support for Power of Attorney, care cost planning, Wills and Trusts.

Peer Support Groups

Research suggests that carers can often feel isolated, and having the chance to speak to other carers and find out they are not alone, can be hugely beneficial. A number of social groups are organised through Carers of West Lothian. These are held both during the day and in the evenings in communities across West Lothian. This support is provided through coffee mornings, mental health groups and bereavement groups, all designed to bring carers together to talk and share their experiences. Specific Groups are offered to young carers with the emphasis on having fun.

Workshops and Training

Carers can also benefit from workshops and training both to learn new skills such as mental health, first aid, footcare or Mindfulness, transitions support, as well as the chance to learn this alongside other carers.



Counselling

Counselling for young carers and adult carers is offered and can be provided either over the telephone or face to face, delivered by qualified counsellors.

8.3 Adult Carer Support Plan and Young Carer Statement

Social Work will prepare Adult Support Plans and Young Carer Statements for those carers who are eligible. To request an Adult Carer Support Plan or Young Carer Statement a carer can contact a social work office or be referred from another organisation. The purpose of these is to look at the support a carer provides and determine what needs and outcomes a carer requires. The assessment considers all the carer commitments - family, work, study, housing, social life, leisure activities, age, health, and any support already in place.

An assigned worker will discuss the Plan or Statement to decide what level of eligibility for formal support is required. The local carer eligibility criteria can be viewed and downloaded:

-  [West Lothian Eligibility Criteria for Carers \[83.56KB\]](#)
-  [West Lothian Eligibility Criteria for Carers - Easy to Read version \[641.73KB\]](#)

The worker will then assist the carer to plan the necessary support - this may include:

- Information and advice
- Information about housing, equipment and adaptations
- Technology like flood/heat detectors, wandering devices, home security and Telecare
- Welfare benefits advice
- Short breaks from caring
- Who to contact in an emergency
- How to arrange an assessment of need for the person you are supporting

The worker will also offer information about the local carer support service

8.4 Short Break Statement

The Short Breaks Services Statement (SBSS) has been developed following the introduction of the Carers (Scotland) Act 2016. The Act requires each local authority to prepare, publish and review a Short Breaks Services Statement setting out information about short breaks services available for local carers and cared-for people. The Short Breaks Services Statement includes information for both adult and young carers.

The aim of the Statement is to help carers and supported people to understand:

- What short breaks are
- Who can access short breaks
- What short breaks are available locally and in Scotland
- How they can access short breaks and find further information

This Short Breaks Services Statement has been prepared in partnership with local adult and young carers and carer representatives. The Statement will continue to be reviewed in the light of further feedback.

This SBSS also signposts you to local sources of information about what services you and the cared-for person can expect from a range of local agencies, including education, health and social care. Knowing what is available will give you more choice and control over what support is right for you.

9. Strategy Action Plan 2020 -2023

The strategy is a high level document reflecting the national and local support available to carers and the people they care for.

The Carer Strategy Action Plan is intended to be a working document to ensure aims and objectives of the strategy and the Carers (Scotland) Act 2016 are implemented in West Lothian and succeed in supporting carers to continue in their caring role and stay happy and in good health themselves.

IJB receive annual updates on the implementation of the strategy, the progress of the action plan and the strategy will be reviewed in full in three years.

Actions and measures to monitor performance are summarised in the following Action Plan:

Strategic Outcome	Actions	Measures	Monitoring/Performance Indicator	Lead Service	Timescale
1. Carer Voice and Engagement					
Carers voices are heard and their views and experiences are taken into account in decisions which affect them	<ul style="list-style-type: none"> Carers of West Lothian will establish a "Carers Voice" group made up of unpaid carers representative of all elements of the caring population across West Lothian to provide a sounding board for new carer support to ensure it reflects carers' needs. 	Carers Voice established and is representative of all ethnicities, age groups and communities in West Lothian.	Number of carers who feel they have been involved in planning services	CoWL	Annually
			Percentage of carers who feel that local services meet their needs	CoWL	Annually
	Carers represented at local and national level	Carers in West Lothian have the opportunity to have their voices heard at wider events	Number of carers who feel they have been involved in planning services	CoWL	Annually

Strategic Outcome	Actions	Measures	Monitoring/Performance Indicator	Lead Service	Timescale
	<ul style="list-style-type: none"> Regular surveys and forums to establish carers views and experiences to influence strategic and operational decisions Raise awareness of carers across professionals to ensure carers are involved in hospital discharge planning 	<p>Establishment of consultations and specific carers sub group who will oversee consultation responses</p> <p>Awareness events at St Johns Hospital and across the HSCP</p> <p>Promote awareness to all partners of the hospital discharge process</p>	<p>Percentage of carers who feel that local services meet their needs</p> <p>Number of consultations undertaken per annum</p> <p>Increase in the number of carers participating in surveys and forums</p> <p>Increase in referrals to COWL from the teams at St Johns Hospital</p> <p>Number of carers involved in hospital discharge process</p>	<p>CoWL</p> <p>CoWL</p> <p>All</p>	<p>Annually</p> <p>Annually</p> <p>Annually</p>
2. Health and Social Care Support					
People who provide unpaid care are supported to look after their own health and wellbeing to reduce any negative	<ul style="list-style-type: none"> Promote and Increase take up of Short Break and respite opportunities Carers are made aware of SDS options and encouraged to choose the one that meets their personal circumstances Provide carers assessments and produce Adult Support Plans and Young Carers 	<p>People receiving short breaks funding</p> <p>People selecting the SDS option that best meets their needs</p> <p>Eligible carers receive relevant Support Plan or Statement</p>	<p>Number of people receiving short breaks funding</p> <p>Number of people selecting each SDS option</p> <p>Number of Adult Support Plans and Young Carers Statements completed</p>	<p>HSCP</p> <p>HSCP</p> <p>HSCP</p>	<p>Annually</p> <p>Annually</p> <p>Annually</p>

Strategic Outcome	Actions	Measures	Monitoring/Performance Indicator	Lead Service	Timescale
impact of their caring role on their own health and wellbeing	Statements				
	<ul style="list-style-type: none"> Promote the national wellbeing hub that has been launched for health and social care workforce, including volunteers and unpaid carers 	All carers are provided with information and advice	Increase in the number of referrals to COWL	All	Ongoing
	<ul style="list-style-type: none"> Work with GP practices and front line health and social care teams to improve the early identification of carers 	Number of carers accessing local support services increases	Number of referrals that have recorded alternative signposting to formal care and support	HSCP	Annually
	<ul style="list-style-type: none"> Raise awareness of local support services for carers available in West Lothian in a range of community and commercial locations e.g. supermarkets, partnership buildings and dental practices 		Number of Carers who are supported to prevent breakdown in caring role	All	Annually
	<ul style="list-style-type: none"> Expand use of digital and technology advanced devices to support the carer and the cared for person. This should consider options to expand Technology Enabled Care (TEC) 	Alternative approaches to care and support are adopted	Number of care plans that include technology increases	HSCP	Annually
3. Social and Financial Inclusion					
Carers access the	<ul style="list-style-type: none"> Carers, Stakeholders and staff are aware of the new Scottish Government Social Security 	People are aware of their social security entitlements	Number of carers aware of their social security entitlement	HSCP / CoWL	Annually

Strategic Outcome	Actions	Measures	Monitoring/Performance Indicator	Lead Service	Timescale
financial support and assistance they are entitled to	measures for carers		Amount of income maximisation for carers and their families	CoWL / Advice Shop	Quarterly
	<ul style="list-style-type: none"> All carers will be offered a benefits health check as part of any request for assistance from COWL or at the point of a carers assessment Promote the availability of benefits health check to all stakeholders, partners and staff Include the offer of a benefit health check in the carer assessment process 	Carers and their families receive a benefit health check to ensure they are receiving everything they are entitled to	Number of carers who feel supported to be able to continue in a caring role	CoWL	Annually
Carers are able to take up or maintain meaningful employment alongside caring	<ul style="list-style-type: none"> All carers are entitled to a review of their employment status and supported to make decisions to take up or maintain employment 	Publication of right to flexible working included in COWL quarterly newsletters	Number of carers supported to take up employment and continue caring role	CoWL	Annually
	<ul style="list-style-type: none"> Promote to carers who are employed their right to request flexible working and support them to make such requests. Support employers in West Lothian to recognise carers in the workplace 	<p>Closer working with partners in Economic Development to raise awareness in the business community</p> <p>Campaigns across large employers</p>	<p>Number of carers informed of right/supported to make flexible working requests.</p> <p>Number of carers who feel supported to be able to continue in a caring role</p>	<p>HSCP / Economic Development</p> <p>All</p>	Ongoing

Strategic Outcome	Actions	Measures	Monitoring/Performance Indicator	Lead Service	Timescale
Carers can participate in and are valued by their community and wider society	<ul style="list-style-type: none"> Build more carer friendly communities which are places that reach out to support carers wherever they can by understanding caring, understanding disability and illness 	Carers engaging with local support in their own communities	Number of people accessing peer groups and clinics in partnership centres, community hubs, family centres etc	All	Annually
	<ul style="list-style-type: none"> Ensure carers are aware of all community-based resources in West Lothian 	Publicise existing local community supports to carers such as family centres, and other supportive services,	Response to carers survey with more carers able to access groups and interests across West Lothian	CoWL	Annually
	<ul style="list-style-type: none"> Promote and support via community capacity building the development of local community based hubs / advice and support points throughout West Lothian 		Number of carers who feel supported to be able to continue in a caring role	CoWL	Annually
4. Young Carers					
Young carers are supported and protected from inappropriate caring and from negative impacts on their	<ul style="list-style-type: none"> Involve young carers in individual decisions which affect them and encourage them to engage in strategic decisions, supporting young carers to engage and have their voices heard, including the Scottish Young Carers Festival and the Social Security Young Carer Experience Panel. 	Young carers participate in the development of services that affect them	Number of young carers attending engagement events	CoWL	Annually
	<ul style="list-style-type: none"> Schools actively play a key role 	Young carers are identified	Number of young carer	Education /	

Strategic Outcome	Actions	Measures	Monitoring/Performance Indicator	Lead Service	Timescale
education, social lives and future development	to identify and support young carers and signpost / refer to the necessary support organisations.	and supported at school	statements offered Number of young carers referred to CoWL	HSCP	Quarterly
	<ul style="list-style-type: none"> Schools raise awareness of young carers role to peers and how this role can impact them and how to support a friend who is a carer. 	Young carers are identified earlier in their school life	Number of young carers who feel supported in their caring role	Education / CoWL	Annually
	<ul style="list-style-type: none"> Ensure the necessary support for young carers when transitioning from school to their next positive destination; further and higher education or into employment 	Transition from young carer to adult carer is planned	Number of young carers supported at school Number of young carers who feel supported in education	Education / CoWL	Annually
	<ul style="list-style-type: none"> Promote the financial support available for young carers including; Young Carer grant, Young Scot Package, free bus travel 	Promotions through schools and COWL	Number of young carers who are able to continue their education and / or employment after they leave school	Education / CoWL	Annually
	<ul style="list-style-type: none"> Young Carers are made aware of their Children's Rights in line with the GIRFEC principles which reflect the United Nations Convention on the Rights of the Child (UNCRC) 	Promotions through schools and COWL	Number of young carers who feel they can access social activities outside their caring role Young carers able to access the same opportunities as their peers	Education / CoWL Education / CoWL	Annually Annually

10. Legislation and useful links

The Scottish Government:

- Have established new rights to support under the [Carers \(Scotland\) Act 2016](#) and are working with partners to embed those rights
- Have committed to [free bus travel for those young carers eligible for the Young Carer Grant](#), from 2020/2021
- Have worked with young carers to design and offer exclusive discounts and opportunities for all young carers aged 11 to 18 through the [Young Scot card](#)
- Fund the [Carers Trust Scotland](#) to run the [Scottish Young Carers Festival](#) to allow young carers to take a break
- Fund the [Carer Positive](#) accreditation scheme to recognise employers who provide a supportive working environment for those balancing caring and employment
- Support the [Triangle of Care](#) project to support carers of those with mental health issues
- Fund [the Carers Parliament](#), an annual one day engagement event for carers
- Provide £3 million annually for the voluntary sector Short Breaks Fund, delivered by [Shared Care Scotland](#) and [Family Fund](#)
- Fund [Respitality](#) - a project which offers carers free short breaks and opportunities donated by the hospitality sector

Carers Scotland Act 2016 gives carers rights to a new adult carer support plan or young carer statement without first requiring them to be providing care on a substantial and regular basis. This reflects a **preventative approach** to identify each carers personal outcomes and needs for support through meaningful conversations with individual carers.

<https://www.gov.scot/publications/carers-scotland-act-2016-statutory-guidance/>

Draft Carers Strategic Support Statement is intended to maximise the benefits from national policies and approaches intended to support carers (including major ongoing reforms such as implementation of the Carers (Scotland) Act and the development of the new social security powers for carers). It aims to do this by connecting a wide range of existing policies.

<https://www.gov.scot/publications/carers-strategic-policy-statement-draft-consultation/>

Equal Partners in Care (EPIc) – supporting the workforce to support carers is The vision of a carer-friendly Scotland is one in which carers are recognised and valued. In support of this vision NHS Education for Scotland and the Scottish Social Services Council have worked together with a wide range of stakeholders, including carers and carer organisations, to produce a learning resource called “Equal Partners in Care” (EPIc). Through this accessible and engaging resource everybody who works in health and social care will be able to:

- Identify and have good conversations with carers
- Involve carers in decision making
- Involve carers in the planning and delivery of services

<https://www.nes.scot.nhs.uk/newsroom/features-and-articles/equal-partners-in-care-supporting-the-workforce-to-support-carers.aspx>

The Carer (Recognition and Services) Act 1995 which was the first Act to define the term 'carer' and give carers the right to assessment in their own right.

<http://www.legislation.gov.uk/ukpga/1995/12/contents>

Community Care and Health (Scotland) Act 2002 which gave carers of all ages, including young carers, the right to receive an assessment in their own right and to be treated as 'key partners' in care. <http://www.legislation.gov.uk/asp/2002/5/contents>

The Equality Act 2010 which prohibits direct and indirect discrimination and harassment based on association and perception in respect of age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex and sexual orientation in relation to employment and other areas. This includes carers in all of the categories.

<https://www.gov.uk/guidance/equality-act-2010-guidance>

The Patients' Rights (Scotland) Act 2011 aims to place patients at the centre of the NHS in Scotland. It will ensure that patients' rights and entitlement are more widely understood and used. This will have direct relevance to carers. <http://www.legislation.gov.uk/asp/2011/5/contents>

Caring Together, the Carers' Strategy for Scotland 2010-2015 emphasises the rights of carers with clear guidance on the need to identify, assess and support them in a personalised and outcome-focussed way and on a consistent and uniform basis. <https://www.gov.scot/publications/caring-together-carers-strategy-scotland-2010-2015/>

The Social Care (Self-Directed Support) (Scotland) Act 2013 will ensure that those eligible for personalised support can choose how and by whom their support is provided.

Section 3 of this Act relates specifically to unpaid adult carers and states that where a carers assessment has been completed and the local authority considers that a carer has needs in relation to their caring role which could be wholly or partially met by the provision of support, the local authority has a discretionary power to provide support. If the local authority decides to provide such support, then the carer must be offered the choice of the four options for self-directed support.

The four options are:

- 1) Direct Payment (cash payment);
- 2) The selection of support by the carer with the arrangements and payment by the local authority (Individual Budget);
- 3) The selection, arrangement and payment of support by the local authority (traditional service delivery)
- 4) The selection of options 1, 2 or 3 for each type of support (combination of options)

In addition, Section 8 of the Act applies where a local authority is to provide services under section 22 of the Children (Scotland) Act 1995 and provision under section 22 can involve various categories of supported children, including children who are carers.

<https://www.gov.scot/publications/statutory-guidance-accompany-social-care-self-directed-support-scotland-act-2013/>

West Lothian Integration Joint Board Strategic Plan 2019 – 2023. Legislation to implement health and social care integration came into force on April 1, 2016, following the Public Bodies (Joint Working) (Scotland) Act 2014. As a result, new partnership arrangements for the delivery of integrated health and social care in West Lothian are now in place

[Strategic Plan for 2019-23](#)

Carers of West Lothian is the carers organisation in West Lothian which has been commissioned to provide support to carers across the Health and Social Care Partnership.

<https://carers-westlothian.com/home/>

Social Security for Carers. The Carers Scotland Act 2016 gave the Scottish Government new powers relating to social security, including responsibility over certain benefits. The Scottish Government recognises the contribution carers make to society and reforming social security support for carers is therefore a key priority.

<https://www.gov.scot/policies/social-security/>

West Lothian Carers Eligibility. Under the Carers (Scotland) Act 2016 a carer qualifies for support if they provide help and support to someone they know, such as a family member or a friend, and they have been assessed as eligible for support to continue in their caring role.

 [West Lothian Eligibility Criteria for Carers \[83.56KB\]](#)

 [West Lothian Eligibility Criteria for Carers - Easy to Read version \[641.73KB\]](#)

Mental health – Triangle of Care The original Triangle of Care guide was launched in July 2010 to build on existing developments and good practice to include and recognise carers as partners in care.

https://www.mwscot.org.uk/sites/default/files/2019-06/triangle_of_care_-_final.pdf