Dundee Integration Joint Board
and Dundee City Council

# Dundee Carers Strategy

2026 - 2032



Carers of Dundee

www.carersofdundee.org

## The vision of this strategy is:



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# Carers of Dundee
# The Experiences of some local Carers

The information that follows is based on real circumstances in the lives of Carers in Dundee who have agreed that their situations can be shared. Names have changed. Thanks to Dundee Carers Centre colleagues for sharing information about Carers they have supported.

## Adam: Balancing Multiple Caring Roles Under Pressure

Adam, a 37-year-old man, was referred to Carer Support Services by a member of the Hospital Discharge Team. He cares for his partner, who has significant mental health challenges. He also supports his uncle and aunt, both older and living with complex health needs. His uncle was recently admitted to Ninewells Hospital for assessment. In addition to his physical health needs, Adams' uncle also has paranoid schizophrenia. His aunt, who has early-onset dementia, has become increasingly forgetful and doesn't easily accept support.

Adam supports his aunt and uncle with shopping, prescriptions, medical appointments, and daily check-ins. He expressed concern that hospital staff did not have the full picture -his aunt said she was the main Carer for his uncle and did not recognise her declining ability to manage his needs. Adam faced hostility from his aunt when trying to help, particularly around food preparation. These concerns were raised with hospital staff.

Adam's uncle was discharged but within one week was readmitted and discharged again. Adam had to take time off work due to stress, after his partner had a psychotic episode.

Adam was directed to advice on benefits for his aunt and uncle and information on applying for Power of Attorney for them, to allow him to consider how best to plan for the future. He accessed the Carers Short Breaks Service, where he received funding for a gym membership to support his physical and mental health.

## Beth: Navigating distance, family responsibilities and financial strain

Beth, a 29-year-old woman who is currently on maternity leave, was identified through a call from her sister who lives nearly 150 miles away. Their mother had been admitted to Ninewells Hospital following a brain bleed and required a period of rehabilitation. Beth lives in Dundee. Her mother was discharged to Cameron Hospital in Fife because her home address is in North-East Fife,

Beth was extremely anxious. With a new baby and limited income, the prospect of frequent travel to Fife was overwhelming. She was also under the impression that she would need to arrange transport home for her mother. Beth was supported to speak with ward staff, who explained the rationale for the discharge destination and reassured her that hospital transport would be arranged. Although no financial support was available for her travel, she was relieved to learn that video calls (Facetime) could be used to stay connected with her mother. Beth was referred to Fife Carers Centre for advice regarding her caring role with her mother and her hopes to arrange for her to live in Dundee.

## Maddison: From Isolation to Empowerment

Maddison is an Adult Carer who has been in a caring role since the age of 13. She currently cares for her mother, who has dementia. Until recently, she also cared for her husband, who had a chronic illness.

Maddison described her life as one of continuous caring, with little recognition or support. It was only after the passing of her husband a year ago that she reached out for help, feeling overwhelmed and emotionally depleted.

Maddison's decision to seek support from the Carers Centre marked a significant turning point. At the time Maddison described her mental health as being at "rock bottom" She was not receiving any formal mental health support and felt isolated in her role.

Maddison accessed counselling services through the Carers Centre. She described the support as "invaluable" and even referred to it as a "life saver," highlighting the profound impact it had on her wellbeing.

Maddison began attending a Connecting Carers Cate, a monthly peer support group. Over the months, however, Maddison has grown in confidence and reflects that she is feeling included, valued, and connected-not only as a Carer but as a member of her local community.

## Cal: Carer having a voice during a critical transition

Cal is a 60-year-old Carer, whose mother, Mary, was an inpatient in Ninewells Hospital. Cal was distressed when there were discussions of Mary's return home from hospital. Cal felt hospital staff were not acknowledging concerns about Mary's cognitive decline. Gal's anxiety grew because Mary might return home soon, and Cal was due to go on holiday.

Cal was supported to express their concerns. Medical staff reassured Cal that further assessments would be carried out and that Mary would be transferred to Royal Victoria Hospital for continued evaluation.

Although Cal described the caring situation as "all-consuming," practicing meditation had been helpful and Cal was made aware of other support services available if needed.

## Eve's Journey: Young Carer- From Overwhelmed to Empowered

Eve is 17 years old, an only child living with her single mother. Her mum has complex mental health challenges and a physical condition that often leaves her reliant on a wheelchair (indoor and outdoor).

Eve's caring role means she is a cleaner, a cook, a shopper, and a constant source of emotional support. Eve's caring responsibilities left her feeling isolated and overwhelmed. Her own well-being and teenage years have been shaped by responsibilities that many of her peers can't begin to imagine.

When Eve first connected with the Carers Centre, her school attendance was just 17%. She was struggling academically, emotionally, and mentally. Eve was referred to Carer Support by her School. A Carers Centre Support Worker Sam has continued to meet with Eve on a one-on-one basis. Sam also worked closely with Eve's mum to ensure that Eve's needs were being recognised at home as well as school.

Eve has spent time as an inpatient at the Child and Adolescent Young People's Unit because of self-harm and complex mental health struggles. But with the right medical and social support, Eve began to see positive changes.

Eve began to re-engage with school. A part-time timetable was created that included her Young Carers sessions-something she found was an emotional and social lifeline. Eve is now a Prefect at school, a leader in the Young Carers Group, and a passionate advocate for Young Carers' Rights. With the right support in place, she's managing her responsibilities and looking ahead with hope.

## Nik: Young Carer

Nik cares for their sibling, Toni, who has complex needs and uses a wheelchair. Toni needs support in many areas of life and has a very vulnerable immune system. Nik also cares for their parent, Mo, who has multiple sclerosis. Mo's multiple sclerosis means that they can have falls more easily and Mo has an increased risk of becoming unwell. As a result of both these caring roles Nik takes on a lot more responsibilities than their peers. Nik also spends time visiting Rachel House (Children's Hospice) with their family to get some respite and quality time together.

Nik decided to build their confidence by completing a Dynamic Youth Award, and Nik decided to review local parks and green spaces to see if they were accessible for Toni to use them and enjoy the play equipment. Nik then visited the parks with their Carer Support Worker and with their parent before writing reviews and discussing how accessible the parks were.

Nik received feedback that they made a "Fantastic Submission with great personalised evidence". The Award made Nik feel more confident and they shared their certificate with school staff that they had a relationship with.

Carers of Dundee

# Foreword

As Co-Chairs of the Dundee Carers Partnership Group, we are pleased to present the revised **Dundee Carers Strategy 2026-2032.** The strategy has been approved and supported by Dundee Integration Joint Board and Dundee City Council, who both hold legal duties in relation to the development of the local carers strategy.

We are proud to lead the work of the multi-agency Dundee Carers Partnership who have developed this plan along with local unpaid Carers and other partners. The group recognise that Carers of all ages form a vital part of daily life in Dundee City and that as well as supporting others to live well they contribute to family life and to local communities and to the city overall.

We are committed to improving outcomes for unpaid carers. We know that the number of carers is increasing and that many caring roles are becoming more complex. This strategy sets out how we will continue to support carers so they:

- can live a full and healthy lives;
- are heard, recognised, respected, and valued;
- have the best possible experience of caring
- have a life alongside caring;

By working together, we aim to ensure that unpaid carers receive the support they need and deserve.



**Angela Smith**
Interim Head of Health & Community Care
Dundee Health & Social CarePartnership



**Neil Campbell**
Chief Executive Officer
Dundee Carers Centre

# About the Dundee Carers Partnership Group

The Dundee Carers Partnership Group brings together unpaid Carers, carer representatives and organisations that support unpaid carers in Dundee. The Partnership oversees the delivery, monitoring and review of the **Dundee Carers Strategy 2026-2032.**

The Partnership is supported by Dundee Health and Social Care Partnership and Dundee Children's and Families Services. Together, they help plan and deliver services and support for carers of all ages and their families.

# 2. Introduction
## About the Dundee Carers Strategy

The Dundee Carer Strategy is a plan which sets out the approach and actions for supporting Carers in Dundee City.

This Plan is a revision of the last Dundee Carers Strategy 'A Caring Dundee 2' [i]. In April 2025, Dundee Carers Partnership reviewed 'A Caring Dundee 2'. The Dundee Integration Joint Board (IJB) accepted the recommendation of the Carers Partnership to revise the strategy. During this development process, the Partnership agreed to extend the revised strategy to 2032 to support longer-term planning. The revised strategy will be reviewed every 3 years.

**The Revised Strategy (Plan) has been:**

- Developed by the **Dundee Carers Partnership**, a multi-agency group including Carers, Carer representatives, and organisations that work with Carers.
- Supported by **Dundee Health and Social Care Partnership** on behalf of the **Integration Joint Board** (IJB).
  (Additional information about Dundee IJB can be found at **www.dundeehscp.com**.)
- Aligned with the **National Carers Strategy** and the **Carers (Scotland) Act 2016.** The Plan extends the Strategy period to **2032** to support stable, long-term planning and delivery

**The refreshed Carers Strategy:**




- Builds on the commitments made in '**A Caring Dundee 2'**, updating and expanding them.
- Explains how Dundee Integration Joint Board (IJB) through Dundee Carers Partnership will continue to support Carers and protect their rights.
- Sets out long-term plans for support for Carers in Dundee.
- Will lead to an updated delivery plan with clear goals and ways to measure progress.
- Reflects what Carers have said about their experiences and the challenges they face.
- Includes changes based on the National Carers Strategy.
- Considers that there will possible changes resulting from the Care Reform (Scotland) Act 2025; and Statutory Guidance which will be developed in 2026.
- Will be published as required by law (under the Carers (Scotland) Act 2016).

*i - https://www.dundeehscp.com/publications/earing-dundee-2-strategic-plan-working-alongside-supporting-and-improving-lives-Carers*

The National Carers Strategy recognises that 'Unpaid care is vital to how social care is provided in Scotland, and the value of the dedication and expertise of Carers cannot be overstated'

An appendix with more details about relevant laws and policies is available on request.

# 3. The Definition of Carer
## (from 'A Caring Dundee 2')

The Carers (Scotland) Act 2016 identifies a Carer as someone "who provides or intends to provide care for another individual".

Carers who are the intended target of this Local Carer Strategy include:

- Anyone who supports (plans to support) a friend, partner or family member of any age who is affected by long term illness, disability, frailty, mental health or alcohol or drug use.
- Individuals who give this support who also receive Carers Allowance or Kinship Care payments as well as those who do not these allowances.
- Adults, children and young people who share the care and support of someone with others including other unpaid Carers and paid care workers.

Carers are part of every community and culture and can be any age. Although other people in the City may benefit from some of the actions and plans made as a result of this Strategy (e.g. Foster Carers looking after a child with Additional Support Needs/ disability, and people who give care and support on a paid basis or as part of employment or voluntary work) these people are not the main focus of this plan.

A Young Carer is defined as a child or young person under the age of 18 (or 18 and still at school) who has a significant role in looking after someone in their household/family network. There are some children and young people who may not have any direct caring responsibilities, who experience many of the effects of a caring situation. The Dundee Carers Partnership recognises these young people as 'affected by care responsibilities' and acknowledge that support planned through the Carers Partnership may be needed to address the impact on the outcomes for these young people.

In Dundee, the Carers Strategy supports Carers of all ages. This includes Carers who live in Dundee and those who care for someone living in Dundee, even when the Carer lives elsewhere.

> Becoming a Carer can be transformational and happen at the turn of a switch, or at least that is what happened to us. One minute, life is normal, the next it is abnormal and being able to access support, quickly, from someone with experience and knowledge was very important.
>
> A local Carer 2024

The Dundee Carers Partnership Group brings together Carers, their representatives, and agencies that support Carers in Dundee. The Group leads the strategic planning for Carers in Dundee in relation to the Carers (Scotland) Act 2016. The Carers Partnership is supported by Dundee Health and Social Care Partnership (HSCP) on behalf of the Dundee Integration Joint Board (IJB). The group's main purpose is to develop and review the Dundee Local Carers Strategy, oversee its implementation, and create a Performance Framework. The group monitors and reviews actions from the Plan in several ways. This includes creating communication and involvement activities for Carers and stakeholders, checking progress, and producing progress reports.

# 4. Information About Carers in Dundee and Across Scotland

The Dundee Carers Partnership has access to a large amount of data to support strategic planning.

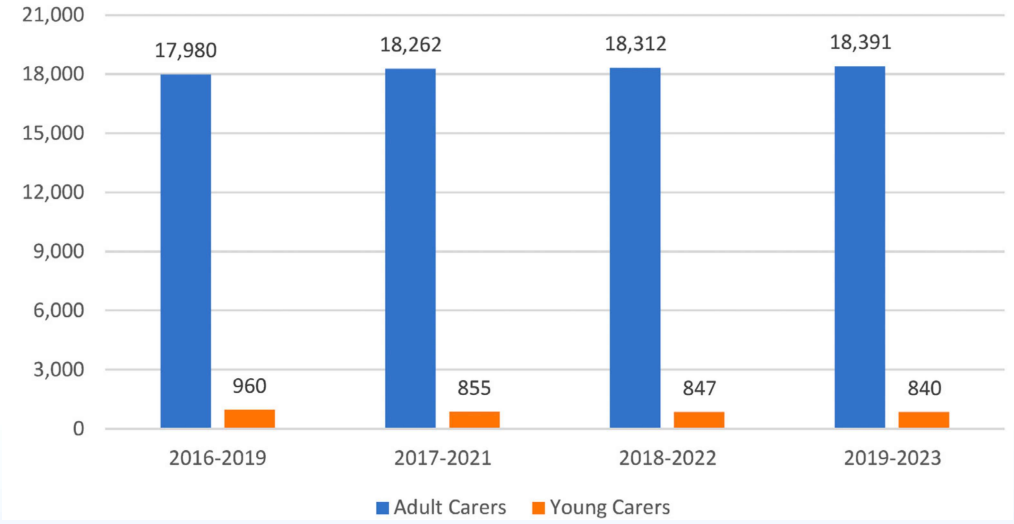
A Data Subgroup has been meeting regularly to plan for information needs, review Carers' population data, and check progress against the actions and outcomes in **A Caring Dundee 2.** The subgroup provides written and verbal reports to the Partnership at quarterly meetings. These reports include relevant data and an assurance update. The information below, and elsewhere in this document, is a sample of what is available to the Partnership.

Scotland's Census is the official count of every person and household in the country. It takes place every 10 years. The 2021 Census was delayed until 2022 because of the pandemic. The Census records Carers across Scotland and provides information about Carers in Dundee and nationally. Health, disability, and unpaid care data was published on 3 October 2024. The census only records unpaid care if the person completing the form identifies a Carer in the household.

Data from the 2022 Census shows a 27.5% increase in people providing unpaid care since 2011. Across Scotland, 12% of the population now provides unpaid care. Almost a quarter (24.3%) of Carers provide 50 hours or more of unpaid care each week. [ii]

In Dundee, there are about 19,200 Carers. Around 850 of them are young Carers.

## Chart 1: Number of Adult and Young Carers in Dundee: 2019 - 2023



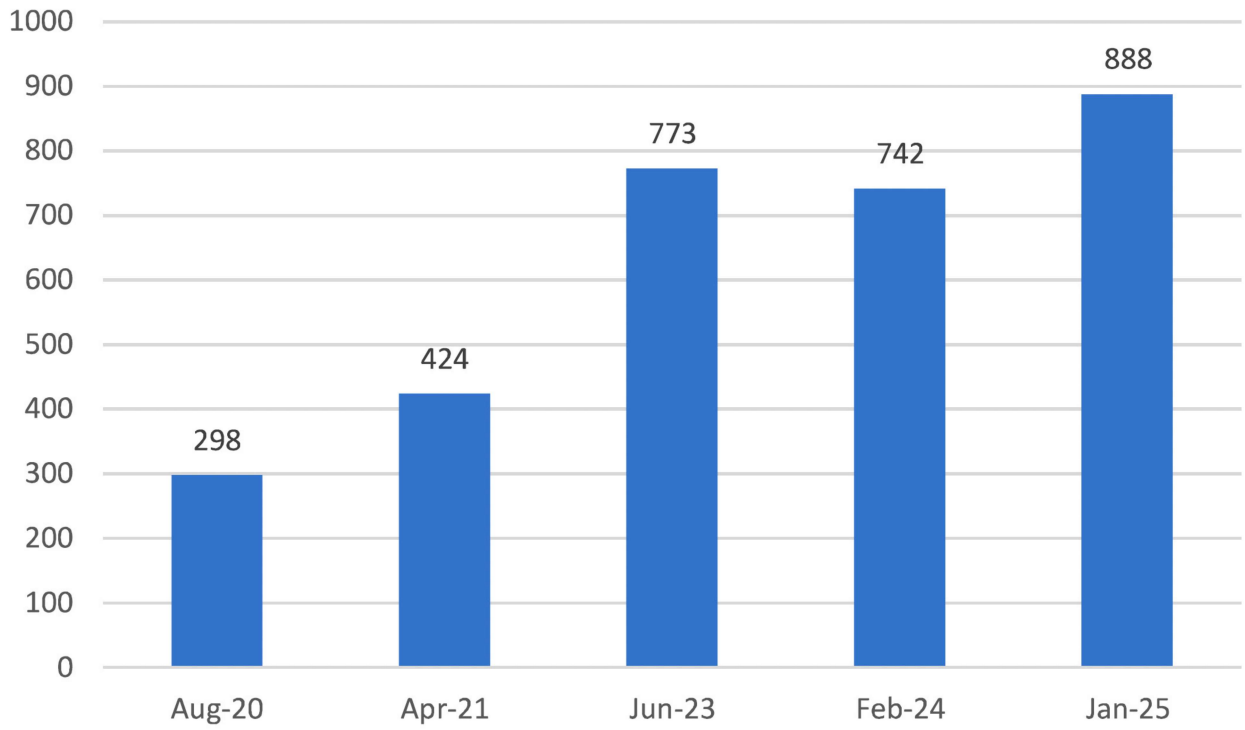

*Source: Scotland's Carers Update Release March 2025 - gov.scot*

*ii - https://www.gov.scot/collections/carers-census*

In Dundee, the number of Adult Carers has increased over the last 3 reporting periods (17,980 (2016-2019) to 18,391 (2019-2023).

The number of recorded Young Carers in Dundee Schools has decreased over the last 3 local reporting periods [960 (2016-2019) to 840 (2019-2023)]. This decrease has occurred despite intense efforts in services for children and young people to identify and support Young Carers. It is not clear why the numbers of recorded/ identified Young Carers have reduced. Dundee Carers Partnership has agreed to investigate this and consider if action is needed as a result.

## Chart 2: Number of Young Carers at School, Dundee, 2020 - 2025




*Source: Dundee City Council Education Department, SEEMIS*

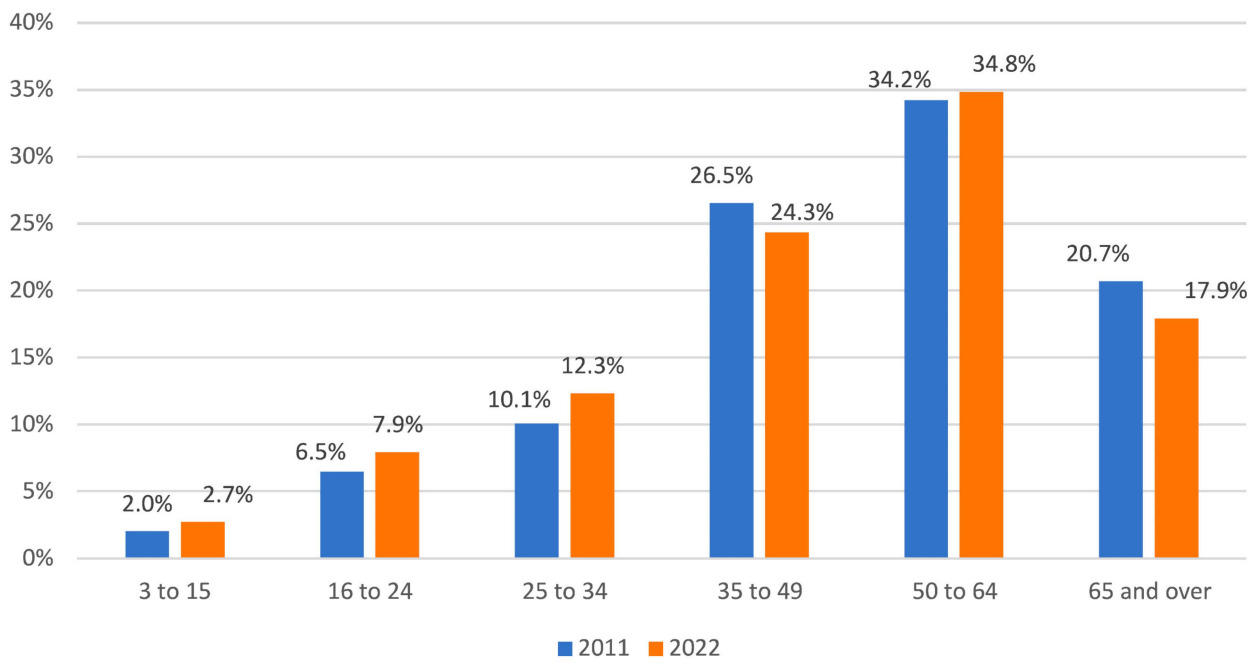
In the Dundee Carers Strategy Survey 2025 respondents selected the 2 most important aspects of the strategy which were that

- it should have views from Carers and the people Carers support - 86%
- it should be based data and information about local Carers - 46%

As reported by the National Census Scotland, the following chart shows the % of (self-identified) Carers by age group for Dundee. (In 2011 and 2022)

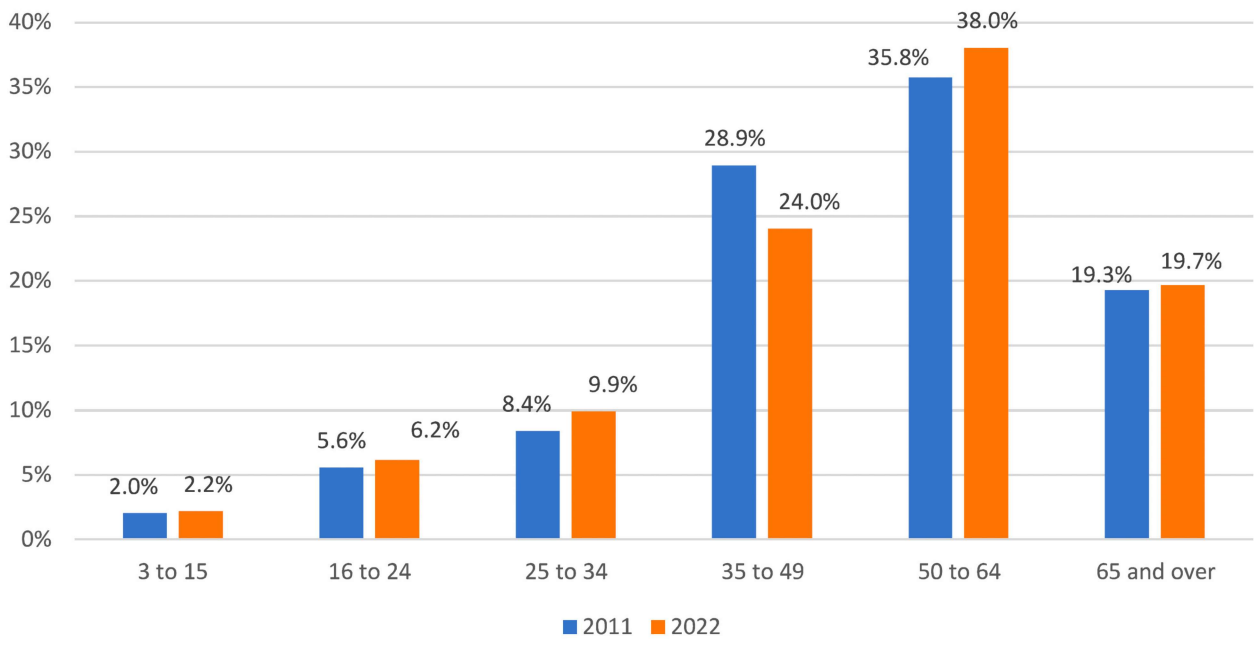
Most identified Carers in Dundee are aged between 50 and 64. Over the past ten years, the number of Carers aged 35 to 49 has gone down. At the same time, there has been an increase in the number of Young Carers (aged 16-24) and Carers aged 25-34. It's likely that more people over 65 are also Carers but don't identify themselves as such in the Census. This can be because older couples don't see themselves as Carers - they just see it as helping their partner. The 2022 Census for Scotland shows that more people over 65 are now identifying themselves as Carers. This may be because older Carers are more aware of their role and are more likely to ask for support for caring. It could also mean that more older people are becoming Carers.

## Chart 3: Percentage of Carers by age group, Dundee, 2011 and 2022



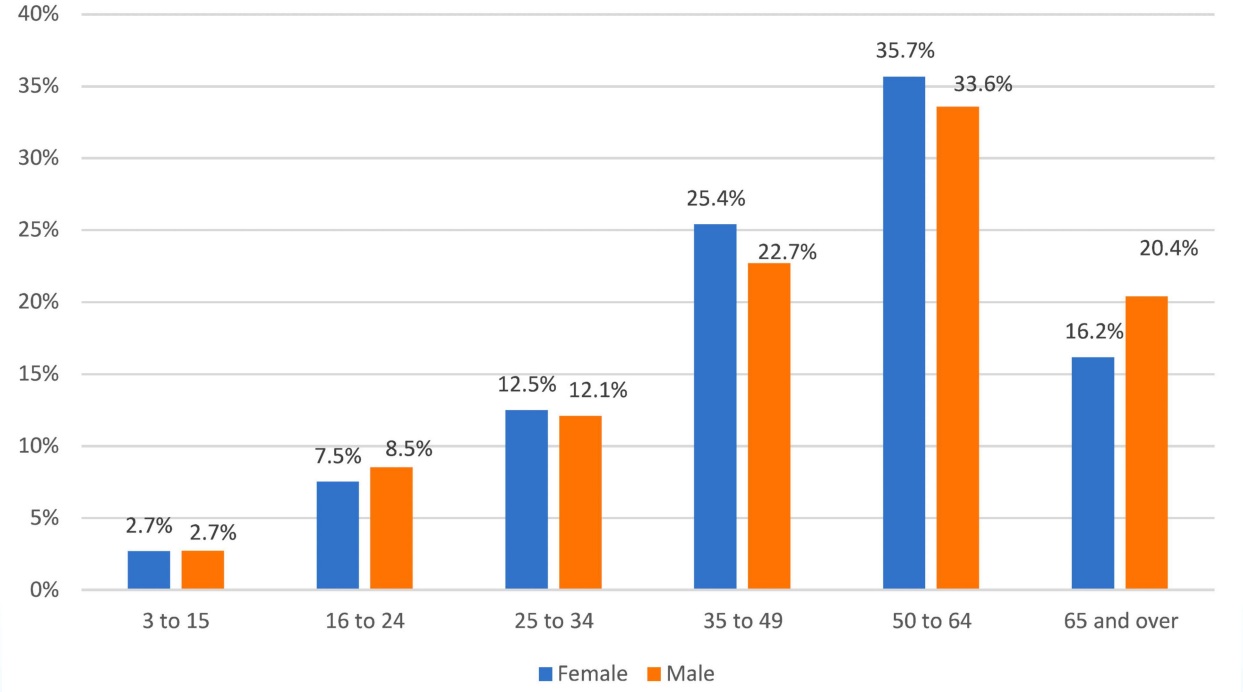

*Source: Scotland's Census 2022 - Health, disability and unpaid care I Scotland's Census*

## Chart 4: Percentage of Carers by age group, Scotland, 2011 and 2022




*Source: Scotland's Census 2022 - Health, disability and unpaid care I Scotland's Census*

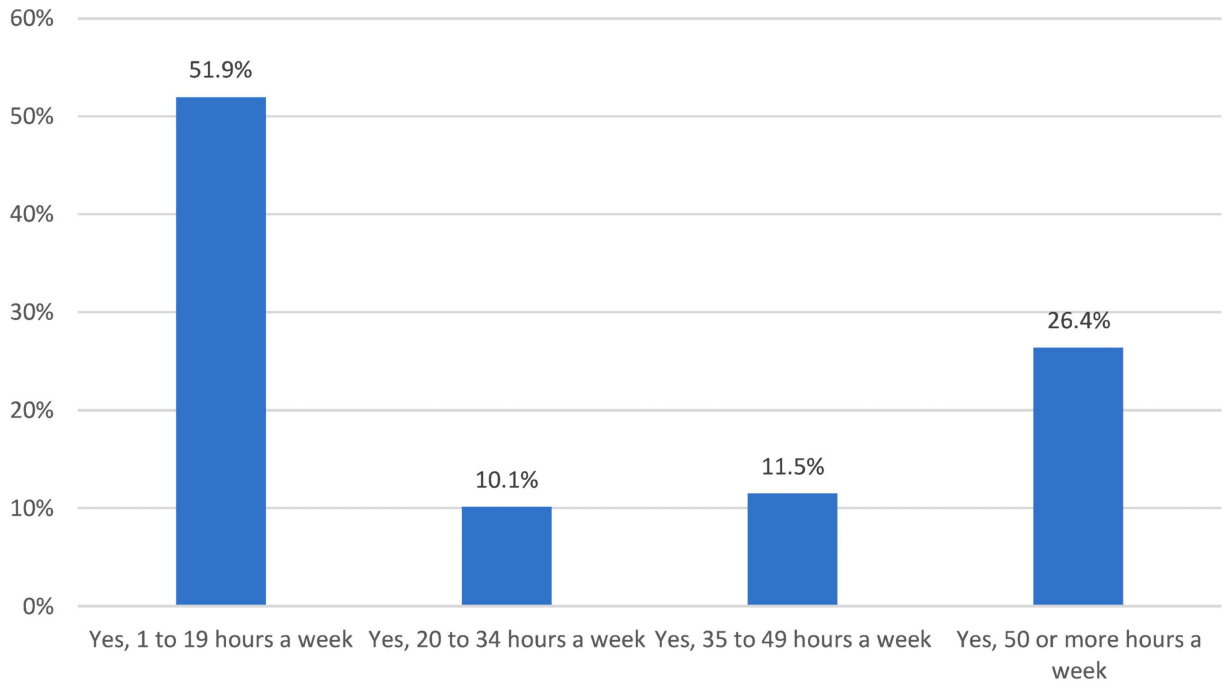
## Chart 5: Percentage of Carers by age and sex, Dundee, 2022




*Source: Scotland's Census 2022 - Health, disability and unpaid care I Scotland's Census*

Chart 5 shows the percentage of Carers by age and sex in Dundee, as a portion of the total number of identified Carers. For many years the data collected via the census suggested that Carers were predominantly female. Between 2011 and 2022 the number of male Carers who recognised their role increased. The percentage of men in the age group 65 and over has now increased in Dundee and men out number Carers who are women in this group.

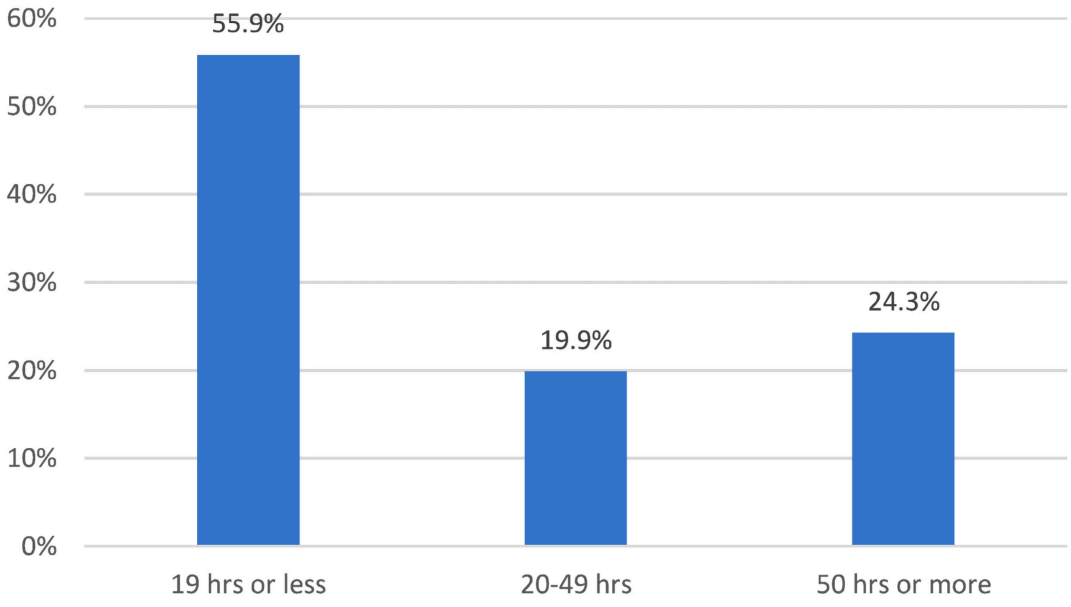
## Chart 6: Percentage of Carers providing care by hours per week, Dundee 2022




*Source: Scotland's Census 2022 - Health, disability and unpaid care Scotland's Census*

In Dundee, over half of the known Carers support someone for up to 19 hours per week. This number is less than across Scotland. There is a higher proportion of Carers in Dundee who provide over 50 hrs a week of care.

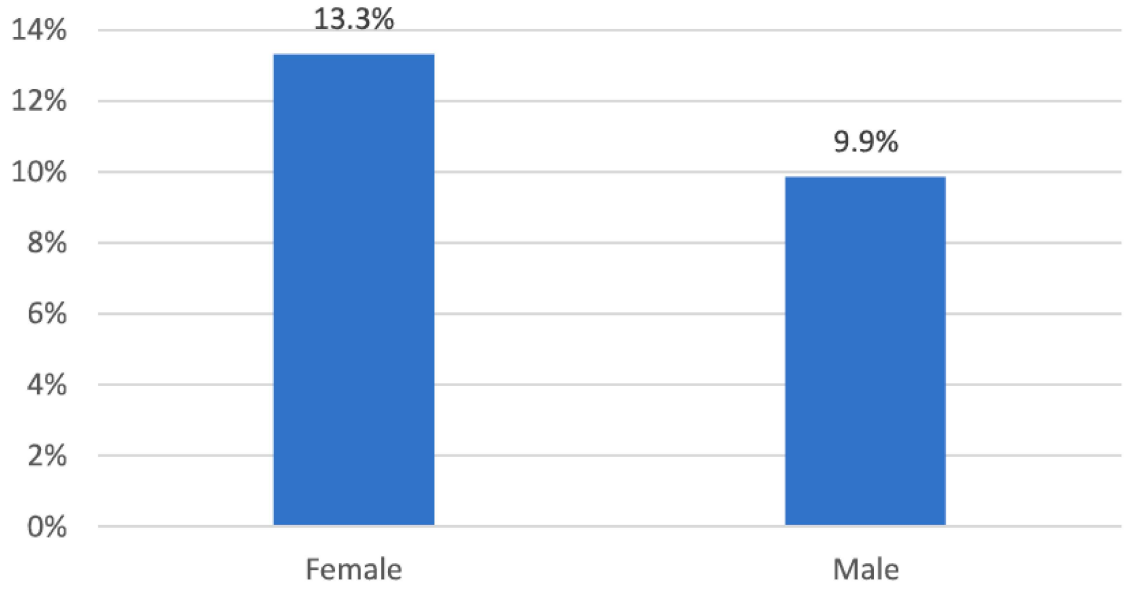
## Chart 7: Percentage of Carers providing care by hours per week, Scotland, 2022




*Source: Scotland's Census 2022 - Health, disability and unpaid care I Scotland's Census*

13.3% of females Dundee reported that they provide unpaid care, compared with 9.9% of males (Scotland's Census, 2022)

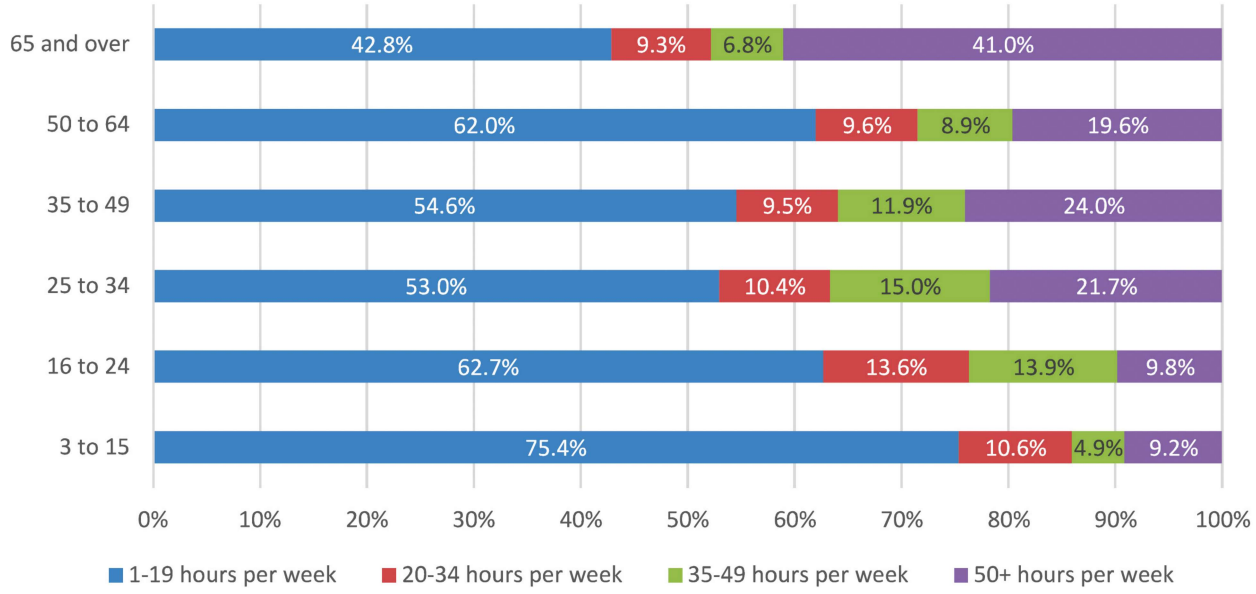
## Chart 8: Percentage of Carers by sex, Dundee, 2022




*Source: Scotland's Census 2022 - Health, disability and unpaid care I Scotland's Census*

Chart 8 shows the percentage of Carers by sex in Dundee, as a portion of the female and male population.

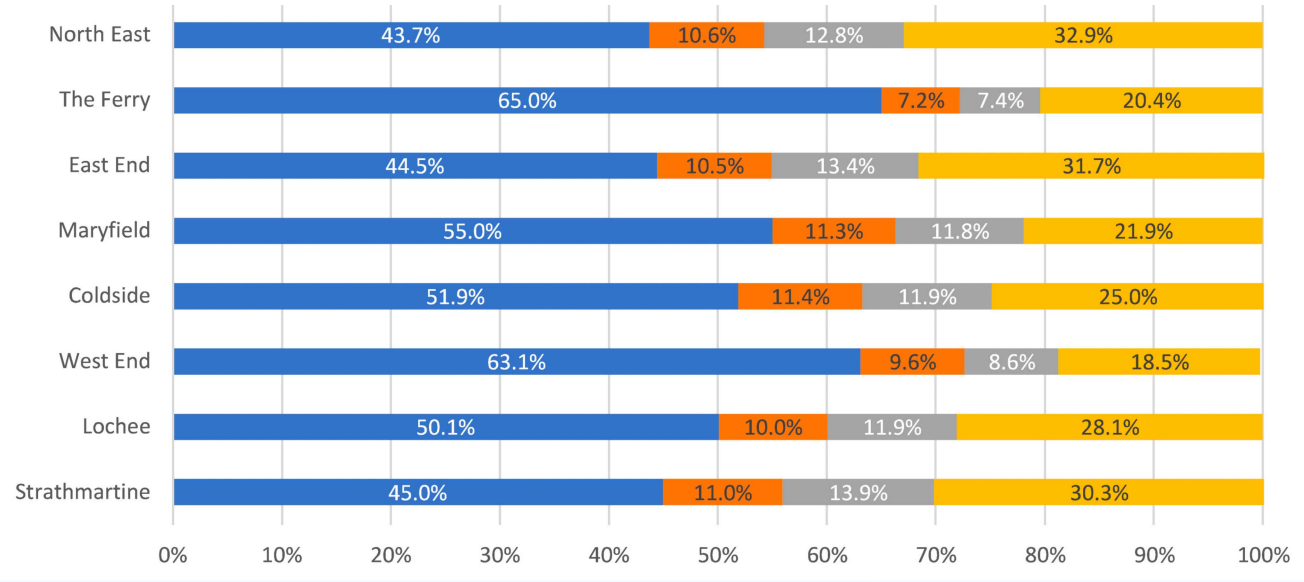
## Chart 9: Percentage of Carers providing care by age and hours provided per week, Scotland, 2022




*Source: Scotland's Census 2022 - Health, disability and unpaid care Scotland's Census*

Over 50% of Carers are aged 50+, with 30% of Carers aged 50+ providing 50+ hours of care each week (Scotland's Census, 2022).

## Chart 10: Percentage of Carers providing care by hours per week and locality, Dundee 2022




*Source: Scotland's Census 2022 - Health, disability and unpaid care I Scotland's Census*

Chart 10 shows the % of Carers as a portion of all identified Carers in each local Electoral ward area, known as a "Locality", and the number of hours of care provided per week.

**In 2025 Carers UK [iii] advised that across Scotland**

- As many as 100,000 Carers are living in poverty.
- The rate of poverty amongst Carers is 56% higher than those who do not provide unpaid care.
- 50% of Carers are below the poverty line;
- 8% of Carers live in deep poverty.

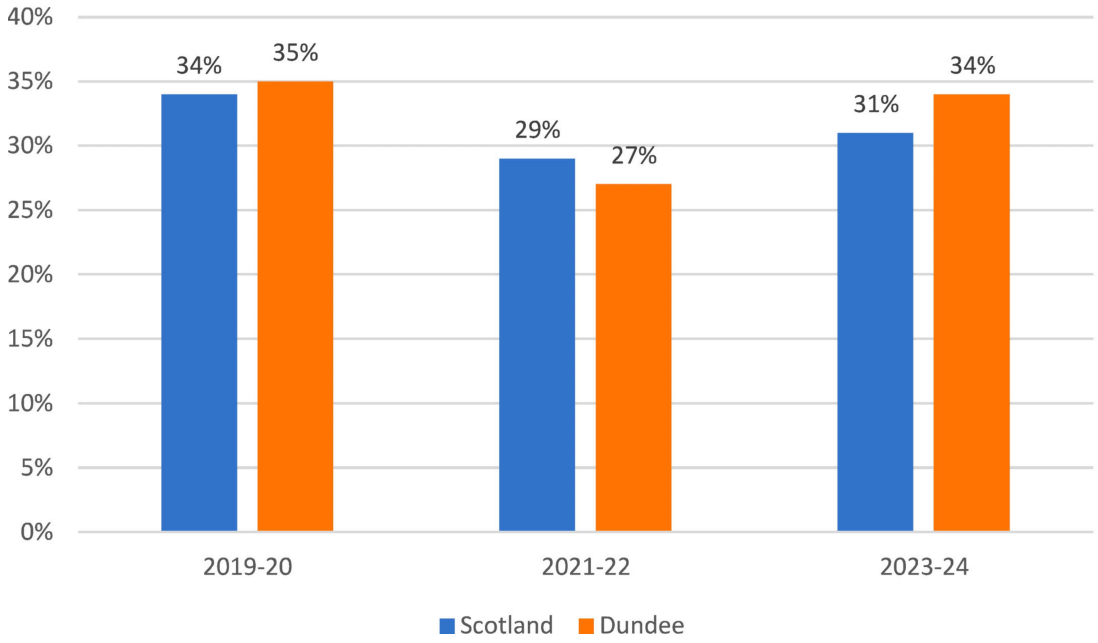
## The impact of caring on employment

Nearly half of working age Carers lose £12,000 of income per year because they provide care Scottish Care (2025) concluded that "Financial strain is another pressing issue...This economic hardship often forces Carers to reduce working hours or leave employment altogether, exacerbating their financial vulnerability. Regarding the impact of caring on employment, Carers UK said, 'nearly half of working age Carers lose £12,000 of income per year because they provide care.'

In Dundee Carers in the North-East and in the East End are more likely to be caring for more than 50 hours per week. These areas are areas where there is more social deprivation. In the West End and The Ferry, areas where there is less social deprivation, more Carers care for 19 hours per week or less.

*iii - https://Carers.org/news-and-media/news/post/422-huge-rise-in-scotlands-Carers-revealed-by-census-shows-urgent-need-for-more-support-Carers-trust-says*

## Chart 11: Percentage of Carers who feel supported to continue caring, Dundee & Scotland, HACE Survey, 2020 - 2024

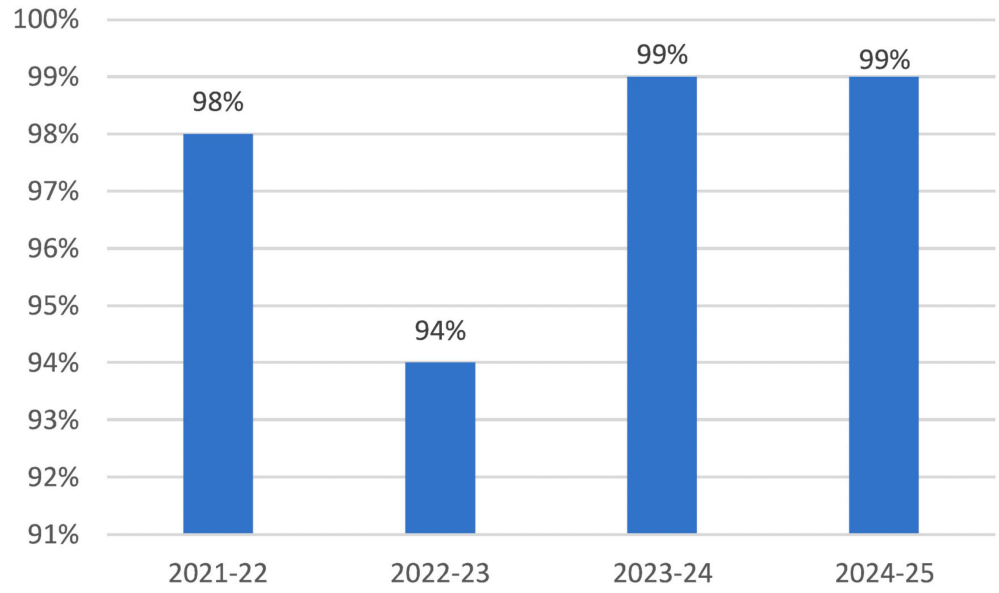



*Source: Health and Care Experience Survey - gov.scot*

In a national survey, 34% of all Carers in Dundee reported that they feel supported to continue their caring role. This is slightly higher than the Scotland result of 31% (Scottish Government, 2024).

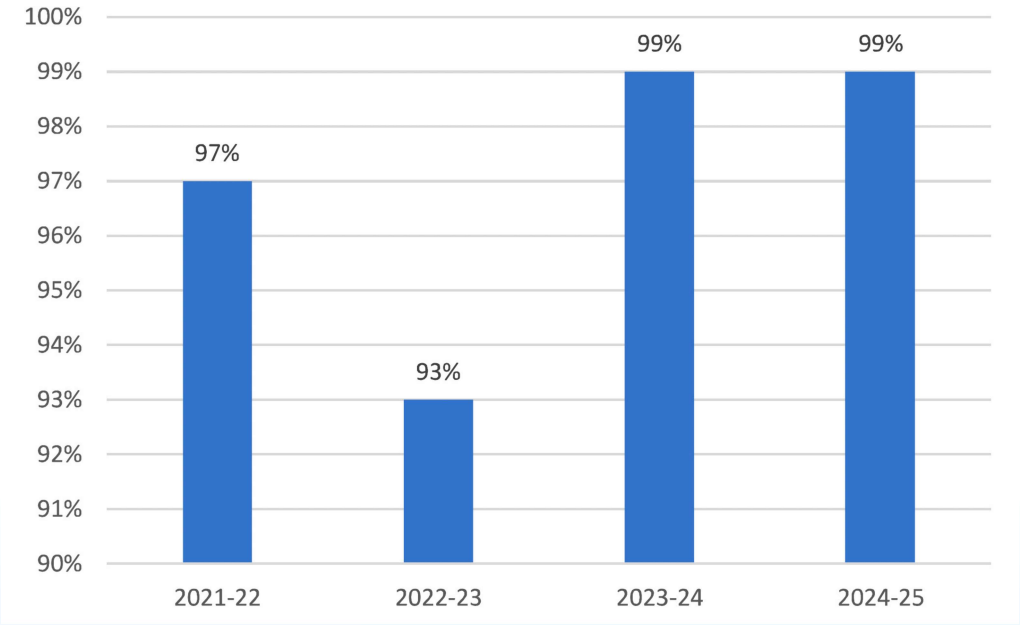
Carers supported by the Carer's Centre reported positively in a recent survey of outcomes (99% feeling improved health and wellbeing and feeling more confident). Whether carers "feel supported to continue caring" will also include things like financial situation, housing circumstances, availability and acceptance of Health and Social Care for the person they care for, and other factors like workplace support arrangements and support from other family members (siblings, co-parents etc.).

## Chart 12: I feel my health and wellbeing has increased as a result of receiving support, Carers Centre Service Outcome Survey, 2022 - 2025




*Source: Dundee Carers Centre*

## Chart 13: I feel more confident and able to care as a result of receiving support, Carers Centre Service Outcome Survey, 2022 - 2025




*Source: Dundee Carers Centre*

# 5. Progress Made Supporting Dundee Carers

## From 2021

| | |
|---|---|
| **2021 Onwards** | New learning opportunities were created to help practitioners better understand Carers, their needs, and how to support them. A new online Learning Portal was launched at www.Carersofdundee.org, which Carers can also use for their own learning. |
| **2022/23** | A successful Carers of Dundee Awareness Campaign ran during National Carers Week, including TV adverts, to help the public understand who Carers are and the different roles they play. 2022/23 and 23/4 Winter Assistance Funds were awarded to Carers in Dundee to help with basic needs like heating costs, warm bedding, clothing, and essential household items. (The Carers Winter Fund was not continued after 22023/24.) |
| **2022/23** | Local employers were encouraged to support employees who are Carers by using the Local Carers Charter. Over 50 organisations were awarded the Charter; many employers have increased their understanding of Carers in the workplace, and some have found they can offer flexible working options to Carers. |
| **June 2023** | Young Carer Ambassadors and College Carer Ambassadors were recruited and trained. They continue to work with school coordinators and link workers on local projects.<br><br>Recruitment is ongoing as Ambassadors grow older and leave education. |
| **June 2023** | improvement work completed to enhance the uptake of adult carers support plans including guidance to facilitate the waiving of fees, where assessed as appropriate. |
| **2023** | Dundee Carers Centre and Lead Scotland ran drop-in sessions to help Carers of all ages improve their digital skills. |
| **2023 onwards** | The Community Listening Service was expanded to meet growing demand, including from Carers. Awareness campaigns were run to promote the service |
| **2022/23** | Carer Health Checks and Wellbeing Sessions offered (through The Corner) to all identified Young Carers in Dundee. |

| | |
|---|---|
| **2023** | Funding was increased for the Dundee Carers Centre counselling service to help meet rising demand. |
| **2024** | Sessions at Dundee HSCP Providers Forums to raise awareness of Dundee Carers Strategy and encourage feedback. |
| **Nov 2024** | The Dundee Carers Partnership launched a new Carers Involvement Framework[iv] to help Carers have a stronger voice in decisions. |
| **2024/25** | Work undertaken to support Carers to be more involved in hospital discharge planning, especially at Ninewells Hospital, with better identification and referral for support. |
| **2024/25** | Work began to optimise the Triangle of Care approach at Carseview Mental Health Centre This includes collaboration between Carseview staff, mental health agencies, and Carers, with information sessions to help staff understand each other's roles to enhance support to Carers. |

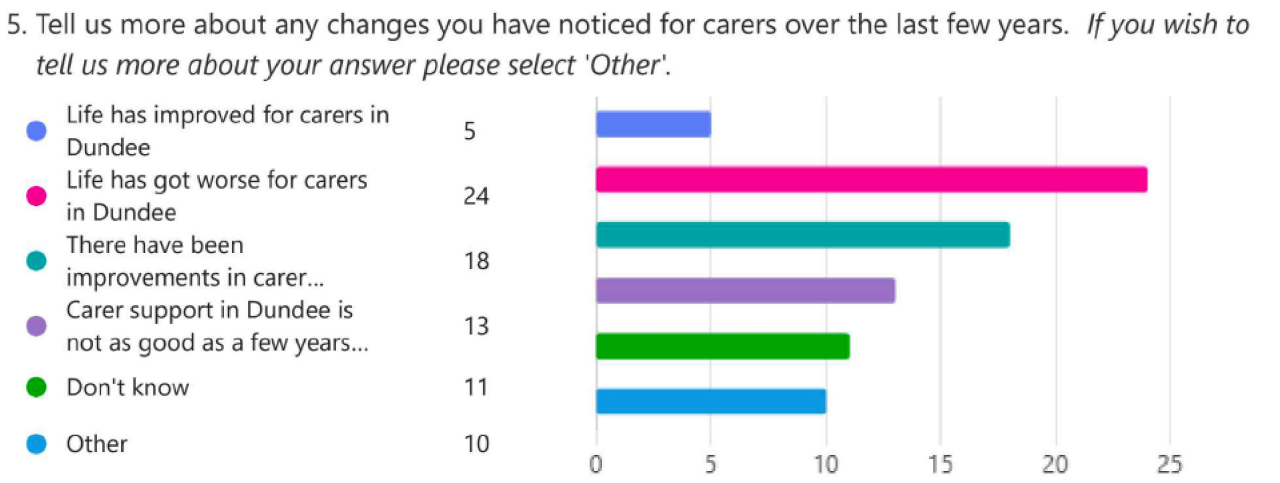
> Early identification is vital. Carers who are not identified will not be able to know and claim their rights.
>
> Carer Support Worker

## Information from Carers Strategy Survey 2025

24 out of 56 people thought life had 'got worse for Carers in Dundee.' in the last few years. 18 people thought there were some improvements in Carer Support with one person saying "support is still high quality, but services are stretched. Many factors that are outwith individuals' control such as financial and cultural division (racism & homophobia etc.) make the lives of Carers worse ". See Chart 14 for answers in Survey.

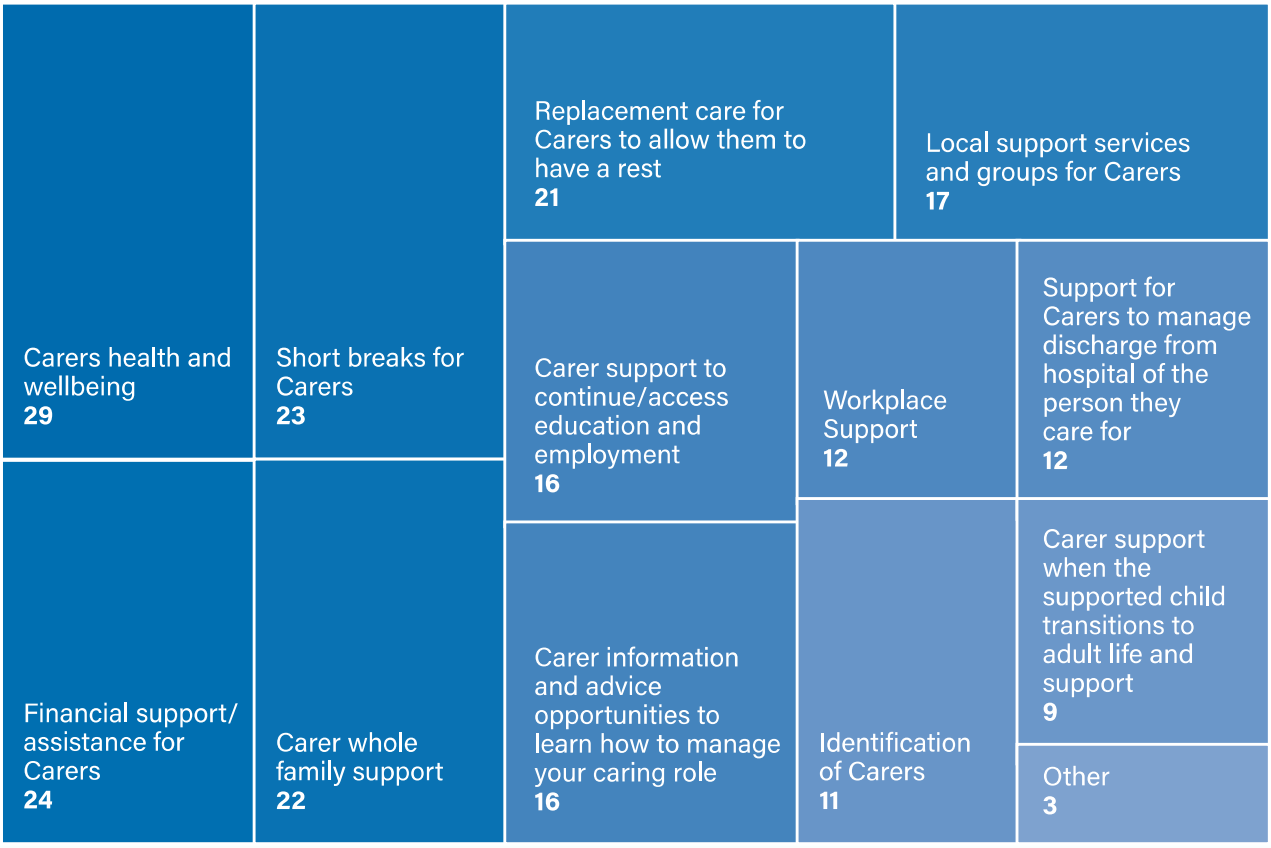
*iv - https://www.dundeehscp.com/dundee-carers-partnership-carers-involvement-framework-2024*

## Chart 14: Carers Strategy Survey Results 2025




*Source: Carers Strategy Survey results 2025*

The Carers Strategy Survey 2025 asked what was for respondents to identify their Top 3 priorities for the Carers Strategy to address. There was a broad selection identified. See the following Diagram.




*Source: Carers Strategy Survey results 2025*

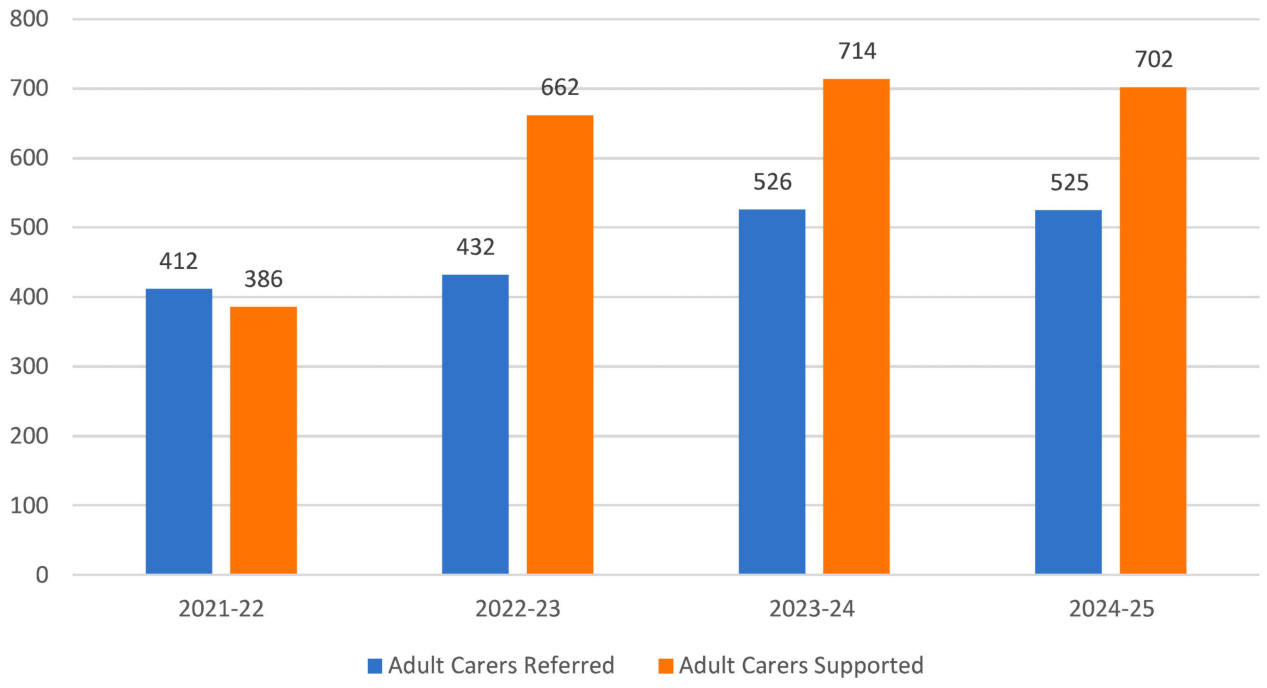
One person said 'I can't pick 3 because caring roles vary so much'

Resources are very limited. Carers are individuals with different needs and expectations of a very small pot of resources.

Carers Strategy Survey 2025

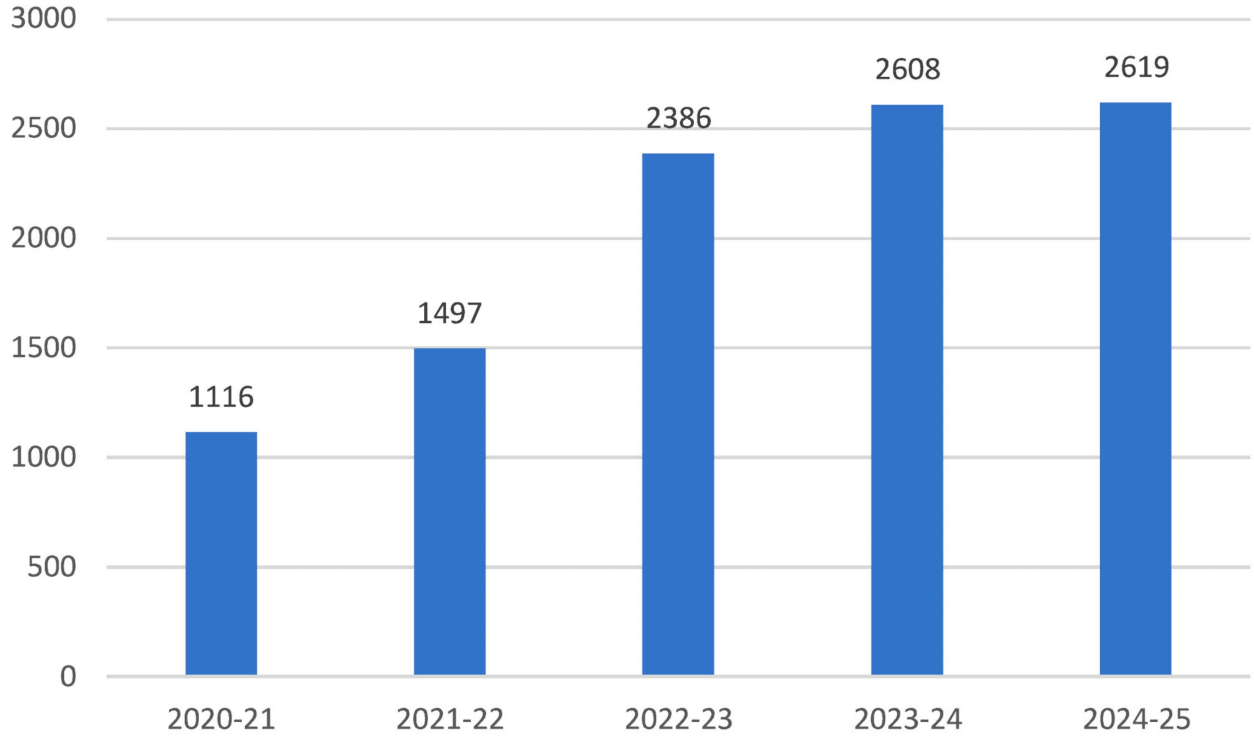
Carers in Dundee are supported by a wide range of services. Support that Carers access such as the Listening Service (NHS) can be accessed by all residents in Dundee. Carers can access services specifically designed to meet their needs, including Dundee Carers Centre support. The following chart notes the number of Carers supported each year by Dundee Carers Centre.

## Chart 15: Number of Carers Support referrals and total number of Adult Carers Supported, Carers Centre




*Source: Dundee Carers Centre*

## Chart 16: Number of people supported across all services from Dundee Carers Centre




*Source: Dundee Carers Centre*

# 6. Carer Engagement

## Ways Carers and those who care about them gave their views

Dundee Carers Partnership works continuously to hear from local Carers and find new ways to involve them. Every Carer is different, and how they choose to get involved depends on what matters to them and what they want to achieve. The Dundee Carers Involvement Framework[v] explains how organisations and services can work with Carers, giving them a chance to help shape the support and services they receive.

> Strategies are vital and more Carers views are important in the making of Carer strategies and how to go forward with realistic outcomes that are achievable and not promoting outcomes that are far out of reach to implement in the real caring Dundee community.
>
> (Person who has support from a Carer) Carers Strategy Survey 2025

## Carer Representatives and Advisory Group

As well as other ways of getting involved, some Carers in Dundee act as Carer Representatives (Reps). These Reps play an important role in helping plan health and social care services. Dundee Carers Centre supports Reps by giving advice and helping them connect with other Carers.

A new group has also been set up by Dundee Carers Centre called the 'Carer Advisory Group.' The Group is made up of Adult Carers who use their caring experience who have agreed to help guide and improve the Dundee Carers Strategy and other areas important to them. The aim is that they will strengthen Carer involvement across the Dundee to make sure Carers' concerns, views, and ideas are heard and taken seriously.

*v - https://www.dundeehscp.com/dundee-carers-partnership-carers-involvement-framework-2024*

## Young Carers Subgroup

The Young Carers subgroup has been established to ensure the implementation in Dundee of the duties to Young Carers under the Carers (Scotland) Act 2016.

This group will carry on and build on previous work to:

- Increase the number of Young Carers in Dundee that are identified, in particular the number of Young Carers identified before reaching a crisis point.
- Increase the number of Young Carers in Dundee that receive the appropriate support, and work towards ensuring that the Young Carers receive support as early as possible.
- Develop training, information and resources to ensure that the wider Children & Families workforce is confident, skilled and has access to resources to identify and support Young Carers and their families and feel supported in that role.
- Work with 'Young Carers Voice' to raise awareness throughout Dundee – in communities, workplaces, services, schools and other educational settings - of Young Carers and their rights.
- Work with key partners to develop relevant indicators and methods to evidence the impact of the work of the group, report on progress and plan future priorities for action.

## Young Carers Voice

'Young Carers Voice' are a group of Young Carers (aged between 14-18 years old) from across Dundee. They are supported by Dundee Carers Centre. They have been the driving force of change in the City, working with key decision makers and ensuring Young Carers' voices are heard and acted upon.

'Young Carers Voice' have identified that while Dundee has made significant progress in identifying Young Carers, the wider community still does not understand the diversity and variety of caring roles Young Carers undertake and their different experiences.

The group also leads 'Young Carers Action Day' in Dundee – an Annual National event that raises awareness of Young Carers, and the incredible contribution Young Carers make to their families and their local communities.

## Young Carer Ambassadors

Young Carer Ambassadors are young volunteers with experience in a Caring role who give their time to raise awareness of Young Carers in their school and community, including Young Carers' rights and the support available to them.

They work alongside Dundee Carers Centre staff and School Young Carer Coordinators to develop tailored opportunities to identify and support Young Carers within their school community.




## Engagement to update Dundee Carer Strategy

Throughout the life of 'A Caring Dundee2', Carers have shared their views in both formal and informal ways. Formal feedback regarding the Strategy Review started at the Dundee Carers Centre Annual General Meeting on 25 October 2024, where around 60 Carers and stakeholders took part in discussions and shared their thoughts. This helped guide the next steps and indicated that the direction of travel for 'A Caring Dundee 2' was the right one indicating that it might be best revised rather than replaced.

This was followed by a series of visits to local Carers groups to hear views from over 45 Carers. The Carers Partnership and its Communication and Involvement sub-group also gathered feedback from organisations and services that work with Carers, helping to build a fuller picture of what Carers need and want.

An on-line survey was shared in September 2025 to gather views for the refreshed strategy. Just under 60 people completed the survey, including 34 Carers and 13 former Carers as well as other stakeholders. Most responses came from adults, with a small number of under 18-year-olds with experience of being a Young Carer. 21 of those adults who responded worked in Health, Social Work or Social Care.

# Some Themes and Key Information from Engagement

## Managing caring

**Advice & Information**
**People said**

- We have difficulty finding Information about services and support for person we care for.
- You need to look at how to better share info with the older generation.
- Schools should do more to identify Young Carers.
- Young Carers miss out on having a normal childhood, learning and friendships.

**Care to support, release, relieve and/or replace Carer.**
**People advise that**

- Sometimes the person the Carer supports refuses services because they worry about means-testing and costs.
- There are not enough care services/supports (e.g. Day time support to occupy young adults with learning disabilities).
- Having a recuperative (or even essential) activity often needs forward planning, but Respite Care admission planned dates are often not possible/available.
- When Carers are seeking Respite Care Placements, they worry about costs- the thought of charging means some Carers and some people don't want even to look into Respite.
- Carers are experiencing high level of distress follow hospital discharge if services are not enough to meet needs
- Concern that there are no longer any Day Centres for disabled adults
- Some service users seem to have extremely long waits for outcomes of Self-Directed Support assessments, and this impacts the Carer.

**Transitions of Young People to adulthood**
**Some people raised that**

- There are issues with transitions to adulthood (for disabled young people), including lack of information, and conflicting information (e.g. guardianship).

## Good Lifestyle

**Carer Support**
**People suggested that**

- We capitalise on Peer Support Groups -to support Carers continue in their caring role. Volunteers (with Carer experience) could be supported to provide peer support and contacts. Support like this could be based in local community centres.
- We need to support Young Carers as they can have even more challenges, especially their own education needs with managing their caring role.

## Financial

**Finances**
**People clearly told us**

- Lack of money is a problem for many Carers. There is disparity as not all Carers can access Carers benefits, and not all disabled people get disability benefits. There needs to be greater awareness of what financial support is available.
- The Cost-of-Living Crisis is a major concern. There can be increased costs looking after someone with a disability.
- Heating is a big issue, and uncertainties around winter fuel allowance are causing stress.

## Carer Health

**Mental Wellbeing**
**People said**

- Mental Wellbeing is a major concern in Carers day-to-day lives
- The mental health and wellbeing of the person Carers care for can have major impacts on the Carers wellbeing
- Carers can struggle even more when it's hard to get the right mental health support for the person they're looking after.

### Sharing information with Carers

'General Practices are an untapped resource. Carers usually speak to doctors first and doctor's receptionists'

Carers Centre AGM 2024

# 7. The Vision

## Strategies like this usually have a stated vision; this confirms what the strategy is looking to achieve.

Carers and stakeholders have suggested that the previous vision be updated slightly to reflect their current thoughts.

The vision of this strategy is:



# 8. Core Principles

These Core principles have continued to be the basic guidelines of the strategy.

These have been copied from 'A Caring Dundee 2'. See the following Health and Social Care Standards information and EPIC information.

Across Dundee we listen to and work with Carers in accordance with the Health and Social Care Standards prioritising and respecting people and their choices when they seek support.

Health and Social Care Standards
My support, my life.

The Equal Partners in Care (EPIC) principles developed by NHS Education for Scotland (NES) and the Scottish Social Services Council (SSSC) are embodied in local plans, actions and direct work with Carers. This strategy embeds the Equal Partners in Care (EPiC) core principles: 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 free from disadvantage and discrimination related to their caring role; Carers are fully engaged in the planning of services; Carers are recognised and valued as equal partners in care. See Figure 1.

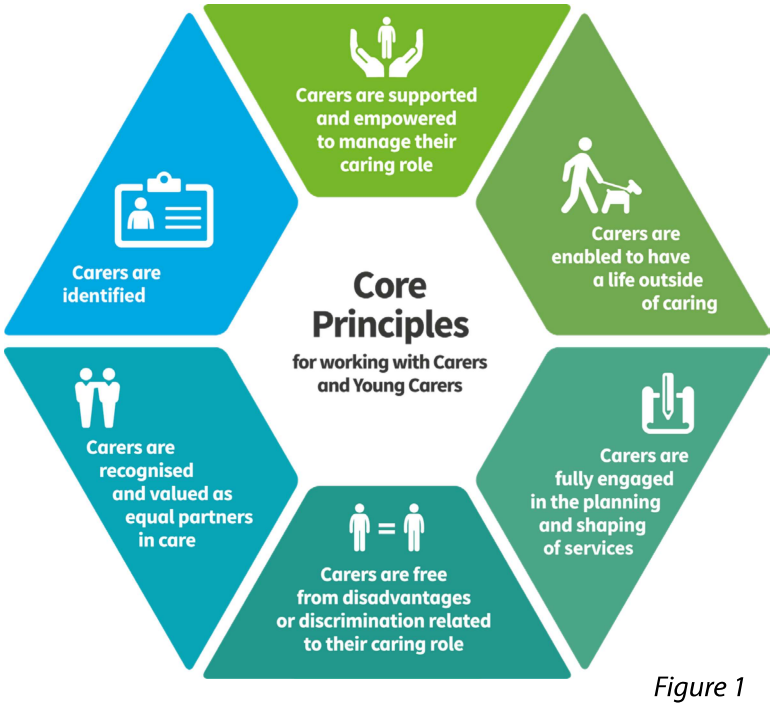



*Figure 1*

# 9. Carers Resources

## Supports and services for Carers in Dundee

Considerable data and information is available to support the Carers Partnership plans for Carers in Dundee. The information that is available is structured in a way that allows the Carers Partnership to consider the extent to which the Strategic Outcomes have been achieved.

> Everything has rules and red tape. Even when the person is entitled, it seems there are always waiting lists. It is difficult for everyone. One Carer of 5-year-old says they cannot get specialist help to meet their needs.
>
> Carers at group meeting

## Information and Advice

Dundee Carers Centre continues to provide Information and Advice on behalf of Dundee HSCP. The arrangements for this include providing advice and information by phone, or face-to-face and through the Carers of Dundee Website - **Carersofdundee.org**

## Support for Young Carers

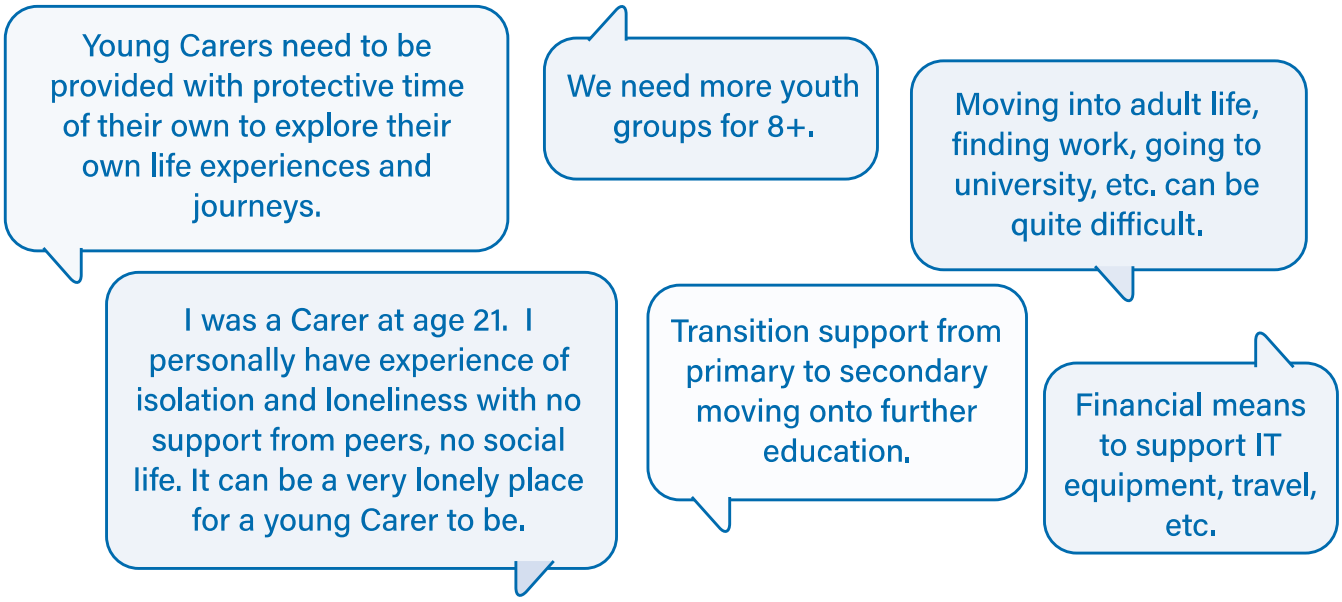
The Carers Strategy Survey asked, 'Do you feel any changes need to be made to ensure Young Carers can have a life of their own alongside their caring role?' Most of those who answered thought support for Young Carers was important.

**Comments about what is needed included:**

> Young Carers groups in school do help.

> Respite time to recharge from their high demanding caring role that impacts their own health and well-being.

> Make sure services to care for the looked after person while the young Carer has a break or support as a young Carer.




**This what 'A Caring Dundee 2' said**

Support to Young Carers is part of the 'Getting it Right for Every Child' (GIRFEC) approach in Dundee, which improves outcomes and supports the wellbeing of children and young people by providing the right support at the right time. For more information on GIRFEC in Dundee go to **dundeeprotectschildren.co.uk**

Some children and young people who are Young Carers are assessed as having Additional Support Needs and where there is a need for coordination of support this is done through the TATC (Team Around The Child) process and a Child's Plan may be created to coordinate and monitor outcomes.

Schools in Dundee have a designated Young Carer Coordinator, an Education employee, who works closely with identified link workers (from Dundee Carers Centre) to support the needs of Young Carers. The Co-ordinators ensure other school staff are aware of any concerns that may impact on the engagement and participation of the Young Carer in School commitments and activities. In some schools the Co-ordinators facilitate a Young Carers group allowing a safe space for Young Carers to share views, advice and mutual support and come together with others experiencing similar caring duties. Every secondary school has a group of young Carers who volunteer as Young Carer Ambassadors. There are currently 32 Young Carer Ambassadors who lead activities for their peers, raising awareness of what it means to be a Young Carer. Dundee City Council Children and Family Service have two Carers Champions who are working with Dundee Carers Centre link workers to develop the Champions role within children's social work teams to better identify and support Young Carers in those settings. Young Carer Ambassadors have recently been recruited at Dundee & Angus College to develop this programme beyond Secondary School.

# Support for Adult Carers

Carers Personal Outcomes continue to be a focus for casework with Adult Carers. The information in "A Caring Dundee 2" remains relevant.

**This is what A Caring Dundee 2 said:**

Carers can currently access both formal and informal supports for themselves from a range of resources across Dundee. Personal Outcomes for Adult Carers are described in the following diagram. Local Carers identified outcomes that were relevant to them these are grouped under outcome domains of Health; Having a Good Lifestyle; Financial Security and Managing the Caring Role. See diagram. (Figure2).




*Figure 2*

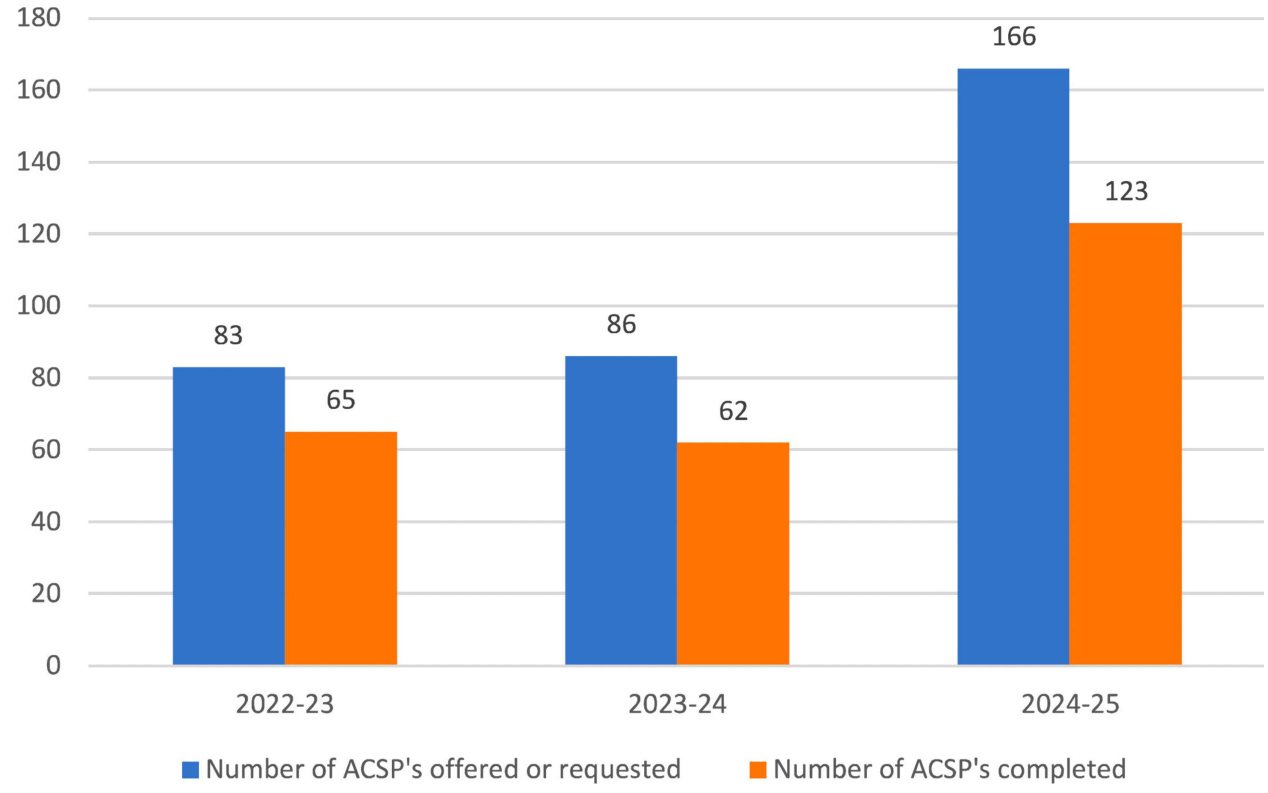
In Dundee it is recommended that Assessment Practitioners complete Adult Carer Support Plans within 90 days of the initial request for these. All known Carers of people who are terminally ill should be offered an Adult Carer Support Plan or Young Carer Statement within 2 working days of a person being identified as a relevant Carer. A "substantive conversation" should take place with the within five working days with ACSP/YCS within ten working days.

## Adult Carer Support Plans

There are many supports that can be accessed directly by Carers without a formal Adult Carer Support Plan. Adult Carer Support Plans continue to be the best option when Carers have accessed the other supports and have needs that cannot be met in other ways. In addition, an Adult Carer Support Plan can help the Carer identify their goals and aspirations.

> Just now I feel that my longer-term Mental health struggles are reducing my caring capacity. I feel I am not seen as a person, I would like the chance to develop my writing and blogging, to generate income with this but cannot find support for myself to do this.
>
> Local Carer

**Chart 17: Number of Adult Carer Support Plans offered or requested with number of Adult Carer Support Plans completed, 2023 – 2025**



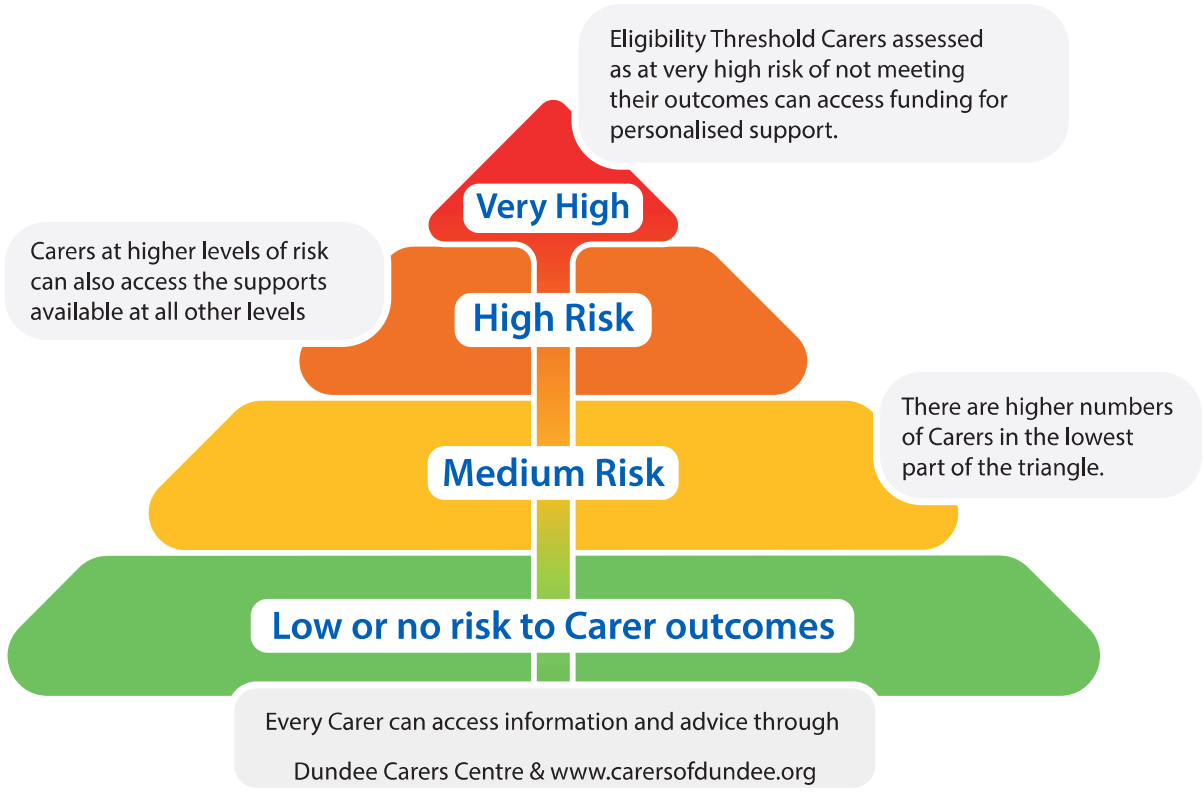

*Source: Dundee HSCP, Mosaic*

**The following information is from A Caring Dundee 2.**

The next diagram (Figure3) shows the Triangle of Support which illustrates the level of risk that Carers might not achieve their personal outcomes. The lower part of the triangle describes the support that Carers can access directly. When the risk to a Carer achieving their personal outcomes is higher they should access supports at other levels as well. During the Adult Carer Support Plan Process Carers explore their outcomes on a one-to-one basis with an assessment worker who can identify their eligibility for a funded support plan as well as considering other resources and supports.

Individually Funded Adult Carer Support Plans are available for Carers who meet the Eligibility Criteria for Carers in Dundee; that is, they are identified to be at a very high level of risk to achieving one or more of any of the 4 Carers personal outcomes. Individually Funded Adult Carers Support Plans will be offered as Self-Directed Support where Carers can choose from 4 options in order meet their outcomes. These options include getting the funding to spend on their own support; agreeing their support and asking for this to be paid; having the support arranged or a mixture of these 3 options. Table1 gives information about the type of support that might be available to Carers who live in Dundee as well as Carers who support someone in Dundee. In order to support Carers and help them maintain or reach their personal outcomes there is a wide and varied choice of supports for Carers who do not reach the Eligibility Threshold. Carers who live in Dundee can also access all the supports that are available below the threshold. Responsibility for Adult Carer Support Plans for Carers who live in Dundee but support someone out with Dundee rests with the area the person they support lives in and that areas Carers Eligibility Criteria will be applied.

## Triangle of Support for Adult Carers



| The level of risk to Carer outcomes | | | Examples of types of support (not exhaustive)<br><br>Specific Examples given may not all always be available |
|---|---|---|---|
| | Very high risk | Eligible for funded support | Personalised support e.g. Counselling, training for care role/tasks or whatever else that can meet outcomes and is not available in Green, yellow amber stages. Can still access all other supports in other stages to make full package. Advice can be given to Eligible Carers through Self-directed support service at Dundee Carers Centre |
| | High Risk | Direct support & intervention from one or more agency | Support from Community Nurse, Social Care Organiser etc. along with One-to-One support from Carers Agency. Sources of Support, Community Health Service.<br><br>Can still access all other supports in yellow and green stages to make full package. |
| | Medium risk | Mainstream Carers support that can be accessed directly | Alzheimer's Society, Penumbra Carers Support,<br><br>Carers cinema Club (Adler Community Centre)<br><br>Short Break Brokerage. Peer support groups. Can still access all other supports in green stages to make full package. Parent-to-Parent |
| | No/Low Risk | Self-Care, friends and family, Carers agencies like plus other Universally available supports available for all in local community | Local Zumba Class, Mindfulness, Community Centre Social Groups, Welfare Rights/Money Advice.<br><br>Learning Portal on CarersofDundee. Carers Decide Groupwork National Support on line e.g. Mobilise. Workplace Carers groups. Virtual Hubs. Local Walking Groups, Mindfulness. Volunteering. Dash. Dundee Deaf Hub. Activities in local Community Centre's. |
| | Information and advice are available for all Carers.<br><br>For contact information for organsiations visit<br><br>**carersofdundee.org/organisations** & **www.aliss.org** | | |

## Dundee Carers Strategy Survey 2025

**43%** of respondents thought 'Life has got worse for Carers in Dundee'

**32%** said 'There have been improvements in Carer support in Dundee'

**23%** said 'Carer support in Dundee is not as good as a few years ago'

## Support for the Child or Adult that the Carer looks after

The child or adult that the Carer supports can also be supported by services that may relieve or support their Carer. These would be based on either a Childs Plan for the child with additional support or wellbeing needs or an outcome focussed assessment of the supported adult. Many Carers worry what will happen if the child or adult they care for needs care in an emergency. When a Carer wants to plan with the person they support in case the Carer becomes suddenly unavailable the professionals who are responsible for assessment of the child or adult who the Carer looks after should discuss alternative care and support and help make a plan for this.

Any Carer who is experiencing a crisis and needs additional or emergency support for caring responsibilities they should contact the professionals already working with the person they care for- this could be a named person, school contact, a health care contact or someone in Social Work or Social Care.

## Support for Children

Children and young people who have additional support needs the Children and Families Supporting Learners Strategy**dundeecity.gov.uk/additional-support-needs/support-for-learning** supports their needs, as well as the Team Around The Child Framework. For more information visit **dundeecity.gov.uk/service-area/children-and-families-service**

If you are unsure of who to contact, you can seek advice by phoning the Child Protection phoneline on **01382 307999.**

# Support for Adults

When a Carer is looking for more support for an adult, if the Carer is unsure of who to contact they should seek advice from the Dundee Health and Social Care Partnership First Contact Team on **01382 434019**.

Information about how to get support from Social Work Out-of-Hours services will be given via First Contact Team answer machine service. Further information about resources for the person that the Carer supports are available through Health, Social Care, Social Work and the Third and Independent agencies can be sourced through
**aliss.org**

Information about supports for Carers and the person they support is available at
**carersofdundee.org**

Some Carers raised concerns about not getting accurate communication about Self-Directed Support. 'I was told to ask about SDS through Carers Centre because there was no suitable service available for my mum, but this was not a solution she wanted, and we can't imagine that we could organise support 4 times a day through this especially as her needs are growing quickly.'

Comment from Carer- 2025

# 10. Anticipated Changes due to Care Reform (Scotland) Act 2025

## A number of changes will be introduced as a result of the Care Reform Act implementation.

The changes are expected to have a positive impact on Carers directly and indirectly. Decisions on the implementation date are likely to be taken by incoming Ministers, following the May 2026 Scottish elections. The changes mean:

- There is a new duty on "relevant bodies" to promote take up of support to Carers.
- Scottish Government Ministers have the power to set timescales for the preparation of Adult Carers' Support Plans and Young Carers' Statements.
- The Carers Act, as amended by the 2025 Act, will deliver a right to personalised short breaks for Carers who need it
- Local Authorities (Council and Health and Social Care Partnership) will determine whether a Carer is able to take sufficient breaks from their caring role. This will be determined through assessment for a Carer's Personalised Plan (Adult Carer Support Plan and Young Carer Statement). The Local Authority will be expected to provide support to enable sufficient short breaks for the Carer. Any reference to a Carer taking a break may also include the person they care for.
- Further regulations from Ministers are expected to expand the support available to Carers and on the definition of "sufficient" breaks, supporting criteria and types of support.

> A lot of stress and worry comes with the cared for person not receiving the support they require, so (need to do) something regarding this as well.
>
> Carers Strategy Survey 2025

## Right to breaks

Short breaks are recognised as essential for Carers to maintain and improve their wellbeing and that of the people they care for. This means Carers in Scotland will have a legal right to a break which will be subject to new statutory guidance to be issued after May 2026

**Short Breaks Service Statement**
A refreshed Short Breaks Service Statement for Dundee will be available in 2026. The statement may need further updated after regulations are set. There is likely to be a new duty that requires more detail to be provided in Short Break Services Statements about the range of breaks and how sufficient availability and variety will be ensured.

# 11. Strategic Outcomes for Carers in Dundee

## Strategic outcomes are goals that Dundee Carers Partnership and local Carers want to achieve with and for Carers.

The Outcomes from "A Caring Dundee 2" have been refreshed after hearing from local Carers and stakeholders and are influenced by the National Carers Strategy Themes and Outcomes. The Carers Strategy Survey indicated general agreement on the outcomes which had been revised following earlier discussions. There were additional comments, mainly from Carers, to emphasise the importance of delivering the outcomes at all levels to make the aims a reality. One Carer noted that

'Outcomes are important as detailed but only if they can be implemented and fully funded. We need to work towards positive outcomes for Carers within Dundee and explore new ways to support them more as they are our key to caring within communities and they provide vast number of hours caring for another and unpaid for many. Certainly, new strategy needs to be realistic in outcomes due to underfunding over years Carers support services are overly stretched and struggling to meet increasing demands on their services.'

This was echoed in responses across the Survey that raised concerns about potential limitations on resources.

> Until unpaid working age Carers are paid a decent amount; they will rarely have financial security. The Welfare system also changes regularly, so there is never any guarantee the income they have will continue.
>
> Carers strategy survey 2025

# Carers Strategy Outcome 1

## As a Carer in Dundee:

**I am heard, recognised, respected, valued, and I am able to be involved.**

This means

- Carers will know and understand their rights as a Carer.
- Carers' voices will be heard, and their views and experiences are considered in decisions which affect them
- Carers will have been identified, recognised and valued by a wider society and local communities, as well as those they are directly involved with. This will be reflected in local policy making in all areas relevant to Carers.
- Carers have a voice and feel listened to, heard, understood and respected and an equal partner in the planning and shaping services and supports for those they care for. In addition, they have an opportunity to contribute to future planning for services and support across the city for them and those they care for

## National Carers Strategy - Relevant Themes and Outcomes

- Valuing, Recognising and Supporting Carers
- Carers are recognised and their contribution is understood and valued by society.
- Carers' voices are heard, and their views and experiences are taken into account in decisions which affect them.

## Actions for Dundee Carers Partnership Delivery Plan

1. Develop a plan to build confidence and skills of the workforce in supporting Carers and understand and implement their roles and responsibilities in relation to identification of/ support to Carers of all ages.
2. Dundee Carers Partnership to investigate reduction of numbers of Young Carers recorded through Schools and consider if any action is needed as a result.
3. Continue a pro-active approach towards identifying those Young Carers who may require a Young Carer Statement and to look further into circumstances, views and needs of Young Carers.

4. Complete review of contractual arrangements for engagement with Carers in wider Carers Centre Service Review
5. Deliver targeted work to develop and strengthen support and opportunities for Carer participation in the decisions that impact their lives, services and communities.
6. Include review of contractual arrangements for engagement with Carers in wider Carers Centre Service Review
7. Dundee Carers Partnership, working with other agencies, will continue to carry out plans to support Carers to identify their caring role.
8. Carers Partnership to consider how best to support Carers representatives in Strategic Planning including IJB Carers Rep.

> Due to a lack of opportunities for young people (who have Disabilities) transitioning from school to adult services, I am unable to do many of the things I want to do to enable me to do the things I want to do and spend time with people outside my caring role.
>
> Carer (mother of young adult)– Carers Strategy Survey 2025

## Carers Strategy Outcome 2

### As a Carer in Dundee:

**I am supported to have the best possible caring experience.**

This means:

- Carers will feel supported throughout all stages and developments in their own life and the lives of the people they care for.
- Carers will have positive experiences of services designed to support them and the person they care for.
- Carers will feel services are well coordinated for them and the person they care for, and they have access to the information and advice they need, when they need

## National Carers Strategy - Relevant Themes and Outcomes

**Social & Financial Inclusion**

- Carers can participate in and are valued by their community and wider society.

**Young Carers**

- Young Carers are supported and protected from inappropriate caring and negative impacts on their education, social lives and future opportunities.

## Actions for Dundee Carers Partnership Delivery Plan

1. Continue workforce learning & development via HSCP Adult Carer Support Plan Improvement Activity
2. Develop and promote use of Mosaic workflow and contingency plan for supported person, consider links with ACSP improvement work
3. Improve the extent to which Young Carers views, and the impact of the caring role, is taken into account by all services when planning for the supported person.
4. Carers Partnership to work collaboratively with HSCP/Children's services colleagues to explore support available for parents/Carers of children with additional support needs
5. Carers Partnership to engage with local Transitions Group to align support for Young Carers and parent Carers to ensure smooth transitions and continuity of care, coordinated support across child and adult service

Young Carers and adult Carers in Dundee share some overlapping challenges, but they also face distinct issues due to differences in age, life stage, and support systems.

Carers Strategy Survey 2025

# Carers Strategy Outcome 3

## As a Carer in Dundee:

**I can live a full and healthy life and have the support I need to do this, including support and advice to have financial security.**

This means:

- Carers will have opportunities to lead a full and healthy life.
- Carers can access support and assistance to improve their own health and wellbeing, and financial security.
- Carers will say they can identify what is important to them and how they will achieve their goals for the future

## National Carers Strategy - Relevant Themes and Outcomes

**Health & Social Care Support**

People who provide unpaid care are supported to look after their own health and wellbeing, including reducing any negative impact of their caring role on their own health and wellbeing. (National health and wellbeing outcome 6)

**Living with COVID-19**

- Carers feel confident and supported to protect themselves from COVID-19.
- Carers and the people they care for feel supported and confident to re-engage with their communities.
- Carers are supported to recover from the negative impacts of COVID-19.
- Carers are able to access the financial support and assistance to which they are entitled.

Young Carers are supported and protected from inappropriate caring and negative impacts on their education, social lives, and future opportunities.

Young Adult Carers are supported when moving from education to training and work while balancing an ongoing caring role

## Actions for Dundee Carers Partnership Delivery Plan

1. Work with the money advice services to ensure that Carers know their rights, information and advice is available and enhance access to financial support.
2. Support Carers to access employability advice and support.

Dundee Carers Centre supported 76 Carers through the Counselling Service in one year. (2021/2022)

Discussion re poverty of long-term Carers- finances poor during working life and the implications for retirement

Carers Centre AGM 2024

# Carers Strategy Outcome 4

As a Carer in Dundee:

**I can have a life of my own alongside my caring role.**

This means:

- Carers will have a good balance between caring and other things in their life and have choices about caring.
- Carers will have support to reduce, change or end their caring role if that is their choice and have supports identified if the caring role ends
- Carers will be able to spend enough time with people and activities they want to do and are able to continue in the caring role if they wish to do so.
- Carers will be supported to choose to work, study and to transition from education to the workforce.

## National Carers Strategy - Relevant Themes and Outcomes

**Social & Financial Inclusion**

- That the social and economic contribution, impacts and scale of caring are recognised, understood and reflected in local and national policy making across all areas.
- Carers are able to take up or maintain employment & education alongside caring if they wish to do so.
- Young Adult Carers are supported when moving from education to training and work while balancing an ongoing caring role

## Actions for Dundee Carers Partnership Delivery Plan

Publish the revised Local Authority Short Breaks Statement, ensuring it reflects the statutory guidance issued for the Care Reform Act.

Monitor the impact of recent Self-Directed Support ongoing development work, to enhance Carer outcomes and reduce barriers to accessing SDS and increase local uptake.

Collaborate with Skills Development Scotland and Colleges, to support Young Adult Carers in education and employment, Increased support and opportunities for Young Adult Carers

> We need to see that Carers are part of the family and have a whole family approach
>
> Comment from group discussion
> Carers Centre AGM 2024

# 12. Finance And Resources

Dundee City Council and NHS Tayside provide the IJB with funding to deliver and improve adult health and social care services.

These resources are used to commission services that meet local needs and align with the ambitions and priorities set out in the IJB Strategic Plan. Additional funding for Carers has been provided by Scottish Government. These funds have allocated to a range of services and supports that meet the needs of Carers in Dundee and that will help to achieve the ambitions and priorities set out in this Strategy.

Following the introduction of The Carers (Scotland) Act 2016 funding was allocated by Scottish Government was for implementing the Act. A portion of the funding was allocated each year to Dundee City Council Children and Families Service, and the majority of funding was retained by Dundee IJB and allocated to priorities identified by Dundee Carers Partnership.

The Carers Act Funding was allocated to new developments and projects which, when proved successful, were allocated longer term funding. This information was recorded and regularly reported by the Carers Partnership through IJB meetings.

In **2024/25**, Dundee Health and Social Care Partnership received an allocation of **£2.151 million** in Carers funding. An investment plan was developed and approved by the IJB, enabling this funding to be mainstreamed across partnership services and third-sector providers to meet statutory requirements. This investment supported key initiatives, including;

- Dundee Carers Centre funding
- Additional Social Work posts to undertake Adult Carer Support Plan Assessments
- Listening and Bereavement Services, and
- Enhanced respite provision offering respite and short breaks to support Carers when required. *(The charges for Respite/Short Breaks are waived if the break is to meet Carers Outcomes and the breaks are provided free of charge).*

## Dundee IJB Financial Position

Each year, the IJB must set a balanced budget, meaning it cannot spend more than the funding available. All services and supports including Carers support have been impacted by rising costs—driven by workforce pay increases, inflationary pressures on energy and property costs, and growing demand for services—have created significant financial challenges. This is set against a backdrop of increasing numbers of Carers and complexity in their needs. Funding allocations have not increased at a level sufficient to meet the challenges faced by the IJB, and savings plans and proposals are expected across all service areas to bring expenditure back within budget.

It is recognised that some of the future savings' proposals may negatively impact Carers either because they impact the person they care for, or it is about a service that Carers use. Dundee IJB and Dundee HSCP are committed to ensuring that Carers' voices are included in all budget consultations, and impacts on Carers are considered when proposals are developed. In addition to considering people who have Equality Act Protected Characteristics and/or who may be impacted by socio-economic, or fairness issues the IJB expects managers who propose changes to highlight, and where possible, mitigate negative impacts of any proposed changes on Carers.

> All the strategies in the world won't matter if professionals ignore them and there's no funding to implement.
>
> Carers Strategy Survey 2025

# 13. Monitoring Progress

> Each Delivery Plan action will be updated and monitored at the Carers Partnership Data Group.

This will include a written update for each action and, where available, activity and or outcome data. The evaluation of delivery plan actions will be considered alongside Carers Partnership performance indicators and relevant population and socio-economic data about Carers. The Delivery Plan is a live document. It will be updated when needed, including any changes required by the Care Reform (Scotland) Act guidance. This evaluation will be used to produce an Assurance Report which is reported at each Carers Partnership meeting to allow for scrutiny and further planning.

# Advice for a Carer

## Hello Carer, stay calm...breathe deeply.

Prepare for a new life, a different life, one that is as much a whirlwind of endless uncertainty as it is wading in a pool of stagnant sludge.

Never give in or give up though.

Don't misjudge or let mistrust rule your thought processes.

Try to appreciate, try to understand, and try to love, even when the temptation to shout and scream out are the stronger feelings and emotions.

Share your problems and your worries; talk to others who you can trust.

Meet with others who you have never met before or might have never met before, through chance but who face the same issues as you. Different people, same problem.

You have a personal crisis on your hands but so do they. They can listen and they can help. You are not alone.

Develop simple diversional therapies and coping strategies.

Try to unmuddy the cloudiness in your brain which endlessly twists and squeezes your emotions.

Research the facts, don't be unfairly judgemental.

Always be that someone who your one, in need of care, can rely on for support and love.

Even if all you see is selfishness, greed, despair and heartache that seemingly have no end. They will, but it will take time.

Just when you think you have turned the corner don't be surprised to have to face another one.

Be reassured. Be positive. Be careful.

Your life as a Carer has just begun, there will one day be an end in sight even though you can't see it yet.

Trust me, I trusted myself and now my son trusts me.

*A Carer. From a "On the Map" Collection - Dundee Carers Centre Creative Writing Group.*

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Carers of Dundee

www.carersofdundee.org