



DUNDEE CARERS PARTNERSHIP INFORMATION FACTSHEET No. 6

Carer Support

Dundee Carers Partnership recognises the vital role that carers have in supporting local people. We want carers to be supported to look after their own health and wellbeing, and aim to reduce any negative impact of their caring role. The aim is that carers can continue to care, if they so wish, in good health and to have a life alongside caring.

As a carer you may find it hard to think what is involved in caring, as you see it as part of everyday life. In order to help you continue caring it may be useful for you to think about your caring role and what it means to you.

Although there may be many expectations placed on you as a carer you do have choices about being a carer and the responsibilities you undertake. It can be helpful to reflect on this, perhaps with family, friends and the person you care for.

This factsheet contains information on the support that is available to carers in Dundee.

The Caring Journey

Sometimes, depending on where you are in your caring journey, it can be helpful to discuss your caring role with professional staff. Getting information, advice and support at the earliest stage possible can enable you to care with confidence, promote positive wellbeing and keep you and the person you care for living well in the community.

You can plan and access support independently, informally or as part of a carer support plan depending on where you are in your caring journey and how your caring role and responsibilities are impacting on your outcomes as a carer.

You should choose the right way to plan your support, please take the opportunity to discuss this with relevant persons including the person you care for and staff who support them.

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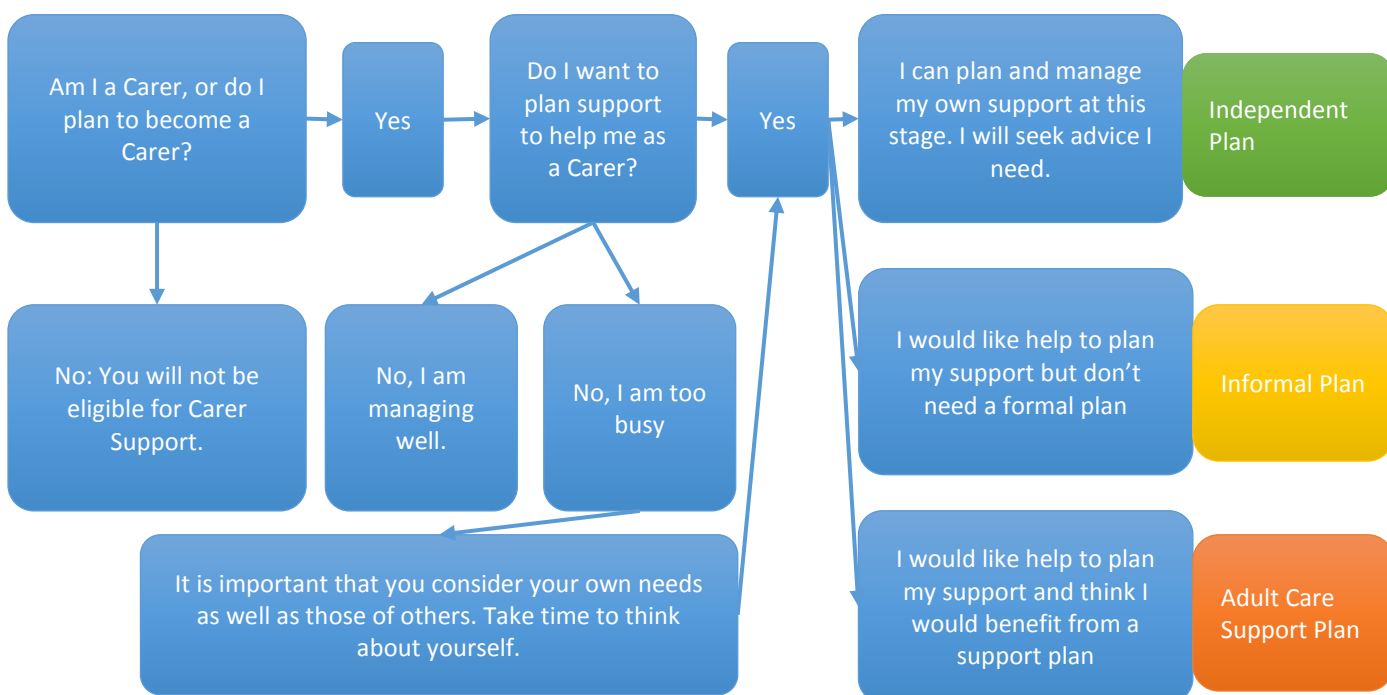
You may wish to consider planning where and how you can be supported in the caring role and whether you might benefit from an Adult Carer Support Plan or Young Carer Statement.

What is an Adult Carer Support Plan?

An adult carer support plan helps you to think about what support you might need if you wish to continue caring and what could help you to have a life alongside caring. The plan sets out any needs you have and how they will be met.

Dundee Health and Social Care Partnership and Dundee City Council have a duty to offer an Adult Carer Support Plan to any carer over 18. As a Carer you can request a Carer Support Plan.

The following diagram may help you consider if you want an Adult Carer Support Plan.



What is a Young Carer Statement?

Carers who are under 18 and/or 18 still at school should consider if a Young Carers Statement would be valuable to them. The YCS can accompany the Childs Plan. The Young Carer Statement will contain a variety of information about your circumstances and caring role.

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Planning your support as a carer

Support planning can help you to look at your need for support as a carer and how you would like to meet your needs and do the things that are important to you. Locally there are range of options to meet your needs such as:

- Leisure activities and groups in the community
- Sources of information or support (Including Carer Support)
- Different types of equipment or tools that help you in your caring role
- Welfare Rights or employment law advice
- Training and learning opportunities that help you continue to care safely and help you develop new skills
- Planning for emergencies and contingencies to avoid crisis situations arising and give you peace of mind.

Some of your needs may be met by providing some support to the person you care for. The process of support planning can help identify the person you care for needs more support including support to help you have a break.

As a carer you may be offered a Support Plan but you do not need to accept this offer or you can ask for this whenever you feel you need more support.

Even if you do not make a support plan when it is offered you can ask for a one at another time. When you ask for a support plan it may be helpful for you to give some indication of how urgently you think this might be needed.

Whether you have a formal support Plan or not it is important for staff in support services to know how you are getting on, after all carers provide vital care and support for other people who would not manage without this help.

You can choose different methods of Support Planning including:

- Independent Planning

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- Informal Support Planning
- Adult Carer Support Plan or Young Carer Statement

Independent Planning

As a carer you can access and plan your support. Many services and supports are available to all carers and can be accessed directly.

Independent Planning is most likely to be a suitable route for carers who are managing to achieve their outcomes as a carer and want support to maintain this position.

Carers planning their support may want to discuss how to maintain or achieve their outcomes with the person they care for, family or care workers, carer support workers or the person from Health and Social Care, Education or Social Work who supports the adult or child they look after.

Carers in Dundee identified that important outcomes to them were Managing the Caring Role, Financial Stability, a Good Lifestyle and Health and Wellbeing.

You can get information to help plan support via the internet or local library, or from professionals working with the supported person or through Dundee Carers Centre who have a remit of providing information and advice as well as providing support services which carers can access directly.

You can also get information or advice from organisations who have specialist knowledge that you may want e.g. GP, Nurses, Care Managers, and Condition Specific Organisations such as Alzheimer's Society or Penumbra.

Carers may take the opportunity to learn relevant skills and can ask specialists about training or learning opportunities in your caring role.

Specialists like Occupational Therapists may be able to give advice about simple pieces of equipment to support a carer in their caring role and about how to keep the carer and the person you care for injury free.



Informal Support Planning

When considering the support you might need as a carer you might find it helpful to have a discussion with a Health and Social Care professional a carer support worker or someone else.

Some Carer Support Workers may use a planning document to help you make a plan for your support

Through informal support planning carers can be supported to consider what help they need and can identify with a worker how and where they will get this help.

When you consider what help you need it may be helpful to consider the carers outcomes that have been identified locally and what support you need to achieve these. These are: - Managing the Caring Role, Financial Stability, a Good Lifestyle and Health and Wellbeing.

Other things you may wish to think about are:

- What caring tasks you do and how you feel about doing them
- Your relationship with the person you care for
- If you get enough time for yourself. For example, to get out and about, meet other people, and take part in leisure activities
- How caring is affecting your mental and physical health
- How caring is affecting your relationship with others
- How caring is affecting your education, work life, and finances
- Whether the person you're caring for is getting enough help
- How willing or able you are to carry on caring
- What would help make things easier for you

Some carers find that informal planning is enough to support them to continue in their caring role.

However there are times when carers find a change in their circumstances, or the circumstances of the person they care for or the length of time they have been caring in difficult circumstances makes it harder to reach their outcomes as a carer. At these times a formal Adult Carer Support Plan may help.



Carers who have an ACSP will have a similar outcomes focussed discussion to the discussion that they might have in informal support planning. It may be helpful for the carer to bring along any notes of previous or current informal plans. It is also likely to be useful if any worker who helped with the informal plan shares information with the worker who undertakes the formal assessment with the carer.

Adult Carer Support Plan

The Dundee Adult Carer Support Plan is for Carers who look after someone living in Dundee. If you care for someone living outside Dundee City you should ask for an Adult Carer Support Plan in the council area where the person you care for lives.

The Adult Carer Support Plan document is the record of the assessment and support plan you have discussed with an assessment worker from Health, Social Work or Social Care.

An ACSP will involve an assessment which will identify if you are eligible for funding or a Self-Directed Support Budget for your carer support.

The assessment worker will be identified by the Team Manager for the team who have responsibility for Assessment and Planning for the main person you care for.

Below is a summary of what to expect from the support planning process:

- Depending on circumstances it may be the assessment worker allocated to the person you care for.
- If the person you care for has no professional involved with their care an appropriate assessor will be allocated.
- Even if you care for more than one person you should only have one Carer Support Plan which takes all your circumstances into account.
- The assessor will arrange to have a discussion with you. During this discussion the assessor will ask you questions about yourself.
- The assessment usually involves at least one face to face discussion and you can choose whether the person you care for is with you or not.
- The person who will carry out the assessment will normally contact you to arrange a mutually convenient time and place.

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- Check with the assessor how long they think the appointment will take.
- Let the assessor know if you want an interpreter, an advocate, or anyone else to support
- An assessment may take more than one meeting. If you find the process tiring you can ask for a break or ask for another meeting.
- You may wish to take prepare for the meeting by asking for a copy of the questions you may be asked.

The information discussed will include things like --What sort of things do you do for the person you care for, how often, how long it takes; basic information about all the people you look after (if you have their permission); and names and dates of birth of other carers (with their permission); and how you feel about your caring role.

There will be an opportunity to discuss the impact of caring on your Health (including your emotional and mental wellbeing); whether you manage to have a life alongside caring; your financial, education and employment circumstances and managing the caring role (including getting a break from caring).

You may wish to discuss Emergency Planning or any concerns you have about your future or the future of the person you care for. It might be a good idea to have a think about what you would most want to change about your caring situation

The assessor will help you consider the risks and barriers that you might stop you maintaining or achieving positive outcomes as a carer.

Along with the assessor you will identify your risk of achieving your outcomes as a carer. There are 4 risk categories are very high (red), high (Red-Amber), medium (Amber) low/no risk (Green).

An assessor will have a conversation with you to help you identify the risk in each of the areas- Managing The Caring Role, Health, Financial, and a Good Lifestyle.

You will be encouraged to think about why there are risks to not reaching each of these outcomes and whether this is something you want support to improve/maintain/ change and about what might help.



When your assessment has been completed your allocated assessor will work with you to produce a 'Support Plan'. The assessor will help you look to find ways of supporting you to maintain or achieve your outcomes.

The Four Risk categories for achieving your outcomes as a carer

This graphic illustrates the four levels of risk relating to your assessed ability to achieve your outcomes as a carer. It also indicates the types of support available.



The four outcome headings form part of the Eligibility Criteria and are used to assess if you are eligible for a funded support plan.

If you are eligible for funded support you will be offered the option of receiving a Direct Payment. This means that you can choose to receive a sum of money to enable you to purchase your own support. Your assessment worker will explain this to you.

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