

What to expect...

# The Carers (Scotland) Act

## Do you provide care for someone?



You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

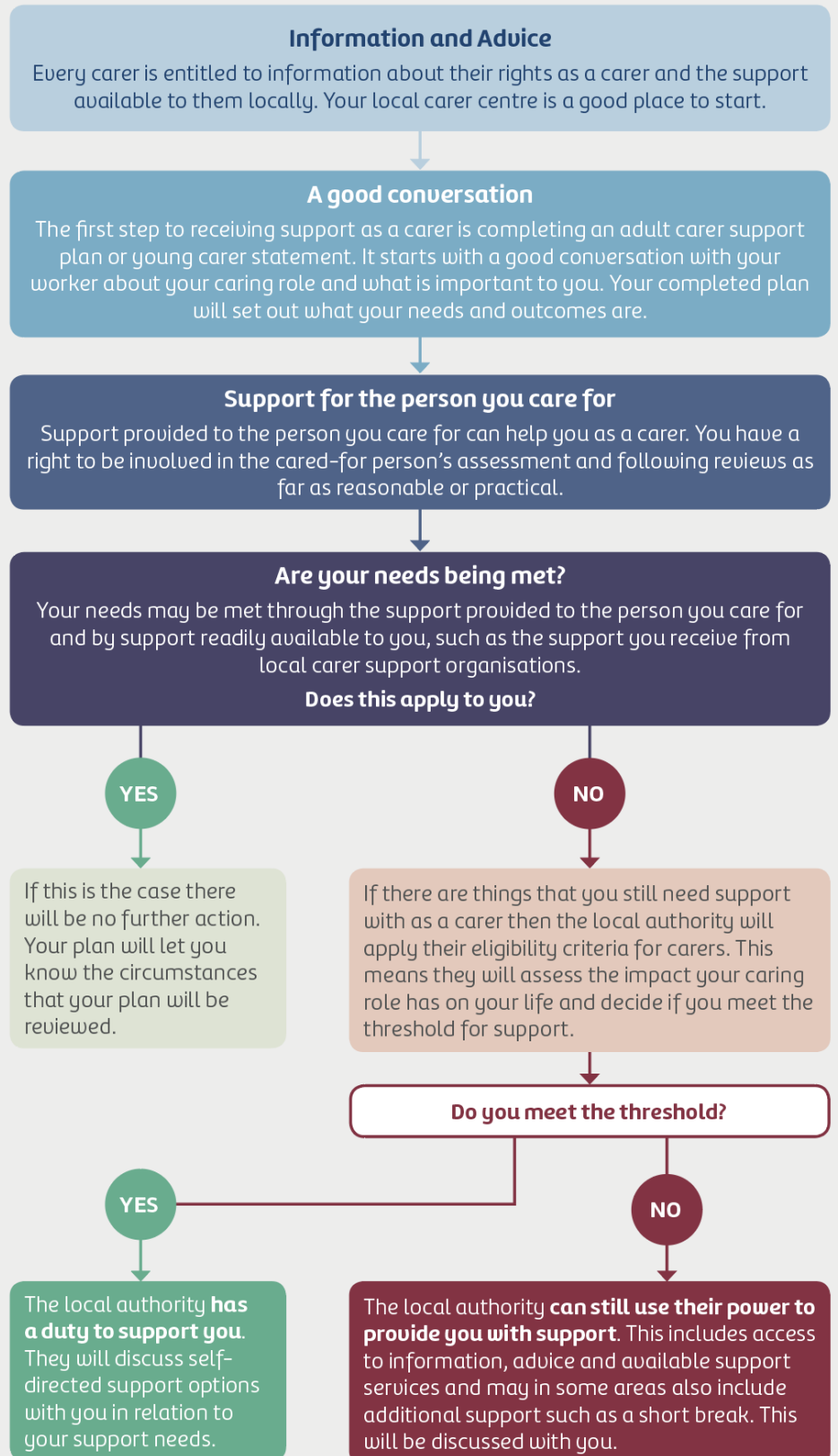
## What is the Carers Act?

The Carers Act is a law which enhances the rights of carers in Scotland. The Act is intended to recognise the valuable role that carers play in people with care needs as a result of their illness, condition or disability.

Getting carer support starts with a good conversation. Every carer will have different things that are important to them in their life. The diagram on the right helps to explain the carer pathway to support under the Act.



## The Carers (Scotland) Act Carer Pathway to Support



## What happens if I'm entitled to support as a carer?

Once you complete an adult carer support plan or young carer statement there will be agreed actions. If you meet the local eligibility criteria, you should be supported to choose the services and/or support that are right for you and best meet your outcomes.

Outcomes are a way of describing what is important to you and what you are trying to achieve. Some examples of outcomes are:

- My health is improved and is as well as it can be
- I feel valued and listened to
- I am able to spend more time with my friends and grandchildren

There is no duty for the local authority to provide a short-break, however they must consider whether support to you as a carer should take the form of or include a break from caring.

Self-directed Support offers 4 different ways of delivering and managing support and is used to help work out with you how and when the support will be delivered. Self-directed support gives you as much choice and control of your support as you want.

## Involvement

A key feature of the Act relates to carer involvement, there is a duty to involve carers in the assessment of the cared-for person, as far as is reasonable and practical. Once an assessment is completed, arrangements will be made for regular reviews and the duty to involve carers still applies.

Local Health Boards also have a duty to involve carers, as far as reasonable and practical, when the person they care for is being discharged from hospital. Please see our hospital discharge leaflet for further details.

Carer involvement also relates to the planning and development of services. Carers must be involved in the development of the local Carer Strategy as well the local Short Break Services Statement. If you would like to find out more about being involved in local carer strategy developments, contact Carers Link East Dunbartonshire.

## Where can I find out more about getting support as a carer?

Each local area makes their own decisions about how best to fulfil the duties in the Act. Your local carer organisation, Carers Link, is a good place to find out what local arrangements there are for accessing support as a carer to meet your needs and help you achieve your outcomes.

### Carers Link East Dunbartonshire

In East Dunbartonshire, Carers Link can help you find out what local arrangements there are for accessing support to meet your needs as a carer, and help you achieve your outcomes. We provide a full range of services including advocacy, training, groups, online learning, information and a listening ear. Please get in touch to find out more.

## What to expect: Find out more

To find out more about different parts of the Act and what they could mean to you as a carer please see our 'What to expect' leaflets.

We have worked together with a variety of carers across Scotland to jointly develop a series of information leaflets answering the questions carers asked about the Act.

The range of leaflets include;

### What to expect when...

1. You make an adult carer support plan
2. The person you care for is being assessed
3. You are considering a short break
4. You decide which self directed support option is right for you
5. You make an emergency plan
6. The person you care for is being discharged from hospital

The Scottish Government has published a Carers' charter summarising carers' rights under the Act.

### Contact details

For more information, please contact:

#### Carers Link East Dunbartonshire

Milngavie Enterprise Centre  
Ellangowan Road, Milngavie  
G62 8PH

T 0800 975 2131

E [enquiry@carerslink.org.uk](mailto:enquiry@carerslink.org.uk)

W [carerslink.org.uk](http://carerslink.org.uk)