

# CARERS STRATEGY



DUMFRIES AND GALLOWAY  
**Health and Social Care**

2017 - 2021

Breaks  
Young Carers  
COMMUNICATION Support  
Health & Well-being Respite  
Equalities INFORMATION AND ADVICE  
Work/Life Balance  
ACCESS TO SERVICES  
Carer Positive Financial  
UNPAID CARERS  
Advocacy



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## Foreword

There are at least 759,000 unpaid Carers aged 16 and over in Scotland and a further 29,000 'Young Carers' (aged under 18). Three out of five of us will become Carers at some stage in our lives and 1 in 10 of us is already fulfilling some sort of caring role (Carers Trust Scotland 2016).

Supporting Carers to maintain their caring role is widely acknowledged as vital to the long term sustainability of health and social care services. The development of new legislation, national and local strategy and Carer related outcomes and performance measures over the last year are all contributing toward driving a new agenda for Carers forward.

The Carers (Scotland) Act 2016 which will commence on 1 April 2018 is a key piece of legislation that promises to 'promote, defend and extend the rights' of Adult and Young Carers across Scotland. It also brings a renewed focus to the role of unpaid Carers and challenges statutory, independent and third sector services to provide greater levels of support to help Carers maintain their health and well-being.

In addition supporting Carers has been identified as one of the 10 priorities within the 'Dumfries & Galloway Integration Joint Board Health and Social Care Strategic Plan' 2016 - 2019. There are three Carer specific commitments contained within this plan.

**We will provide support to Carers (including the provision of short breaks) so that they can continue to care, if they so wish, in better health and have a life alongside caring.**

**We will develop a consistent approach across the workforce to make sure that the needs of the Carer are identified and that Carers are supported in their own right.**

**We will work towards developing 'Carer Positive' as an approach across the partnership; identifying staff that are Carers and supporting them in their own personal caring roles.**

The above commitments sit under the overarching National Health and Well-being Outcome relating to Carers:

**"People who provide unpaid care are supported to look after their own health and well-being, including reducing any negative impact of their caring role on their own well-being".**

We recognise that Young Carers play an equally important role as adult Carers. Young Carers should not be expected to carry out the same responsibilities as an adult. 'Getting It Right for Every Child' (GIRFEC), is the national approach in Scotland to improving outcomes and supporting the well-being of our children and young people by offering the **right** help at the **right** time from the **right** people.

A range of short and medium term outcomes for Carers in Dumfries & Galloway have been identified. Measures and indicators against each of these outcomes will be developed to ensure continued progress is being made against delivery of this Carers strategy.

I look forward to seeing this work taken forward over the next three years, resulting in the delivery of better outcomes for Carers and the people that they care for in Dumfries & Galloway.

# 1. Introduction

## 1.1 Who is a Carer?

A Carer is "A person of any age who provides **unpaid** help and support to a relative, friend or neighbour who cannot manage to live independently without the Carer's help due to frailty, illness, disability or addiction". (Scottish Government 2016)

## 1.2 What is a Carers Strategy?

This Carers strategy is a plan for unpaid Carers that

- Recognises what Carers tell us matters to them
- Considers who provides unpaid care and how much care Carers provide and their current well-being status
- Details how we engage and involve Carers in the development and delivery of services
- Focuses on achieving outcomes for Carers
- Draws together areas of focus in a single plan for Adult Carers, Young Adult Carers and Young Carers
- Identifies the measures and indicators that we will use to monitor progress against outcomes

"What matters to me is being listened to, being understood and being valued "

## 1.3 Why do we need a Carers Strategy in Dumfries & Galloway?

Unpaid Carers are the largest group of care providers in Scotland, providing more care than the NHS and Councils combined, avoiding costs of £10bn nationally, per annum (University of Sheffield 2015).

Carers are a vital part of the health and social care system in Dumfries & Galloway with over half of all required care (approximately 410,000 hours per week) being provided by unpaid Carers.

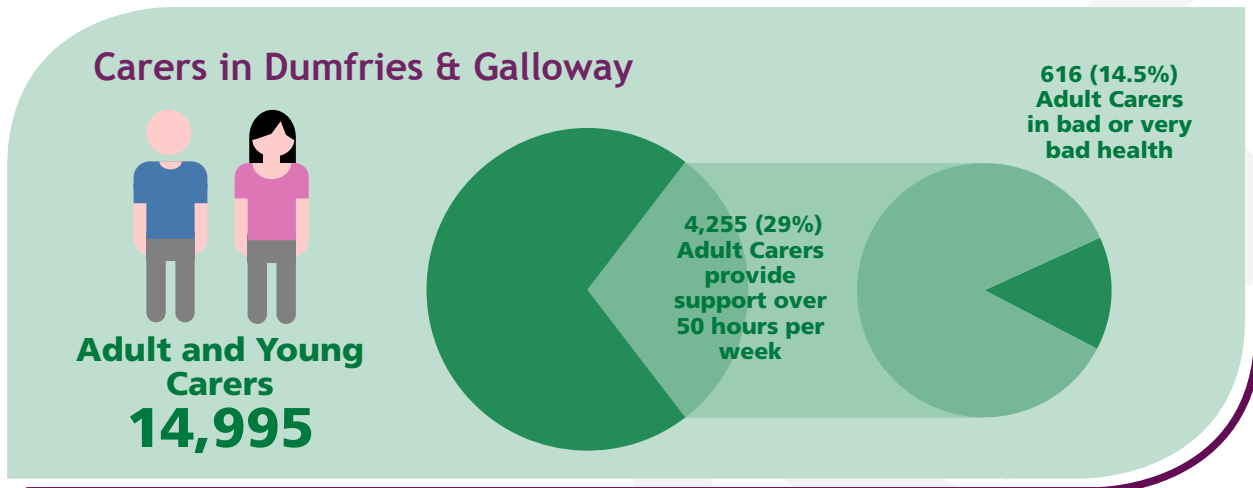
The current Carers Strategy for Dumfries & Galloway, due to end in 2017 is currently a joint strategy between the NHS and Local Authority. The Dumfries & Galloway Young Carers Strategy, currently a separate document, is also due to end at this time.

"It's really hard to be a Carer, but it can be rewarding too"

There is a requirement in the Carers (Scotland) Act 2016 (see link in Appendix 1), that a Carers Strategy for Carers of all ages is developed between the NHS and Local Authority.

## 1.4 Who is this strategy for?

This strategy is for all unpaid Carers of any age living in Dumfries & Galloway. This includes Young Carers up to 18 years of age, Young Adult Carers (aged 16 - 29) and Adult Carers.



Source: Census 2011

An increasing number of people in our region are finding themselves in a caring role. At the 2011 census, 10% (14,995) of the population of Dumfries & Galloway identified themselves as Carers. This percentage includes Young Carers and Young Adult Carers. Many people do not identify themselves as a Carer. These people are known as 'hidden Carers'.

Carers support is currently provided by the NHS and Local Authority, Third and Independent Sectors. In 2015/16 they supported 1502 Adult Carers and 304 Young Carers. This is approximately 13% of all those who provide unpaid care in Dumfries & Galloway. This number of Carers supported by the Third Sector has grown by 11% since 2014/15 when figures were first recorded. Information regarding the support available to Carers from the Third Sector can be found in Appendix 2.

## 1.5 How does this strategy for Carers fit with other plans for services in Dumfries & Galloway?

The Dumfries & Galloway Health & Social Care Strategic Plan (see link in Appendix 1), a plan for all health and social care services in the region, highlights supporting Carers as one of ten key priorities. This plan and the related four locality plans contain a range of commitments for Carers.

Locally there is also the development of

- Local Outcome Improvement Plan (LOIP)
- The Children's Services Plan 2017 - 2020

The Children's Services Plan 2017-2020 seeks to improve the outcomes for all children and young people including the needs of Young Carers throughout Dumfries & Galloway. This plan is dedicated to safeguarding, supporting and promoting child well-being. This is an integrated plan which focuses on securing quality and value through an early intervention and preventative approach.

"In the future I would like more aware for Carers to ask for help from the agencies already in place"

The Getting our Priorities Right (GOPR) approach in partnership with Drug and Alcohol Partnership and Child Protection Committee, focuses on working with children, young people and families affected by problematic alcohol and/or drug use across Dumfries & Galloway. This makes reference to Young Carers who undertake a Caring role as a result of parental substance misuse.

In addition to the Dumfries & Galloway Health and Social Care Strategic Plan there are a number of national plans that will be implemented at a Dumfries & Galloway level to support Carers including the Scottish Mental Health Strategy (2016 - 2025) and national Dementia Strategy (2016 - 2019).

## 2. Planning Context and the Carers (Scotland) Act 2016

### 2.1 Carers (Scotland) Act 2016

This new Act consolidates Carers rights. The aim of the Act is that Carers should be better supported on a consistent basis to continue in their caring role (if they wish) in good health and well-being and have a life alongside of caring. This new Carers Act will be implemented from the 1 April 2018.

The Act introduces

- 'Adult Carer Support Plans' and 'Young Carer Statements' to identify the needs of Carers; these are available to all Carers.
- 'Eligibility criteria'
- requirements for ensuring that Carers are involved in the planning of hospital discharge for the person that they care for.
- Statements about what short breaks are available to Carers will also have to be prepared as will a national charter for Carers.

This is in addition to current duties around providing information and advice, involvement of Carers in Care Planning and a duty to provide support to Carers.

#### 'Adult Carer Support Plans' and 'Young Carer Statements'

These plans are an opportunity for Carers to express their feelings and needs as a Carer. The aim is to find out what impact a caring responsibility can place on the life of a Carer and aims to support a Carer in their caring role. The Adult Carers Support plans look at seven areas of a Carers life including, how they are feeling, time for themselves, their health, how they manage at home, finances, relationships and work situation.

A Young Carers Statement is an opportunity to express feelings and needs as a Young Carer. Young Carers will be supported to complete a Young Carers Statement which will consider if they are safe, listened to, their physical health, relationships, school and college, their self esteem and hopes and dreams for their future.

#### Eligibility Criteria

Carers will be entitled to support in their own right and as such a local eligibility criteria will be developed. There are three aspects to eligibility: the criteria that determine it, the thresholds that must be passed to trigger it and the outcomes and services that follow it.

"Advice is the best thing available to Carers - somewhere that finance, physical, mental well-being and services can be accessed under one umbrella"

## 2.2 National Carer Outcome

The aim of this of strategy is to support Carers to continue in their caring role, through the delivery of the 'national health and well-being outcome' for Carers.

**“People who provide unpaid care are supported to look after their own health and well-being, including reducing any negative impact of their caring role on their own well-being”.**

This outcome is one of nine national health and well-being outcomes (see Appendix 1)

## 2.3 Dumfries & Galloway Health and Social Care Strategic Plan and Locality Plans

This Carers strategy will determine how we will achieve the high level commitments contained within the strategic plan and locality plans for health and social care 2016 - 2019 which are:

- We will provide support to Carers (including the provision of short breaks) so that they can continue to care, if they so wish, in better health and have a life alongside caring.
- We will develop a consistent approach across the workforce to make sure that the needs of the Carer are identified and that Carers are supported in their own right.
- We will work towards developing 'Carer Positive' as an approach across the partnership; identifying staff that are Carers and supporting them in their own personal caring roles.

“Without existing support it would be impossible to manage, and withdrawal of the current support we get would immediately put us into a crisis situation - so we feel very grateful. We particularly feel much better for having Care Call installed, which we find a valuable support for peace”



## 3 Involving and Engaging Carers in Planning Services

### 3.1 Carer Involvement

Carers are involved in all aspects of planning health and social care in Dumfries & Galloway. There is a Carer representative on the Integration Joint Board and on planning and/or public engagement groups within the localities. Carers are also members of the Integration Joint Board Strategic Planning Group who are key in the continued development and review of the overall Dumfries & Galloway Health and Social Care Strategic Plan.

Due to the varying ages of Young Carers there is a range of service user involvement and co production methods which are used to seek their views and participation. This can include focus groups, school drop ins, Young Carers groups, National Young Carers Awareness day, questionnaires, evaluations and directly talking and engaging with Young Carers to seek their views.

As shown, there is a Carers Strategy Group which receives information from a Carer's Reference Group made up of unpaid Carers. The Carer's Interest Network is a group of all third sector organisations that provide support services to Carers.

A Young Carers Strategy Group has been in operation to focus on monitoring and evaluating the Dumfries & Galloway Young Carers Strategy Action Plan 2012 - 2017. This group will continue to review outcomes for Young Carers and Young Adult Carers in accordance to the actions outlined in our new strategy going forward for 2017-2020.



### **3.2 Carer Engagement**

There have been regular opportunities to engage with Carers in Dumfries & Galloway. As part of Carers Week there were discussions with Carers in employment to help us understand the needs of this particular group of Carers. This group continues to be offered Carer support as part of the Carer Positive Award. The Carer Positive Award is an award to encourage employers to create a supportive working environment for Carers in the workplace. Dumfries & Galloway Council, NHS Dumfries & Galloway, Care Training Consortium and Dumfries & Galloway Carers Centre have achieved the 'engaged' level of this award.

Carers support organisations involve Carers in a range of support activities including acting as panel members for the assessment of grants for short breaks and as members of condition specific reference groups.

Carers have also participated in focus groups for the recent Joint Inspection of Older People's services and have recently attended the Carers Parliament and the Scottish Young Carers' Festival.

## 4. What Carers have told us matters to them?

### 4.1 Listening to Carers

Extensive engagement and consultation was undertaken during the development of the Dumfries & Galloway Health and Social Care Plan and Locality Plans (2016 - 2019).

A range of consultation events and direct engagement with children and young people has been undertaken to ensure their views are included in the forthcoming Children's Services Plan (2017 - 2020).

To ensure that we are listening to Carers and to fully understand what matters to them, as part of the development of this document, a questionnaire was developed for Carers and those who have an interest in Carers. 207 responses to the questionnaire were received from across Dumfries & Galloway. More detailed data regarding who provides unpaid care and how much care Carers provide and their current well-being status can be found in Appendix 3.

### 4.2 Key Themes

From this data and engagement work, 5 key themes of what matters to Carers was identified. These are

- Breaks from Caring
- Support
- Health and Well-being
- Information and Advice
- Access to Services

Below are some direct quotes from the Carers who responded to the questionnaire

"The service is fantastic but only once you know about it and get involved. There needs to be a starting point, someone to tell you you're a Carer and you're not alone. There is not help at the foundation level, no one to help you get on the Carers ladder. I only found out about services through a friend"

## Support

"Access to services and support when needed"

"Knowing there are support services available"

"Getting the right support at the right time"

## Breaks from Caring

"Having good quality time for myself"

"People understanding that I need a break from caring"

"More respite provision"

## Health and Wellbeing

"Having good quality time for myself"

"The people I care for are safe, well nourished and happy"

"Being able to have hopes and dreams of my own"

# WHAT CARERS HAVE TOLD US MATTERS TO THEM

## Information and Advice

"Specific welfare and benefit advice and support"

"Access to advice and information to inform what I do as a Carer"

"One stop shop for services and information"

## Access to Services

"Services provided to continue"

"Continued funding for Carer services"

"Easy access to help should I need it"

## 5. Adult Carers

### 5.1 Who are Adult Carers?

An Adult Carer is anyone aged over 29 who provides unpaid care to a friend or family member who can't cope alone due to illness, disability, a mental health problem or an addiction. Of all adults in Dumfries & Galloway aged 50 - 65, 16.7% are Carers. Many Adult Carers maybe providing a dual caring role for example caring for a child and an older parent whilst also trying to maintain a life outside of caring including work.

### 5.2 Impact of caring

Becoming a Carer can be rewarding and have a positive impact on relationships, however it can also bring challenges such as:

- Little opportunity to 'get out' or 'switch off' from the caring role
- An impact on family relationships, including the relationship between the Carer and the cared-for person.
- Coordinating care with their everyday lives to juggle caring for someone whilst looking after the needs of themselves and their wider family.
- Feeling socially isolated.
- Poor physical and mental health due to pressure and stress of the caring role.

## 6. Young Carers

### 6.1 Who are Young Carers?

Young Carers are Carers aged under 18. There are an estimated 29,000 Young Carers in Scotland. This equates to 4% of the school age population. Scotland's Census (2011) shows that children who live with a lone parent are much more likely to be a Young Carer (6.6%) than a child who lives with two parents (2.5%) and have significantly greater caring responsibilities (35 hours or more a week). The Census shows that nearly 3% of children living with a lone parent are caring for 35 hours a week or more while only 0.5% of children living with two parents have this level of care.

Locally, the Census identified 322 Young Carers. Within Dumfries & Galloway this would indicate that not all Young Carers are recorded on the census highlighting that many Young Carers are hidden. Many young people who are providing care do not see themselves as Young Carers. Other young people do not want to be identified as a Young Carer for fear of stigma, being labelled or treated differently.

Young Carers can feel valued and included within their families. They tell us that the caring role can give them a sense of responsibility, identity, self esteem and confidence. Caring for someone else can enhance the independent living skills of young people.

### 6.2 Impact of caring on Young Carers at school and in the community

For some young people the caring role they undertake can have a potentially negative and detrimental impact on them. This can happen when a Young Carer takes on too many tasks and responsibilities for their age. This can have a significant impact on the Young Carer and can result in the following:

Within school Young Carers may find that they:

- Arrive late for school or miss school
- Are not able to take part in after school activities or meet their peers
- Do not always get their homework done on time
- Miss out on further education or employment opportunities
- Feel isolated and different from their peers
- Do not gain the qualifications they had hoped to

“more Young Carers involved in support groups”

“Ensure that Carers and service users in general play a key role in the design, delivery and evaluation of services”

Within the community Young Carers may find that they;

- Have limited free time
- Are unable to meet friends or attend groups in the evenings and weekends
- Have limited opportunities to have fun and be themselves
- Have difficulty accessing public transport or this may be too expensive for families
- Have limited support network - the support is not there when they need it
- Are socially isolated
- May experience financial hardship due to low family income

### **6.3 Impact of caring on Young Carers health and well-being**

A Young Carers own health may suffer due to:

- Worrying about the person they care for
- Taking on too much responsibility for their age
- Not being able to sleep
- Not eating properly
- Not looking after themselves
- Suffer anxiety due to their own mental health
- Change in behaviours e.g risk taking, becoming withdrawn
- Feelings of suicide

Psychologically they maybe disadvantaged due to:

- Not knowing or worrying about the cared for persons prognosis
- Caring for someone with unpredictable behaviour e.g. brain injury, substance misuse, mental health
- Feelings of loss and bereavement
- Death of a parent or sibling and the impact of where they will live, go to school and who will care for them also the caring role can then be completely removed
- Their own feelings of low mood, depression/mental health

All of the above must not be underestimated and can have a detrimental impact on the Young Carers physical, mental and emotional health and well-being.

Getting it right for every child (GIRFEC) is the national approach in Scotland to improving outcomes and supporting the well-being of Young Carers by offering the right help at the right time from the right people. It supports them and their parent(s) to work in partnership with the services that can help them. This approach will help to address the many Young Carers who are a hidden from universal services.

## 7. Young Adult Carers

### 7.1 Who are Young Adult Carers?

In Dumfries & Galloway Young Adult Carers are aged 16 - 29. This age range was determined following direct feedback from Young Adult Carers. Many did not feel able or confident to move on to traditional Adult Carers Services and felt that they required support, guidance, advice and opportunities deemed appropriate for Young Adult Carers.

The transition into adulthood can present particular challenges particularly if they have :

- Experienced a disrupted education
- Low aspirations
- Been socially isolated
- Experienced bullying
- Physical and mental health problems

### 7.2 Impact of caring on Young Adult Carers

At a time when their peers are leaving school and making positive plans for employment, training and education, Young Adult Carers often have to deal with demands, responsibilities and emotional challenges that influence their choices and limit their future opportunities. Many Young Adult Carers find it more difficult than their peers to leave home to pursue their own goals. Young Adult Carers are forced to consider the impact of their decision on leaving the person they care for, the wider family network and younger siblings. For many they may opt not to go away. This may mean that Young Adult Carers experience

- Limited employment opportunities
- Financial hardship
- Limited opportunities to develop friendships or go out
- Feelings of hopelessness about their future
- Limited opportunities to develop a life outside of their caring role

This Carers Strategy will seek to ensure that Young Adult Carers do not have to sacrifice establishing their own lives and are able to make the most of their educational, employment and social opportunities to enhance their personal outcomes and ensure they too have hopes and dreams for their future.



## 8. Making it Happen

The following table links together the themes from the Carers consultation (see section 4.2), the new legislative requirements and the commitments for Carers contained within the Dumfries & Galloway Strategic Plan and identifies the outcomes that we are trying to achieve for Carers in relation to these.

Outcome	New Legislative Requirements and Strategic Plan Commitments CYP Plan commitments	Carers' Theme	Areas of Focus	Timescales	Measures
Carers are able to access the services they need to continue in their caring role	Carers (Scotland) Act 2016 Part 3 and Part 4 <i>We will provide support to Carers (including the provision of short breaks) so that they can continue to care, if they so wish, in better health and have a life alongside caring</i> <i>We will work towards developing 'Carer Positive' as an approach across the partnership; identifying staff that are Carers and supporting them in their own personal caring roles.</i>	Accessing Services	Carer involvement in: planning services for Carers, hospital discharges, and care planning	By 1 April 2018	Carers state they feel involved in planning services No of Carers involved in discharge planning No of Carers involved in Care planning Criteria is developed Number of new Carer Positive awards gained in D&G Increased number of referrals for Young Carers services
			Eligibility criteria to supports Carers to access services	By 1 April 2018	
				By 1 April 2018	
				By October 2017	
				By 1 April 2018	
The Carer Positive Award	By 1 April 2018				
Young Carers across Dumfries & Galloway	By March 2020				
Carers are able to access planned short breaks when they need them	Carers (Scotland) Act 2016 Part 3 and 6 <i>We will provide support to Carers (including the provision of short breaks) so that they can continue to care, if they so wish, in better health and have a life alongside caring</i>	Breaks from Caring	Short Break Statement for Dumfries & Galloway	By 1 April 2018	Number of planned short breaks awarded Impact of the break on the Carer and their caring role
			Short break opportunities for Carers		
Carers have maintained or improved their level of health and well-being	Carers (Scotland) Act 2016 Part 2 <i>We will provide support to Carers (including the provision of short breaks) so that they can continue to care, if they so wish, in better health and have a life alongside caring</i>	Health & Well-being	Ensure provision of Psychology, CAMHS (Child & Adolescent Mental Health Services) and bereavement services for Young Carers	By March 2020	Number of Carers accessing Health & Well-being Services Carers report improved health & well-being
			Carers Health & Well-being	By March 2020	
Carers receive the information and advice they need when they need it	Carers (Scotland) Act 2016 Part 2 and Part 6 <i>We will develop a consistent approach across the workforce to make sure that the needs of the Carer are identified and that Carers are supported in their own right.</i>	Information & Advice	Information and Advice Services for Carers	By 1 April 2018	Number of Carers accessing information & advice Services Number of emergency plans created Number of Carer referrals Number of Young Carers Cards offered Number of Young Carers cards created Carers report more joined up access to services
			Emergency care planning and future care planning for Carers	By 1 April 2018	
			Carer identification	By March 2020	
			'Young Carers Card'	By March 2020	
			Holistic, joined up approaches to supporting Young Carers	By March 2020	
Carers feel supported in their caring role	Carers (Scotland) Act 2016 Part 2 and Part 6 <i>We will provide support to Carers (including the provision of short breaks) so that they can continue to care, if they so wish, in better health and have a life alongside caring</i>	Support	Adult Carers Support Plans	By 1 April 2018	Number of ACSP's undertaken Improvements in outcomes through the outcome star model Number of YCS's undertaken Improvements in outcomes through the outcome star model Young Carers report a seamless transition
			Young Carer Statements	By 1 April 2018	
			Seamless transitions for Young Carers from children and young people's services to adult services.	By March 2020	

Key areas of focus are linked to short and medium term outcomes and measures that will help us to ensure we are making progress against identified areas for improvement and achieving better outcomes for Carers.

### **8.1 National and Local Measures**

To support the Health and Social Care Strategic Plan a robust performance management framework has been developed. This measures a range of quality, service and financial information.

The Scottish Government has developed a national performance measure relating to the national health and well-being outcome for Carers. This is measured by the Health and Social Care Experience Survey, which is undertaken every two years. This survey measures whether:

- Carers have a good balance between caring and other things in their life
- Caring has had a negative impact on Carers' health and well-being
- Carers have a say in the services provided for the person they look after
- Local services are well coordinated for the people Carers look after
- Carers feel supported to continue caring

There are also local indicators which are being developed to measure:

- Number of Carers who feel supported
- Number of Carers who are being supported

These will be measured on a locality basis and will be indicators of the progress of the four locality plans. Each of the locality plans has a range of actions that are linked to the areas of focus above.

### **8.2 Resources**

A key element of this strategy needs to be a clear understanding of the financial impact it will have for the Integration Joint Board and partner agencies of both the strategy and the implementation of the Carers (Scotland) Act 2016.

**"Your own life is bypassed!"**

It is imperative that we use available resources to the very best effect and this will require an assessment of the financial impact against planned outcomes. This will form the basis of our commissioning strategy going forward. We currently commission a range of Carers Organisations to provide Carers information, advice, support and respite. We are aware however, that there is a further range of services provided by the partnership such as the support provided to Carers by social work or community nursing whilst working with the cared for person.

The assessment and analysis of the use of resources will help identify gaps and areas for future development, opening up further opportunities to develop options linked to our overall thinking on new models of care.

Within this approach, we will look to configure available investment to meet the requirements of this local Carers strategy and the Carers (Scotland) Act 2016.

Currently, the partnership spends £650,587 per annum through contracts

In addition to the above, there is non recurring Scottish Government funding of £136,000 for financial year 2017/18, whilst Health and Social Care Partnerships will also be given a share of £2 million (Scotland wide) to support preparation work to implement the Carers (Scotland) Act 2016.

### **8.3 When will this plan be reviewed?**

The Carers Strategy Group will ensure progress against and implementation of this strategy.

The actions specific to Young Carers will be overseen by the Young Carers Strategy Group, made up from representatives of Education, Social Work, Health, Employability, and Young Carers Project.

Progress against this strategy will be monitored through the governance structure and processes of the Integration Joint Board.

## Glossary of Terms

Support is defined as

- short breaks providing respite including replacement care
- practical support (e.g. transport, equipment, adaptations)
- counselling or emotional support / peer support groups
- training or learning
- advocacy services
- help applying for carer's allowance and other financial assistance
- a "Carers payment" including self-directed support made by a local authority or Integration Joint Board health and well-being opportunities

Planned Short Breaks - a tailored solution for the needs of Carers (and those they care for) on a planned basis. This can range from the more typical short holiday break to the provision of funding to enable a Carer to have a break from Caring without even leaving their own home through items such as a greenhouse or an iPad. These short breaks should principally benefit the Carer.

## Appendix 1 - References and Links

Integration Joint Board Strategy Plan for Health & Social Care including Strategic Needs Assessment and Financial Plan

<http://www.dg-change.org.uk/strategic-plan/>

Carers (Scotland) Act 2016

[http://www.legislation.gov.uk/asp/2016/9/pdfs/asp\\_20160009\\_en.pdf](http://www.legislation.gov.uk/asp/2016/9/pdfs/asp_20160009_en.pdf)

Carers Trust Value of Carers Report

[https://www.sheffield.ac.uk/polopoly\\_fs/1.546409!/file/Valuing-Carers-2015.pdf](https://www.sheffield.ac.uk/polopoly_fs/1.546409!/file/Valuing-Carers-2015.pdf)

Getting it right for Every Child

<http://www.gov.scot/Topics/People/Young-People/gettingitright>

Scottish Government National Health & Well-being Outcomes

<http://www.gov.scot/Topics/Health/Policy/Adult-Health-SocialCare-Integration/Outcomes>

## Appendix 2 - Services and Support Available in Dumfries & Galloway

Direct Support to Carers	Description of Support offered
Adult Carer Support Plans / Young Carers Statements	The aim of carer support planning is to find out what impact caring responsibilities have on a Carers life, the impact this has on their life outside of caring and focuses on the Carers own health and wellbeing. Support and solutions are identified where there are areas of concern.
Carers Support (groups and one to one)	For Carers of all ages including Young Carers and Young Adult Carers. Practical and emotional support can be provided through one to one sessions with Carers Support staff across a range of agencies. Groups can also provide general support or can be more specific for example LGBT or for a particular medical condition.
Counselling Services at transition of caring role	For Carers where their role has changed perhaps the person that they care for is able to live independently or has moved into care or has passed away.
Emergency Card and Young Carers Card	The provision of a card to inform services of the cared for person should the Carer have an emergency.
Financial Advice Services	A range of benefit and other financial advice is available to Carers from the Financial Inclusion and Assessment Team and Citizen's Advice Bureau
Health and Wellbeing	A range of community based activities such as mindfulness, physical activity and reducing social isolation supported by locality based Health and Wellbeing Teams. A range of health and wellbeing initiatives are also provided through the Dumfries & Galloway Carers Centre.
Independent Advocacy Services	Provides Independent Advocacy to Carers
Information and Advice Services	Signposting for support from all of the other services listed here.
Leisure & Sport Discounts	Dumfries & Galloway Council provide a discounted price to Carers to access swimming, fitness suites and public skating in their leisure facilities
Self Directed Support	Provision of outcome focussed funding from Dumfries & Galloway Council to pay for care to support a person's needs
Short breaks including respite and timebanking	A range of short breaks are available which include grants for Carers to have a short break, a timebanking scheme to support Carers take a break, in home respite and respite in a care home.
Short Courses for Carers	Training for Carers for example around first aid, moving and handling or learning about a specific condition such as autism.

These services are provided by:

- Alzheimer Scotland
- Capability Scotland
- Care Training Consortium
- Citizen's Advice
- COMPASS Brain Injury Specialist Ltd
- Crossroads Caring for Carers
- Dumfries & Galloway Advocacy Service
- Dumfries & Galloway Carers Centre
- Financial Inclusion and Assessment Team (FIAT Team)
- Independent Sector
- LGBT Plus
- Parent Inclusion Network
- Quarriers
- Relationship Scotland
- Support in Mind
- Third Sector Dumfries & Galloway
- Turning Point Scotland
- User and Carer Involvement

## Appendix 3 - What do we know about Carers in Dumfries & Galloway?

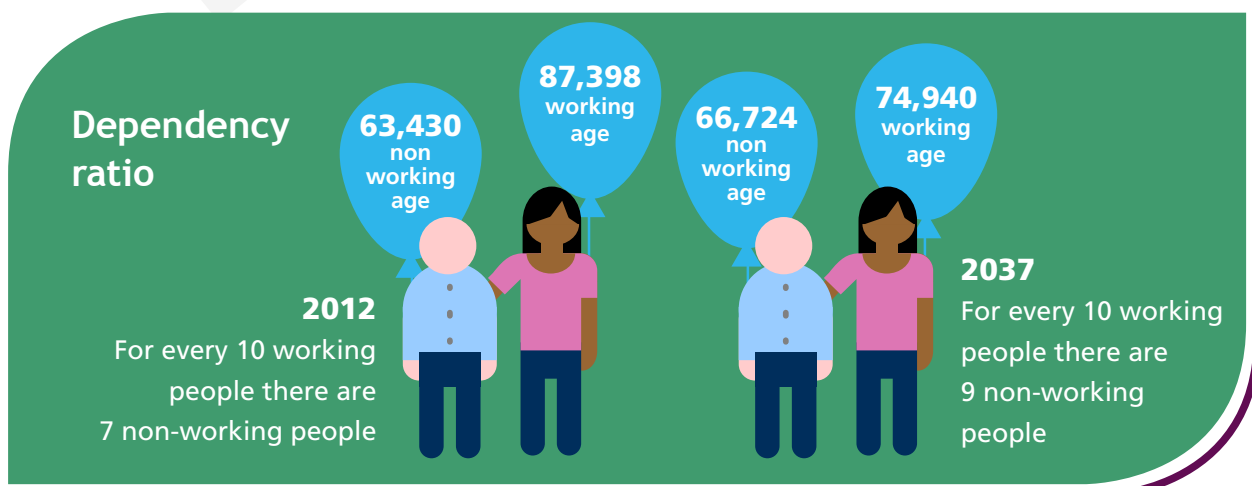
Demographic (the study of populations) trends in Dumfries & Galloway show that in the future, on average, people will be living much longer. This is good news but critically, despite this increase in overall life years, the number of years that people live in good health has not increased.

### The level of care provided per week

The demographic data shows that there will be a reduction in the number of working age people, an increase in the number of older people, an increase in the number of people living with two or more long term conditions such as high blood pressure or diabetes, and fewer children under the age of 14 living in the region. This results in a variety of caring roles with a variety of levels of care needed as shown below.

Level of care provided per week						
Age	0 hours	1-19 hours	20-34 hours	35+ hours	Total	% of age group who provide care (>0 hours)
0 to 24	97.6%	1.6%	0.2%	0.5%	100.0%	2.4%
25 to 49	89.4%	5.9%	1.0%	3.8%	100.0%	10.6%
50 to 64	83.3%	9.7%	1.6%	5.4%	100.0%	16.7%
65 and over	89.0%	4.2%	1.1%	5.7%	100.0%	11.0%
All people	90.1%	5.2%	1.0%	3.7%	100.0%	9.9%

This will increase the dependency ratio and in turn increase the potential number of people in Dumfries & Galloway who will become Carers over time.

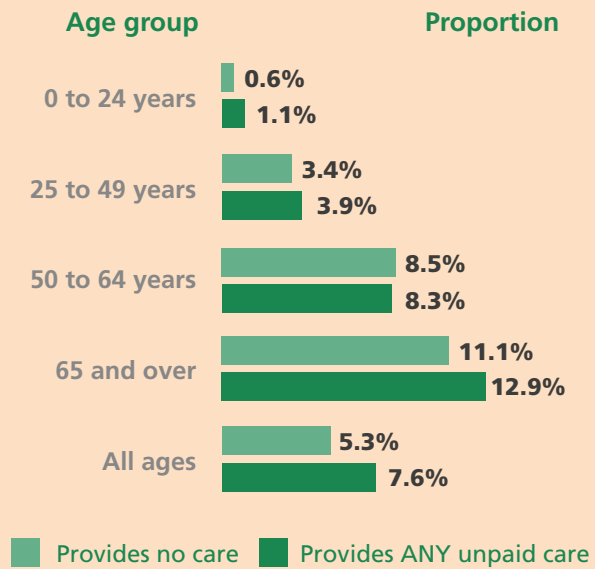
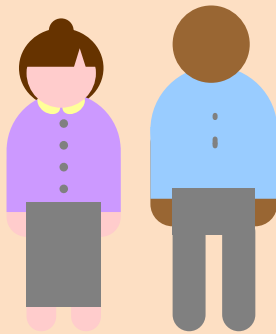


Source: National Records of Scotland 2012

## Carers Health and Well-being

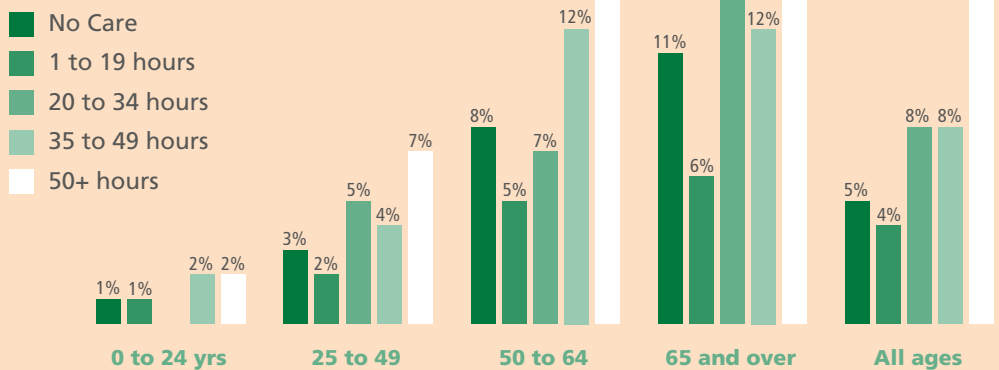
We know that Carers have poorer health and well-being outcomes than people who do not provide care. The graphs below show how Carers feel about their health against the rest of the population.

### Proportion of people indicating general health 'Bad' or 'Very Bad' Dumfries & Galloway



When the number of hours of care are then assessed, it is clear that the more care that a Carer provides, the more Carers report bad or very bad health as shown below. Carers have told us that it is hard to be a Carer but that it can be rewarding and this can make it all worthwhile.

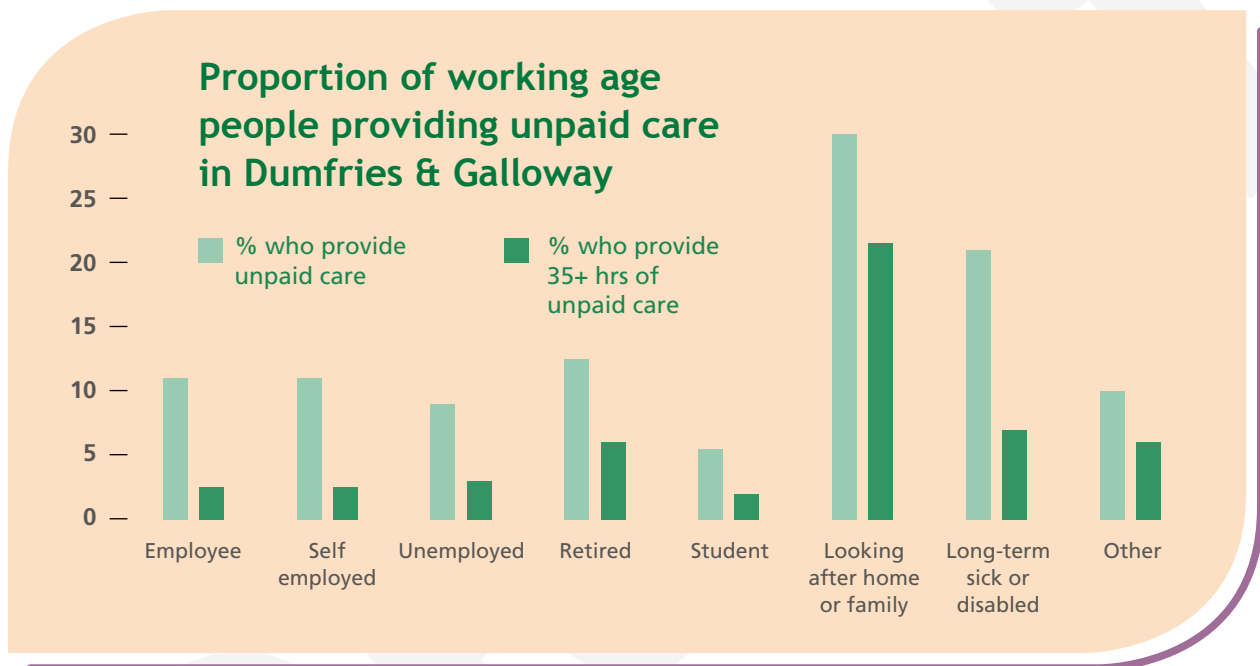
### Proportion of people indicating general health 'Bad' or 'Very Bad' Dumfries & Galloway





## Carers Employment

Anyone can become a Carer and many people juggle caring with other commitments such as working or studying as can be shown below. However those who provide 35 hours or more of care in a week are less likely to be employed than other Carers. Being a Carer can therefore have a financial impact on the family as the Carer is not working.

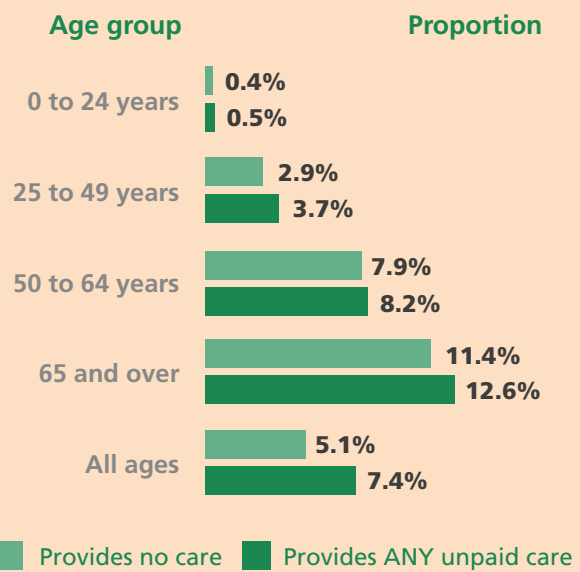
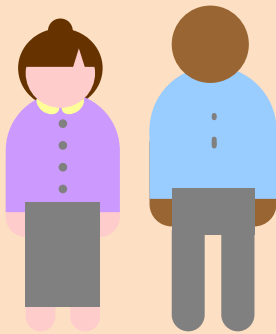


A full needs assessment has been completed as part of the Dumfries & Galloway Health & Social Care Strategic Plan for Adults (see link in Appendix 1). This data is also available by locality in Appendix 2. A Strategic Needs Assessment has also been produced for Children and Young People in Dumfries & Galloway (see link in Appendix 1)

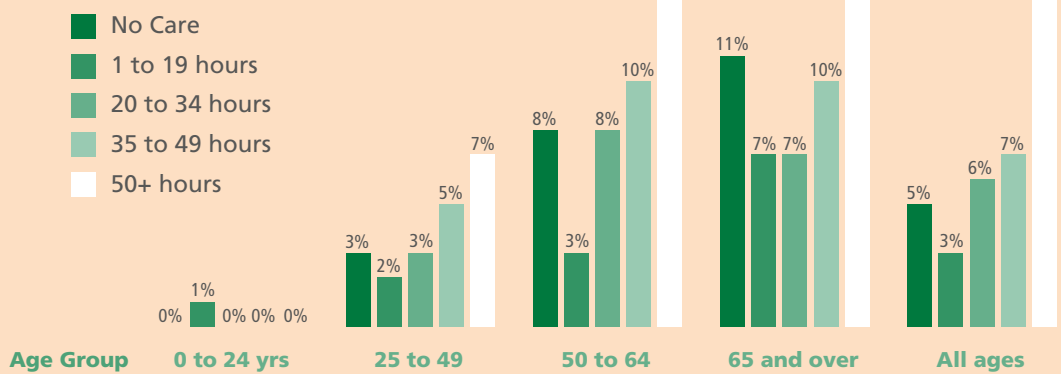
## Annandale & Eskdale Data

Level of care provided per week						
Age	0 hours	1-19 hours	20-34 hours	35+ hours	Total	% of age group who provide care (>0 hours)
0 to 24	97.8%	1.6%	0.2%	0.4%	100.0%	2.2%
25 to 49	89.5%	5.9%	1.0%	3.6%	100.0%	10.5%
50 to 64	83.4%	9.6%	1.8%	5.3%	100.0%	16.6%
65 and over	89.4%	3.9%	1.1%	5.6%	100.0%	10.6%
All people	90.2%	5.2%	1.0%	3.6%	100.0%	9.8%

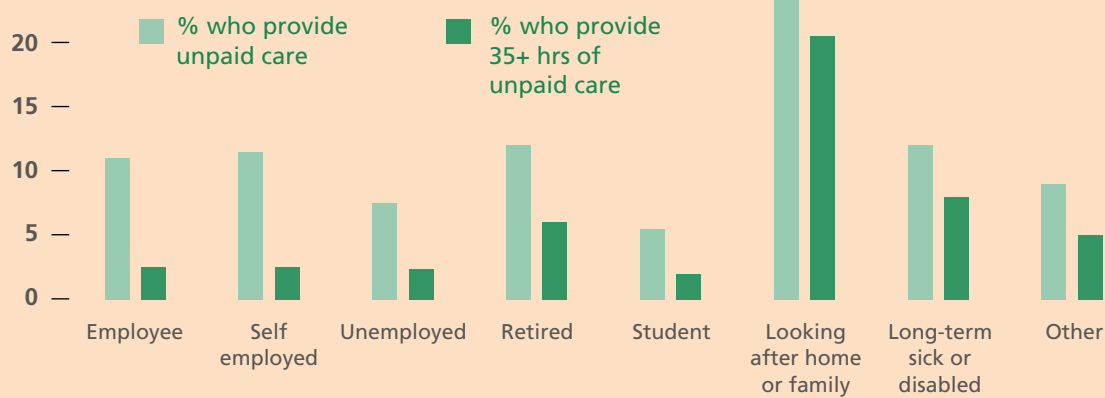
### Proportion of people indicating general health 'Bad' or 'Very Bad' in Annandale & Eskdale



## Proportion of people indicating general health 'Bad' or 'Very Bad' in Annandale & Eskdale



## Proportion of working age people providing unpaid care in Annandale & Eskdale

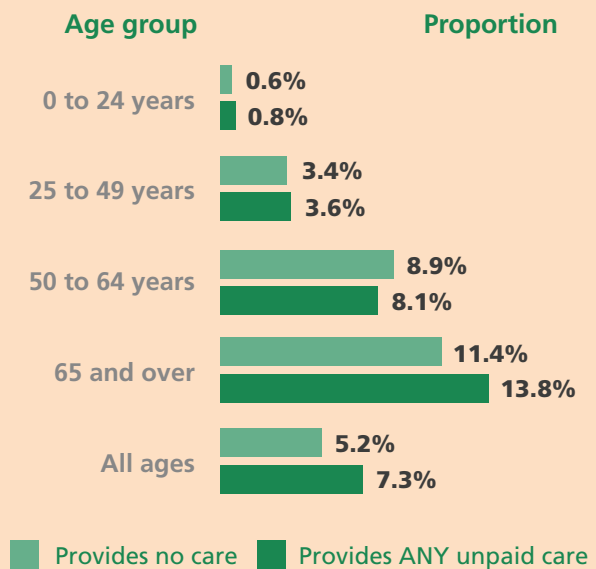
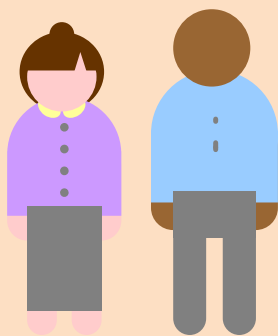


Source All : Census 2011

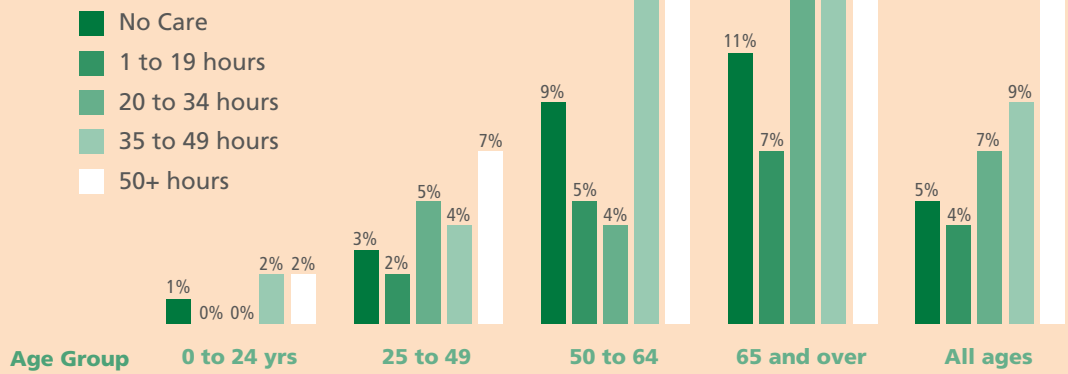
## Appendix - Nithsdale Data

Level of care provided per week						
Age	0 hours	1-19 hours	20-34 hours	35+ hours	Total	% of age group who provide care (>0 hours)
0 to 24	97.7%	1.5%	0.2%	0.5%	100.0%	2.3%
25 to 49	89.6%	5.7%	0.9%	3.7%	100.0%	10.4%
50 to 64	83.5%	9.8%	1.5%	5.2%	100.0%	16.5%
65 and over	89.3%	4.0%	1.0%	5.7%	100.0%	10.7%
All people	90.5%	5.1%	0.9%	3.5%	100.0%	9.5%

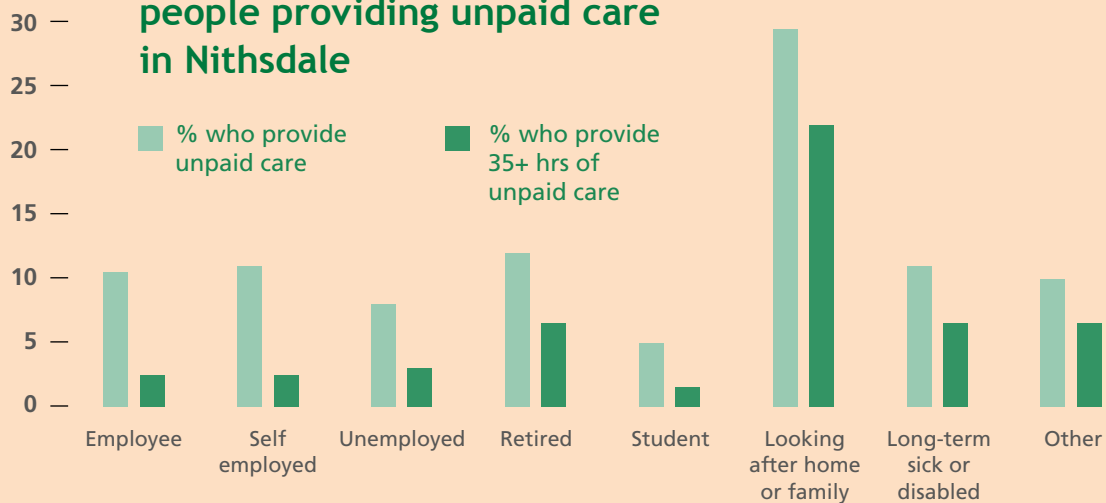
### Proportion of people indicating general health 'Bad' or 'Very Bad' in Nithsdale



### Proportion of people indicating general health 'Bad' or 'Very Bad' in Nithsdale



### Proportion of working age people providing unpaid care in Nithsdale

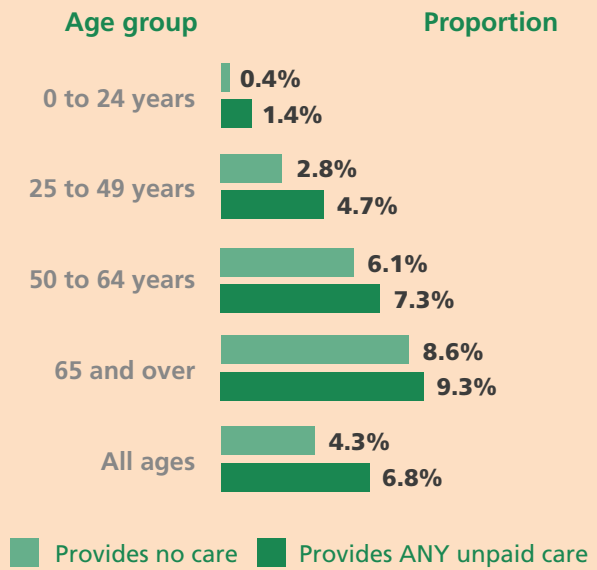
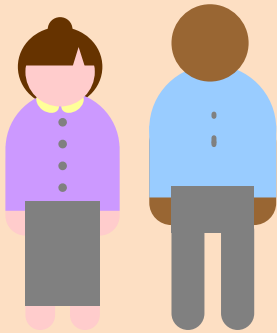


Source All : Census 2011

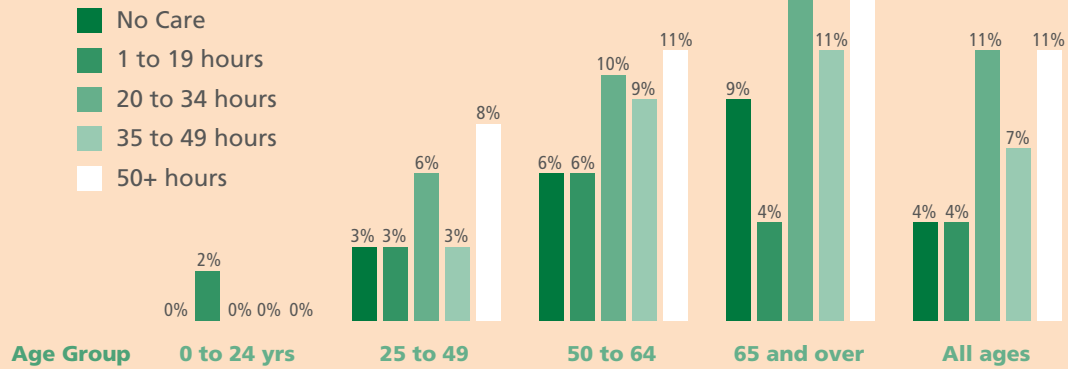
## Appendix - Stewartry Data

Level of care provided per week						
Age	0 hours	1-19 hours	20-34 hours	35+ hours	Total	% of age group who provide care (>0 hours)
0 to 24	97.5%	1.8%	0.2%	0.4%	100.0%	2.5%
25 to 49	90.0%	5.7%	0.8%	3.5%	100.0%	10.0%
50 to 64	83.2%	10.4%	1.4%	4.9%	100.0%	16.8%
65 and over	88.2%	5.7%	1.1%	5.0%	100.0%	11.8%
All people	89.7%	5.9%	0.9%	3.5%	100.0%	10.3%

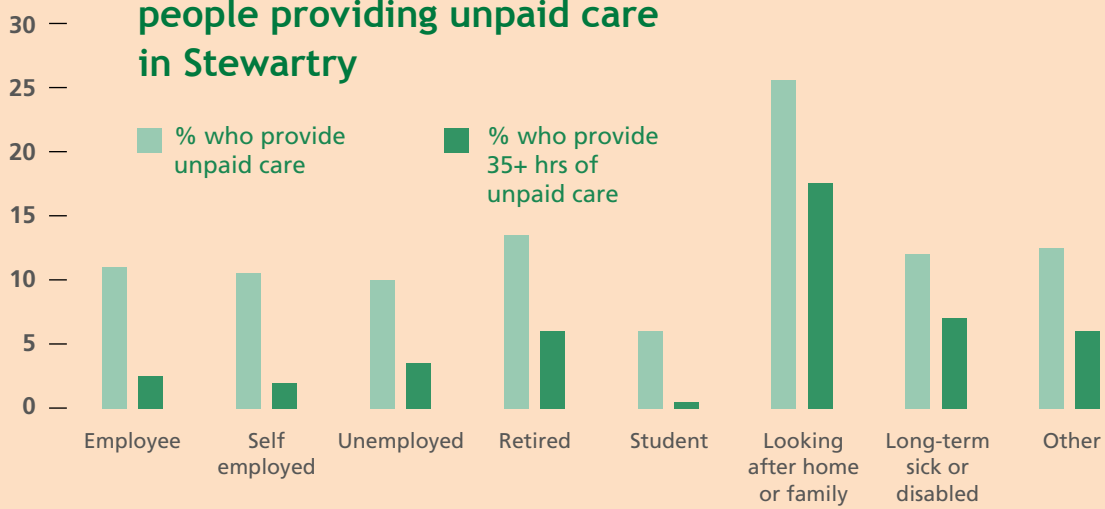
### Proportion of people indicating general health 'Bad' or 'Very Bad' in Stewartry



## Proportion of people indicating general health 'Bad' or 'Very Bad' in Stewartry



## Proportion of working age people providing unpaid care in Stewartry

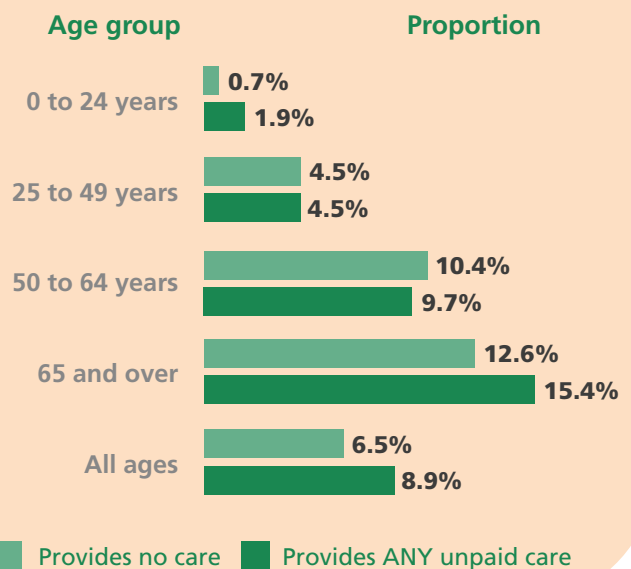
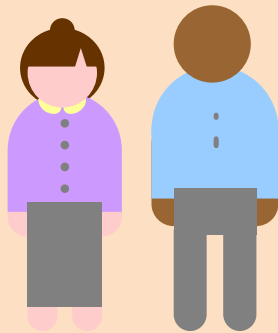


Source All : Census 2011

## Appendix - Wigtownshire Data

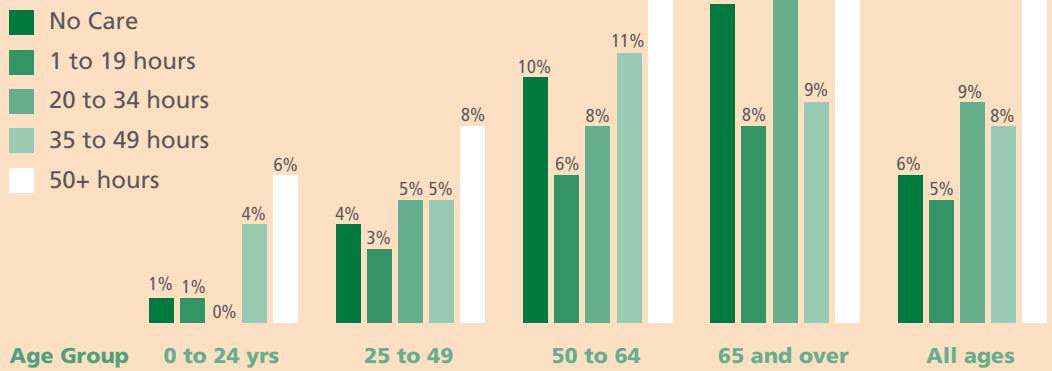
Level of care provided per week						
Age	0 hours	1-19 hours	20-34 hours	35+ hours	Total	% of age group who provide care (>0 hours)
0 to 24	97.3%	1.9%	0.3%	0.5%	100.0%	2.7%
25 to 49	88.4%	6.1%	1.3%	4.2%	100.0%	11.6%
50 to 64	83.1%	8.9%	1.6%	6.4%	100.0%	16.9%
65 and over	88.7%	3.8%	1.3%	6.2%	100.0%	11.3%
All people	89.6%	5.1%	1.1%	4.2%	100.0%	10.4%

### Proportion of people indicating general health 'Bad' or 'Very Bad' in Wigtownshire

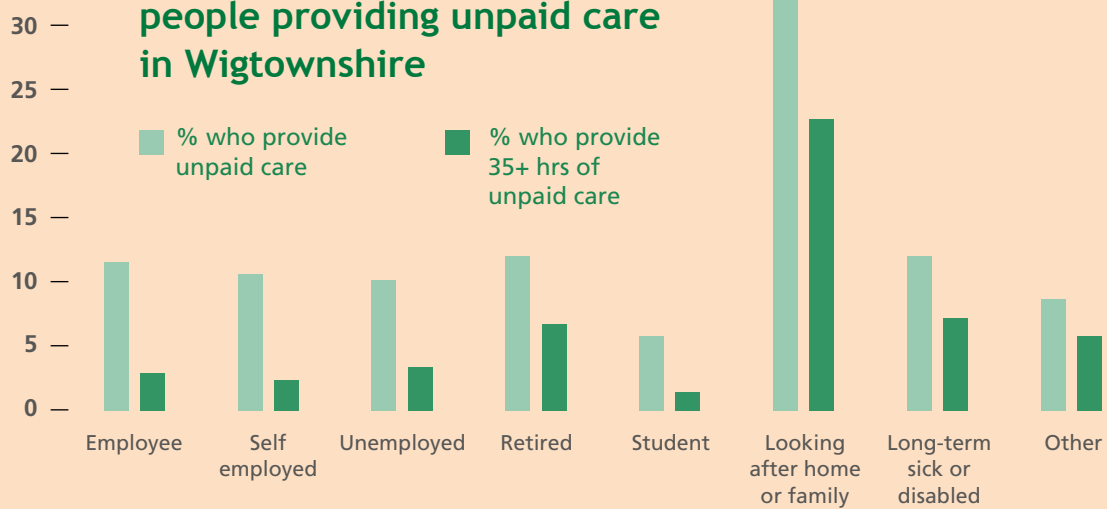




## Proportion of people indicating general health 'Bad' or 'Very Bad' in Wigtownshire



## Proportion of working age people providing unpaid care in Wigtownshire



Source All : Census 2011

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