

### Question 1

**Should we change the name from “carer’s assessment” to “Carer’s Support Plan”?**

Yes

*Comments*

Replacing the term ‘assessment’ will be important to many carers and the term ‘Carers Support Plan’ is a much more meaningful and accurate description. All carers should be able to have a Carers Support plan regardless of how much regular care they give.

### Question 2

**Should we change the rules so that all carers can have a Carer’s Support Plan?**

Yes

*Comments*

Carers have widely differing needs for support and it is important that they receive sufficient and appropriate support to preserve their own wellbeing, and hence their ability to preserve the wellbeing of those they are caring for. The person being cared for should not have to be receiving Local Authority support.

### Question 3

**Should the person being cared for have to qualify for local authority support to get a carer's assessment?**

No

*Comments*

Many mental health carers, including those caring for people with mental health conditions such as personality disorders, will not be accessing local authority services. Their main point of contact is more likely to be primary health care. E.g. GPs.

### Question 4

**Should we change the rules so that carers can ask for a Carer's Support Plan or be offered one by the local authority?**

Yes

*Comments*

Support should be as accessible as possible and where carers to request a Carer’s Support Plan, the process should be explained fully, carried out transparently and adhere to reasonable timescales.

Carers currently feel that the ‘ability to give care’ in the assessment, questions whether they are good enough.

### Question 5

**Should we change the rules so that the Carer's Support Plan doesn't say anything about a carer's ability to give care?**

Yes

*Comments*

'Ability to care' has negative connotations and, although there should be a choice, in reality many people have a caring role which stretches their abilities and resources to the detriment of their own physical and mental health. In mental health situations the caring time and role may fluctuate dramatically at different points. What is valid is the support and recognition for the carer and their own resilience and recovery.

**Question 6**

**Should local authorities have to tell carers how long they'll have to wait to get a Carer's Support Plan? Should the local authority have to give reasons if carers have to wait longer?**

Yes

*Comments*

This information should be accessible, transparent and always with explanations given.

**Question 7**

**How important do you think it is that service users and carers should get the same support if they move to a new area?**

*Comments*

This would require standard assessment formats and a commitment by Local Authorities to be active at points of transition. Many carers feel that there are already far too many Post Code lotteries in the Health Service, and that every effort should be made to minimise them.

Independent advocacy is useful to carers when transferring to different services or different geographical areas.

**Question 8**

**Should the Government and local authorities work together to make this happen?**

Yes

*Comments*

**Question 9**

**Should we make it a rule that local authorities have to have information and advice services for carers and young carers?**

Yes

*Comments*

It is often the case that by far the most stressful part of the carers' experiences arises from lack of knowledge, understanding and information of their own rights and those of the people they care for. A particularly cost-effective form of support is through specific and targeted information for carers. Independent, individual advocacy for carers can ensure that they receive the right information at an early stage. It can provide essential advocacy support when trying to access services and particularly

where the carer might have a statutory role eg. As Name Person under the Mental Health Act (Scotland) 2003. Advocacy can also be useful at transition points for young carers.

**Question 10**

**Do you think local authorities should have to show plans to the Government?**

Yes

*Comments*

**Question 11**

**Should we make a rule saying that local authorities have to give support to carers and young carers who qualify?**

Yes

*Comments*

We welcome a duty to support carers through a uniform eligibility criteria. Particular support is needed for crisis prevention and at points of transition.

**Question 12 Should we keep the rules as they are now, and let local authorities decide if they will give support?**

No

*Comments*

**Question 13**

**Should we make a rule that local authorities have to give short breaks to carers?**

Yes

*Comments*

Provision of respite and short breaks should be part of the Carer Support plan and is part of encouraging carers to take care of themselves. Self-directed support options and Direct Payments should, in theory, improve access and choice here for carers.

**Question 14**

**Should we change the rules so that the Carer's Support Plan helps deal with different stages of care?**

Yes

*Comments*

It is essential that there are links between the Child's Plan and adult carer plan management. We support a national format with consistent guidelines for Local Authorities. Independent advocacy is important for adult and young carers to help with the process of accessing and developing an appropriate support plan.

**Question 15.**

**Should the new rules let young carers have a Carer's Support Plan if they are going to become adult carers?**

Yes

*Comments*

None

**Question 16**

**Should carers be involved in planning support for the people they care for and support for themselves?**

Yes

*Comments*

Carers should be involved at all stages and collective advocacy has an important role to play in bringing together the views of carers and taking these forward in planning and operational strategic forums. Carers, often with the support of advocacy and Third Sector carer organisations are generally best motivated and best able (in terms of time and proximity) to support the well-being of those they care for.

**Question 17**

**Should carers' organisations be involved in planning support for carers and the people they care for?**

Yes

*Comments*

Yes, through a range of appropriate organisations, Third Sector and Advocacy organisations. These have extensive contact with Carers, their responsibilities and their needs.

**Question 18**

**Should we change the rules so that carers are involved in planning care?**

Yes

*Comments*

This can be particularly challenging in mental health but only through this principle can carers and young people be 'equal partners in care'. There should be specific requirement for health and social care professionals to make efforts to secure the agreement of the person being cared for and to revisit consent where necessary. Good practice guidance.

**Question 19**

**Should we change the rules so that young carers are involved in planning care?**

Yes

*Comments*

All carers, including young carers, should be consulted and involved as far as possible in care planning and in their own support plans.

Independent collective and individual advocacy services should be extended to assist this process.

#### **Question 20**

**What do you think about young carers being involved in planning support for the people they care for and for themselves?**

*Comments*

#### **Question 21**

**Should we make a rule that all these organisations must work together with carers to make plans?**

Yes

*Comments*

Edinburgh has many examples of this and Edinburgh Carers Council, providing independent collective advocacy, informs the local carers' strategy and mental health strategic groups such as the Joint Programme Board on the Lothian Mental Health Strategy.

**Should these plans be looked at and updated every three years?**

Yes

*Comments*

#### **Question 22**

**Should we make it a rule to have a range of services available for carers and young carers?**

Yes

*Comments*

#### **Question 23**

**Should it be a rule that doctors (GPs) have to find out who is a carer and put them on a list of Carers?**

Yes

*Comments*

The importance of registers are particularly important in primary care. GPs and Primary Health Care Teams are often the first and, in many mental health situations, the only point of contact for carers.

**Question 24**

**Should we make a rule that Health Boards share ideas on how to raise awareness about carers in doctor's surgeries?**

Yes

*Comments*

Important for identification of carers, signposting and review of carers needs.

**Question 25**

**Should the Government ask Health Boards to make sure that doctors (GPs) are keeping their list of Carers up to date?**

Yes

*Comments*

**Question 26**

**Which local authority do you think should do the Carer's Support Plan?**

*Comments*

The cared for persons Local Authority should be the lead here. The responsibility should be explicit.

**Question 27**

**Which local authority should pay for the carer's support?**

*Comments*

**Question 28**

**Should the Government and local authorities come up with guidelines for this?**

Yes

*Comments*