

# **Carers Consultation**

**Easy Read version**

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## **What is this consultation about?**

Lots of people in Scotland are carers. They work very hard to give unpaid care to family or friends. Many more give care but do not call themselves carers.

There are more carers than ever before. Caring takes up a lot of their time and can be very difficult.

Young carers are giving care to their parents, grandparents, brothers and sisters. They are proud to be carers. They give a lot to society. Being carers should not stop them from enjoying childhood and their teenage years.

The Government has been doing more to support carers over the past few years. But lots of carers have a lot of stress and worry and are still not getting enough support.

We want to change the law so that carers get more help and support.

We want to ask you some questions about new laws to help carers.

## **Who is this consultation for?**

We would like to hear from:

- carers,
- young carers,
- people who are being cared for,
- professionals who work with carers.

You do not have to answer all of the questions. Just answer the ones you want to answer.

## **The Carer's Assessment: Carer's Support Plan**

We want to make some changes to how we decide what carers' support needs are.

Carers who give a lot of care can have a carer's assessment. Carers ask the local authority to decide how much support they need to keep giving care.

Some carers don't like the name "carer's assessment". We want to change the name to "Carer's Support Plan".

### **Question 1**

**Should we change the name from "carer's assessment" to "Carer's Support Plan"?**

Yes

No

Comments

Some local authorities do an assessment to decide how much regular care each carer gives. Some do not. We want to change this so that all carers will be able to have a Carer's Support Plan. It won't matter 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

No

Comments

The person being cared for has to qualify for support from the local authority to get a carer's assessment. But some people don't need that kind of support or don't want it.

We want to change the rules so that the person being cared for doesn't have to qualify for local authority support.

### **Question 3**

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

Yes

No

Comments

Carers can ask their local authority for an assessment (Carer's Support Plan). Not all carers know that they can ask for one. We want to change the rules so that local authorities offer a Carer's Support Plan to all carers.

### **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

No

Comments

The rules say that a carer's ability to give care is being assessed. Some carers don't like this. They think it is saying they are not good enough at giving care.

We want to change the rules so that the Carer's Support Plan doesn't say anything about a carer's "ability to give care".

### **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

No

Comments

It can take a long time for carers to get a carer's assessment. We think the people doing the assessment should tell carers how long they will have to wait. We think they should be told why if they have to wait longer.

### **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

No

Comments

Not all parts of the country have the same services. Service users might not be able to get the same support if they move to a new area. They might have to wait until a new carer's assessment is done.

We think it should be easier for service users and carers to move to a new area. We think the Government and local authorities should work together to make this happen.

### **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

### **Question 8**

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

Yes

No

Comments

## Information and Advice

It is very important that carers and young carers should have access to the best information and advice. This will let them make the best decisions about their support needs.

Carers tell us that things would be better for them if they got the right information at the right time.

Carers need to be given information and advice that they can understand.

### Question 9

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

Yes

No

Comments

The rules say that local authorities have to show their plans for carers' information to the Government. This won't be needed in future because the rules will tell all local authorities what kind of information they should give to carers.

### Question 10

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

Yes

No

Comments

## Support for carers

The law doesn't say local authorities have to support carers at the moment. After April 2014, there will be a new law called the Social Care (Self-directed Support) (Scotland) Act. This will mean that local authorities will have to do a carer's assessment for every carer who asks for one or who is found to be a carer. It will be up to the local authority to decide if support is needed and if it will give that support.

### Question 11

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

Yes                      If you said yes, please go to **page 8**  
No                        If you said no, please go to **question 12**  
Comments

### Question 12

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

Yes  
No  
Comments

One of the best ways to help carers and young carers is to give them short breaks. Short breaks let carers have time out from caring so they can recharge their batteries.

Short breaks can be holidays, leisure activities or meeting up with friends. They can include the person being cared for or just the carer.

We could make it a rule that local authorities have to give short breaks to carers.

### **Question 13**

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

Yes

No

Comments

## Stages and Transitions

Things can change the kind of care a person needs. We call these **stages**. The kind of care a person needs can change. The carer might have to spend more time caring for the person. The carer might have to learn how to give new medicines or use new equipment.

### Question 14

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

Yes

No

Comments

We call it a **transition** when carers or the people being cared for grow up from children to adults. The change in their needs has to be looked at carefully so they keep getting the best support.

### Question 15.

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

Yes

No

Comments

## **Carer Involvement**

We think that carers should be involved in planning support for the people they care for and for themselves. This means they get better support which meets all their needs.

Carers' organisations should be involved too when needed.

### **Question 16**

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

Yes

No

Comments

### **Question 17**

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

Yes

No

Comments

Carers are equal partners in care. They have experience and know things about the person they care for. Health professionals should listen to carers when planning care.

We want to change the rules so that carers have to be involved in planning care. If the person being cared for wants this.

### **Question 18**

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

Yes

No

Comments

Young carers also want to be involved in planning support for the people they care for and for themselves. They say that health professionals don't always listen to them when making decisions.

We want to change the rules so that young carers are involved in planning care. If the person being cared for wants this.

We also want to know what you think about young carers being involved in planning support for the people they care for and their own support.

### **Question 19**

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

Yes

No

Comments

### **Question 20**

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

Comments

## Planning and giving services

Most local authorities have plans for carers. Some are made with help from local Health Boards. Some local authorities have plans for young carers.

We think that local authorities, Health Boards, other organisations and carers should work together to make plans for carers' support.

### Question 21

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

Yes

No

Comments

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

Yes

No

Comments

The law doesn't say that local authorities with Health Boards have to give carers counselling, advocacy, short breaks and other kinds of support. We think this should change.

### Question 22

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

Yes

No

Comments

## Telling who is a carer

We need to be able to tell who is a carer so they can get a carer's assessment (Carer's Support Plan) and support.

This is not always easy. Some people don't think they are carers or don't want to be called carers.

Doctors (GPs) are usually the first people to find out if a person is a carer. Doctors keep a list of carers and they use this to refer carers for support. We don't think doctors should keep a list of carers. We think Health Boards should share ideas on how to raise awareness about carers in doctor's surgeries.

### 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

No

Comments

### Question 24

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

Yes

No

Comments

### Question 25

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

Yes

No

Comments

## **When the carer and the person being cared for live in different areas**

Some carers live in different areas from the people they care for. Each area might have a different local authority. The carer might ask their local authority for a carer's assessment. But their locally authority doesn't have to support people who live in other areas.

We think it would be better if the assessment was done by the local authority where the person being cared for lives. But different local authorities have different ideas about this.

We need to decide which local authority should do the Carer's Support Plan and which one should pay for the support. It might be best if both local authorities worked together to plan and pay for the support.

### **Question 26**

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

Comments

### **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

No

Comments

## **Where to send your answers**

Please send your answers to:

CarersandYoungCarersPolicy@scotland.gsi.gov.uk

Or to:

Carers Branch (Consultation)

Adult Care and Support Division

Directorate for Chief Nursing Officer, Patients, Public and Health Professions

Director-General Health and Social Care

The Government

2ER, St Andrews House, Edinburgh EH1 3DG

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