



NORTH LANARKSHIRE
carers
together



Working for You...

Carers contribute £10.8bn of unpaid care in Scotland each year

Manifesto for Carers

North Lanarkshire Carers Together has actively campaigned on behalf of unpaid carers within North Lanarkshire for over 15 years. We welcome the new rights for carers within the Carers (Scotland) Act 2016 which will commence implementation in April 2018. Nationally, this Act recognises carers' vital role in supporting health and social care in Scotland and places new duties on local councils and health boards.

Whilst Parliament legislates for and introduces policy, it is local councils who implement and deliver services and support and allocate funds on the basis of local priorities. We have therefore, been busy on your behalf, in the run up to the local government elections which took place on 4th May, by actively lobbying every council candidate to raise awareness of carers' issues in North Lanarkshire. Each candidate has been given a copy of the Manifesto for Carers in Scotland. We have asked them to become a champion for carers and if elected, advocate for investment in services that provide effective and appropriate support for carers in North Lanarkshire.

Carer organisations in North Lanarkshire have already had significant cuts to their budget for this year and could be facing further cuts in the next financial year.

- **1 in 6 of Scotland's population is an unpaid carer**
- **Carers contribute £10.8bn of unpaid care in Scotland each year**
- **The number of adults in need of care is expected to increase 30% by 2026.**

Supporting carers makes financial sense. A small amount of investment in our local carer services can sustain someone in their caring role. Not investing in carers and having to replace the care they provide is hugely expensive; investing in supports that meet the needs of unpaid carers can reduce the need for local interventions for the carer and the cared for.

As well as our lobbying to seek support from local candidates, we are asking our carer members to support us in any way they can to ensure that local carer services are adequately resourced to meet the increasing demands. This can be done by keeping carers issues high on the agenda within your local groups and forums and with your local elected members.

In line with the Manifesto for Carers in Scotland we have asked all candidates to agree to:

- **Protect funding for carer support & ensure there are adequate resources to implement the Carers Act**
- **Increase efforts to improve short breaks provision**
- **Promote better, preventative support for carers of all ages**
- **Improve financial support for young carers**
- **Support carers into Employment**

A full copy of the Manifesto for Carers in Scotland is available on our website www.carerstogether.org





The Carers (Scotland) Act 2016

The Carers (Scotland) Act will be commenced on April 1, 2018.

The package of provisions in the Act is designed to support carers' health and wellbeing. These include, amongst other things:

- **A duty on local authorities to provide support to carers, based on the carer's identified needs which meet the local eligibility criteria. National matters which local authorities must have regard to when setting their local eligibility criteria will be set out in regulations;**
- **A specific Adult Carer Support Plan and Young Carer Statement to identify carers' needs and personal outcomes; and**
- **A requirement for each local authority to have its own information and advice service for carers which must provide information and advice on, amongst other things, emergency and future care planning, advocacy, income maximisation and carers' rights.**

North Lanarkshire has been selected to carry out two pilots with regards to the implementation of the Carers Act, these pilots are Adult Carer Support Plans and Information and Advice. We will keep you updated via our website www.carerstogether.org or social media sites and carer events on the implementation of the Act both locally and nationally.

Locality Planning Groups

The Partnership Board structure in North Lanarkshire brings health and social care staff and stakeholders together to focus on the needs of the two major care groups:

- **Frail, Elderly and Long Term Conditions**
- **Addictions, Learning Disability and Mental Health**

Underpinning these Partnership Boards are the new Locality Planning Group (LPG) structures in each of the 6 localities which promote health and wellbeing and will lead the implementation of relevant areas of the Strategic Commissioning Plan of Health & Social Care North Lanarkshire, along with the localities own priorities.

Each of the LPG's have terms of reference which set out the membership, this membership includes a carer representative and North Lanarkshire Carers Together, through the Carer Support Network have offered to assist in co-ordinating carer representation within this structure.

Any carer who is interested in finding out more about the work of the LPG's or becoming a carer representative please contact Sean Harkin at sean@carerstogether.org or phone the office on **01698 404055**

www.carerstogether.org

Emergency Planning for Carers

What Would Happen if You Couldn't be There?

We all think we will always be there but what if you were ill, had to go to the doctor or hospital; had a family crisis to deal with, or were just running late? What would you do?

Having an Emergency Plan in place can stop an emergency becoming a crisis and can give you and the person you care for peace of mind. As a carer, you are the expert in the care you provide to someone. If something happens to you, that knowledge needs to be available to others.

By planning in advance, with the hope that the plan never has to be used, you can share your knowledge and allow someone else to be able to step into your caring role. This reduces anxiety for you and the person you care for should an emergency occur.

Planning also allows you to have conversations with family, friends and neighbours about the role they could play in an emergency.

At our Conference last November, Gillian Reid of Enable Scotland spoke about emergency planning and each delegate received a full toolkit including the planning document in their packs. Since our conference we have issued over one thousand Emergency Planning Toolkits and have had positive feedback from carers about the process and the difference it has made knowing that they have made a plan and shared it with family and friends. If you would like to find out more about Emergency Planning or would like to talk to someone about the process please contact Carolanne Carolanne@carerstogether.org or phone the office on **01698 404055**. Alternatively you can visit Enable Scotland's website at www.enable.org.uk

Anticipatory Care Planning

Do you want to remain in control in the future: if so have you considered Anticipatory Care Planning?

Anticipatory Care Planning allows people living with long term conditions to plan for their future care needs. The Anticipatory Care Plan (ACP) is a document that allows people to write down their views and wishes about their care and share them with the people important to them. It allows people to take ownership of their health and the aim is to keep people out of hospital and long term care where possible.

Working alongside your emergency plan this gives the carer and the cared for the opportunity to record their hopes, views and wishes which can then be shared electronically with NHS 24 and the Scottish Ambulance service in the event of a period of ill health. This also provides you with the opportunity to record contingency planning and what approaches work well in caring for your loved one, thus reducing stress and anxiety and getting the right support in place. This can be completed free of charge and you can discuss Anticipatory Carer Planning with your district nurse or GP.

At our conference we heard from Agnes Hadden, carer and director of North Lanarkshire Carers Together who gave a personal account of her experience of the ACP process and how it helped her family to have open discussions about care and support needs for the future. All delegates received information on ACP's and their own planning document in their packs and since our conference over one hundred ACP forms have been issued to carers.

If you require any further information or support in completing an Anticipatory Care Plan please contact Equals Advocacy Partnership who would be happy to help. Telephone number **01698 327772/4** or admin@equalsadvocacy.org.uk



Carers Week 12th – 18th June 2017

Building Carer Friendly Communities

Our AGM marks the start of National Carers Week within North Lanarkshire. This year's theme is building Carer Friendly Communities - places that understand a carers daily reality and do what they can to make life a little bit easier for them. Recent national research reports that 3 in 4 carers don't feel that their caring role is understood or valued by their community.

Our AGM will provide carers and professionals with the opportunity to find out about developments in their local community that can assist and support them and people they care for as part of the Community Capacity Building and Carer Support Programme. Representatives from each of the 3rd sector locality host organisations will be on-site to provide information specific to their locality. As always, carer and young carer organisations will be there to provide information on direct carer supports including the carers journey, short breaks, programmes for young carers and getting involved in carer representation. It will take place on Monday 12th June from 9.30am to 2pm and the venue is the Strathclyde Hilton. Invitations will be posted to all members. If you are not on our database and would like to attend please call the office on **01698 404055**

Our co-ordinator for Carers Yvonne & Corinne will be attending the following GP practices during Carers Week:

- 12.6.17 Motherwell Health Centre, Motherwell 2pm to 4pm**
- 13.6.17 Buchanan Health Centre, Coatbridge 9am to 12.30am**
- 13.6.17 Coatbridge Health Centre, Coatbridge 1.30pm to 4.30pm**
- 14.6.17 Central Health Centre, Cumbernauld 9.00am to 1.00pm**
- 15.6.17 Houldsworth Health Centre, Wishaw 9.00am to 2.00pm**
- 16.6.17 Adam Avenue Foyer, Airdrie 9.00am to 11.30am**
- 16.6.17 Wellwynd Practice, Airdrie 12.00 noon to 3.00pm**

Our Carer information and community link workers will also be hosting information stalls within various locations around all 6 localities in North Lanarkshire. For full details please visit our "Dates for the Diary" section on our website or contact Carolanne on **01698 404055**

Our Promise and Aims

North Lanarkshire Carers Together pledges to improve the lives of carers within North Lanarkshire by actively linking carers and professionals in meaningful working relationships.

We work in equal partnership with Health & Social Care North Lanarkshire and others to influence policy development and service provision, which affect both carers and the people we care for.

Our Promise to Carers

- We will show a regard for you; treat you with respect and courtesy, and promote your rights
- We will listen, hear and respond to what you say, and be assertive in representing your views and interests
- We will work as an equal partner with others on health, social care and other issues that affect your quality of life
- We will include you if you wish to participate in the work of the organisation, and support you to influence planning and decision making to the degree to which you choose to be involved
- We will recognise that you have a range of experiences and perspectives
- We will avoid discrimination on the basis of age, religion, ethnic origin, gender, sexual orientation, disability or any other reason that may lead to you being excluded
- We will provide information that is of value to you
- We will represent you with integrity

Our Aims

- To be a potent force for change
- To raise the profile of carers' issues and needs
- To influence policy development and service provision at the planning stage
- To form active links between carers and professionals
- To establish innovative and productive consultation processes with service providers
- To promote inclusion of all carers
- To represent the views of all carers, including the many young carers, in North Lanarkshire

A copy of the report from our conference "Being prepared for Caring" can be downloaded from our website

North Lanarkshire Carers Together is a campaigning organisation that gives carers a voice. Please get in touch with us, we want to hear your stories and represent your views in the planning and development of services, please contact enquiries@carerstogether.org

Our office is open from Monday to Friday 9.00am - 4.30pm.
For information to help in your caring role call us on **01698 404055**
or book an appointment at appointments@carerstogether.org



In association with...



You can also view our newsletter at...

www.carerstogether.org

