

## Working for You...



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

## Local Carers Making a Difference

(Pictured above, Councillor Paul Kelly with staff, volunteers and Directors of NLCT)

Councillor Paul Kelly, Convenor of the Health & Social Care Integration Joint Board and Depute Leader of the Council recently met with carers as part of a carer engagement training programme delivered in partnership with North Lanarkshire Carers Together and Motherwell Community Learning & Development Staff.

Carers highlighted that the training has helped them to understand current planning and partnership group structures and empowered them to use their own knowledge and experience of being a carer to help influence change and ensure that carers are considered as equal partners in care and not as users of services.

The group presented their aims and action points, making specific reference to the implementation of the Carers Act, the development of local eligibility criteria and the need to adequately resource current carer organisations to ensure carers are identified, informed, engaged and supported.

Carer Reps will take up their new roles on Locality Planning Groups from April 2018.

## Partners in Policy Making

Partners in Policymaking is an internationally recognised leadership development programme for parents of disabled children (up to the age of 18) and disabled adults, including people with learning difficulties, mental health issues, autism, sensory impairments and physical impairments.



This programme is a chance for participants to gain the knowledge, skills and confidence they need to campaign and advocate for better treatment and social justice for disabled people within our society. Many of the graduates of this programme have gone on to influence national and local policy on issues that interest them.

Carol Loch, a carer member of North Lanarkshire Carers Together and Chairperson of the Take 5 Autism Group has been attending this training delivered by In- Control Scotland. When asked about the programme Carol said "Taking part in Partners in Policy Making has increased my knowledge about what is happening in Scotland to promote the inclusion of disabled people old and young in society. It has given me a more in depth understanding of what being person centred really means and that a condition does not define who a person really is. The amazing people I've met through Partners in Policy Making are so passionate about being ambassadors for the rights of ALL human beings."

For further information on the programme visit:  
[www.in-cotrolscotland.org](http://www.in-cotrolscotland.org)



## Carers Act Now in Force

The Carers (Scotland) Act 2016 came into force on the 1st April 2018. The Act provides new rights to carers in a number of areas.

The outline package of provisions in the Act is designed to support carers' health and wellbeing, these include:

- A duty to provide support to carers, based on their assessed needs in line with a locally developed eligibility criteria;
- Development of a specific Adult Carer Support Plan (ACSP) and Young Carer Statement to identify carers' needs and personal outcomes; and
- A requirement to have an information and advice service for carers on, amongst other things, emergency and future care planning, advocacy, income maximisation and carer's rights.
- Local Health Boards also have a duty to involve carers in discharge from hospital and a duty to prepare a local carer strategy with the relevant authority.

The Coalition of Carers in Scotland has developed the 'what to expect when...' leaflets and these will be adapted to reflect local services and structures in North Lanarkshire. When completed - leaflets will be available on our website [www.carerstogether.org](http://www.carerstogether.org) and these include:

- What to expect when you make an ACSP
- What to expect when you are considering a short break
- What to expect when you make an Emergency Plan
- What to expect when the person you care for is discharged from hospital
- What to expect when the person you care for is being assessed

The Carers Act states that carers who have identified needs that meet local eligibility criteria will have a right to support. This support should be offered in line with the 4 self-directed support options. Carers whose identified needs do not meet local eligibility criteria will still have access to other forms of support including information, advice and carer support through the range of services in place to support carers.



## Professionals – are you Carer Aware?

The team at North Lanarkshire Carers Together work in partnership with professionals from a range of backgrounds to provide information, signposting and access to carer support for unpaid carers in North Lanarkshire.

If you would like someone from the team to visit you to talk about carer identification, carers' issues, the new duties contained in the Carers Act and the range of services provided by North Lanarkshire Carers Together and our partners please contact Carolanne via email: [carolanne@carerstogether.org](mailto:carolanne@carerstogether.org)

As part of a partnership approach North Lanarkshire Carers Together has developed a range of Carer Aware sessions to support GP's and healthcare professionals to identify carers and access them to the support and resources they need to improve their own quality of life and that of the person they care for. If you are a healthcare professional and would like us to provide a Carer Aware session to your team please contact Yvonne via email: [yvonne@carerstogether.org](mailto:yvonne@carerstogether.org)

## MBE Awarded to NLCT Director

Ann Muir has been awarded an MBE in the Queen's New Year's Honours list.

Ann was nominated for this prestigious award by McMillan Cancer Support in recognition of her services to people affected by cancer in Scotland. Ann has been a cancer voice for 13 years, a leader of self help and support groups across Lanarkshire for nearly 20 years, a volunteer hospital visitor and a founding member of the McMillan Involvement Group.



Ann has been a director of Carers Together for over 12 years and the Board and staff are delighted that Ann has received this award. Well done!!!

## Becoming a member of North Lanarkshire Carers Together

**Membership of our organisation is open to any unpaid carer either living or caring for someone in North Lanarkshire. Membership is also open to professionals who are carer supporters and have an interest in carer developments within North Lanarkshire.**

As a member you will receive our twice yearly Newsletter along with an invitation to attend our Annual General Meeting and the North Lanarkshire Annual Carer Conference. These events provide an excellent opportunity to find out about national and local developments, and will include information and consultation opportunities on how the Carers Act is being implemented locally. As well as this you will have the opportunity to have your voice heard in the planning of services that are relevant to you and we offer training to support any carer who wishes to become involved in carer representation.

Membership forms are available from the office or alternatively you can complete using our secure electronic membership form facility within our website [www.carerstogether.org](http://www.carerstogether.org)

Membership of North Lanarkshire Carers Together is FREE!

## Blue Badge Scheme (Scotland)

On-street parking concessions for disabled people extended to 'invisible disabilities'. One of the most challenging aspects of disability is being able to get around by car and find suitable parking. Whether you are a disabled passenger in someone else's car or disabled driver of your own vehicle, a 'Blue Badge' allows you to park as close to your destination as possible.

The 'Blue Badge' concession applies in the UK and across Europe and now includes applicants with 'invisible disabilities' such as Dementia, Autism, Alzheimer's or mental health conditions as well as those physical disabilities which may impact a person's ability to get around. The inclusion of invisible disabilities within the Blue Badge scheme means those with health conditions which previously did not make them eligible to apply can now do so.

It is easy to apply online through the North Lanarkshire Council website [www.northlan.gov.uk](http://www.northlan.gov.uk) or by calling in to one of the councils 10 First Stop Shops in your local area. There is a cost, however only successful applicants are charged the £20 administration fee, but the badge can last between 1 and 3 years depending on the level of difficulty you have getting around. A 'Blue Badge' is awarded at the discretion of the council and may involve your walking ability being assessed by the council as part of the application process. For more information you can contact the North Lanarkshire Council Blue Badge Team on 01698 403 160.

## North Lanarkshire Disability Forum



**North Lanarkshire Disability Forum is a user led organisation, providing up to date information on disability issues throughout North Lanarkshire.**

If you or someone you care for has a disability and needs practical support with everyday living then they may be able to help with tasks like form filling (such as DLA or blue badge applications, hospital appointments, house meetings, social work meetings). The support they offer is free and confidential. To find out more you can call the office on **01698 275710** or visit their website at [www.Nldforum.org.uk](http://www.Nldforum.org.uk)



## 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.

## Did You Know?

The Headway Brain Injury Identity Card is available to anyone in the UK aged 18 and over who has a verifiable brain injury.



the brain injury association

Carrying this official identity card can provide the person with the confidence to know that if they need help, their needs can be easily identified, whether in social situations, in contact with police officers or other emergency services.

The card explains some of the effects of brain injury and is recognised by Police Scotland and has their logo on it. The card also has a phone number on the front which can be called to request criminal legal advice and/or representation from solicitors trained in understanding brain injury, should the person find themselves in a situation where they need this support. The card is provided free of charge and can be obtained from the following link:

<https://www.headway.org.uk/supporting-you/brain-injury-identity-card/>

Clinical verification of brain injury and a photo are required as well as information about how the brain injury affects the person. If you don't want to fill the form in online you can contact the local Headway branch in North Lanarkshire. The Headway contact is Gaille Gray and she is on [gaille.gray@headway.org.uk](mailto:gaille.gray@headway.org.uk) or 0779 555 1232



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Follow us on Twitter @nlct\_carers

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](mailto: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](mailto:appointments@carerstogether.org)



In association with...



You can also view our newsletter at...

[www.carerstogether.org](http://www.carerstogether.org)

