



Health & Social Care
North Lanarkshire

safer
healthier
independent
lives

**Carer Budgets – who
gets what, how
much, when, and in
what circumstances?**

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Context and background

The cash value of unpaid Care in Scotland is estimated at around £11 Billion this year. That's about the same as the total NHS budget for the whole of Scotland!

Not every Carer should need, or get a Carer Budget.

Most Carers are supported through their own networks of support and /or through Carer Support organisations.

Preventative, pro-active and protective approaches are best.



So who might be eligible for a Carer Budget?



How will my Carer Budget be calculated?

Who Calculates this?

A Guided Self- Assessment (GSA) is the way in which a Carer Budget is calculated. The Scottish Government, in partnership with National Carer Organisations have set out the main areas that must be included in the GSA. These areas are:

- Health and Well Being
- Relationships
- Living Environment
- Employment and Training
- Finance
- Life Balance
- Future Planning

I'm not good at future planning. I don't plan at all. I don't know what I'm doing tomorrow. I don't have a day planner and I don't have a diary. I completely live in the now, not in the past, not in the future.

QUOTE-ID.COM

Heath Ledger
Australian Actor

**“PLANNING IS
BRINGING THE FUTURE
INTO THE PRESENT SO
THAT YOU CAN DO
SOMETHING ABOUT IT
NOW.”**

ALAN LAKEN



What can I spend my Carer Budget on?

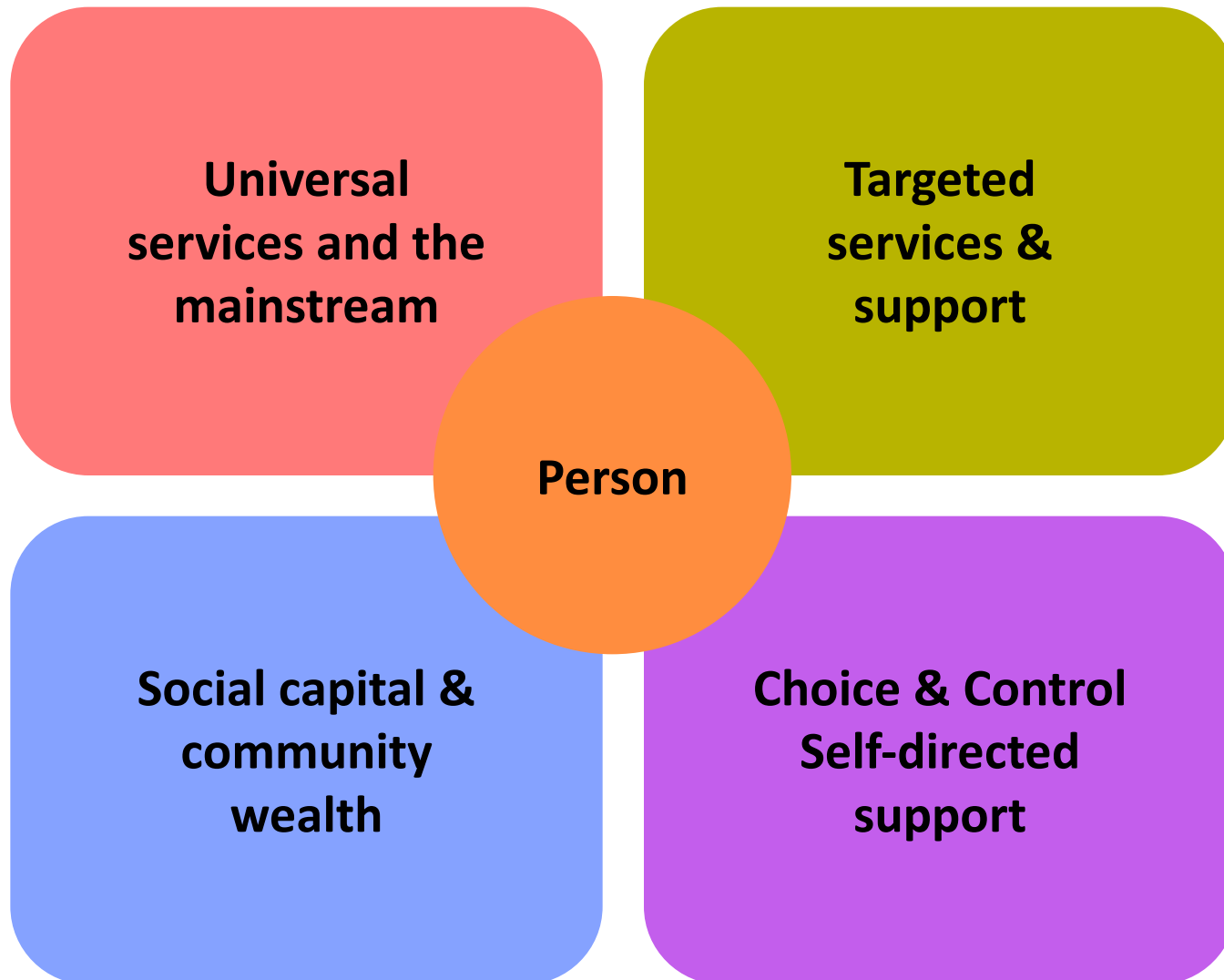
So long as budgets are used in a way that :

- Is not illegal,
- Is not gambling,
- Does not bring the funding authority into disrepute
- Is used to meet agreed outcomes

Then budgets can be used for a wide range of things – not just short breaks.



A whole system of support, opportunities and potential – where does an individual budget fit?



Meeting carers' identified needs by provision of support to cared-for person, or through general services and information and advice



Local eligibility criteria for carer support are **not** relevant if the Carer's identified needs can be met by:

- Support to the cared-for person;
- Universal services or support which the local authority provides to the public (for example, leisure and recreation, adult education, or transport services);
- Support that is available to all carers (for example carer support services).

Health and Well Being

People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and wellbeing’.

- carers’ rights
- carer advocacy
- health and wellbeing
- bereavement support
- Stress Relief
- Carer Pampering Sessions



Relationships

Use of general services – available in the community or in particular neighbourhoods.

- leisure centres
- libraries
- art galleries
- community transport
- lunch clubs
- youth clubs
- education services
- gardening clubs
- walking clubs
- local support groups



Living Environment

care at home

- technology enabled care
- equipment and adaptations
- mental health services
- medicine management



Employment and Training

Education and training (for example on support at school, advice on Further and Higher Education)

- Bespoke Training
- Citizens Advice
- Trade Unions
- Employer liaison



Finance

Income maximisation

Advice and information on Rights, Debt Management and so on.



Life Balance

Moderate

£250	£500	£750	£1000
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Substantial

£500	£1000	£1500	£2000
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Critical

£750	£1500	£2250	£3000
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If assessment and planning highlights that a higher level of resourcing is required, this would be agreed on a case by case basis.

Future Planning

The ACSP needs to include information about any arrangements in place for the future care of the person that the Carer cares for. If the Carer identifies future care planning as part of the ACSP process, they could be provided with support to put such plans in place. Where carers appear to have a significant need for support with future care planning, this would be considered as part of the ACSP and the identification of needs; and if this identified need meets local eligibility criteria, the responsible local authority needs to provide support

- emergency planning
- future planning

Waiving of charges for carer support

Charges must be waived in order to meet an individual Carer's identified needs as set out in their ACSP or YCS.

Examples include:

- advocacy;
- emotional support and counselling;
- training for carers;
- translation and interpretation services;
- cost of transport to meet the carer's identified needs;
- breaks from caring that enable the carer to meet their personal outcomes (as set out in their ACSP or YCS)

Where care is provided to enable the carer to have a break from caring and all of the following apply:

1. It is replacing care previously given by the carer;
2. Its primary purpose is in order for the carer to have a break from caring which in turn has been deemed a necessary form of support to meet the carer's identified needs; It is replacing care which the carer is able and willing to provide, and not where the carer is not well enough to continue providing the same level of care or has other commitments;
3. For young carers, it is not replacing care which would be inappropriate for the young carer to deliver.

Care to the cared-for person can only be considered to be enabling the carer to have a break if it is replacing care that the carer is otherwise willing and able to provide.

When charges would not be waived

Where care to the cared-for person is needed because the carer is unable or unwilling to provide care then the care is not being provided to allow the carer to have a break.

Care would not be considered replacement care if, for example, a Carer was not willing or able to provide care because:

- the carer is ill, in hospital or recovering at home and alternative care needs to be provided for the cared-for person;
- the carer wishes to work full or part-time and will stop or reduce the care they provide when they are in employment. Entering employment is not a form of break.

Care provided in these circumstances would be purely to meet the cared-for person's needs, rather than the carer's needs under the ACSP/YCS; or if the carer is no longer able or willing to provide the same level or type of care for health or other reasons, even with support.