

What to expect...

The Carers (Scotland) Act



Do you provide care for someone?



You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

What is the Carers Act?

The Carers Act is a law which enhances the rights of carers in Scotland. The Act is intended to recognise the valuable role that carers play in people with care needs as a result of their illness, condition or disability.

Getting carer support starts with a good conversation. Every carer will have different things that are important to them in their life. The diagram on the right helps to explain the carer pathway to support under the Act.



The Carers (Scotland) Act Carer Pathway to Support

Information and Advice

Every carer is entitled to information about their rights as a carer and the support available to them locally. Your local carer centre is a good place to start.

A good conversation

The first step to receiving support as a carer is completing an adult carer support plan or young carer statement. It starts with a good conversation with your worker about your caring role and what is important to you. Your completed plan will set out what your needs and outcomes are.

Support for the person you care for

Support provided to the person you care for can help you as a carer. You have a right to be involved in the cared-for person's assessment and following reviews as far as reasonable or practical.

Are your needs being met?

Your needs may be met through the support provided to the person you care for and by support readily available to you, such as the support you receive from local carer support organisations.

Does this apply to you?

YES

If this is the case there will be no further action. Your plan will let you know the circumstances that your plan will be reviewed.

NO

If there are things that you still need support with as a carer then the local authority will apply their eligibility criteria for carers. This means they will assess the impact your caring role has on your life and decide if you meet the threshold for support.

Do you meet the threshold?

YES

The local authority **has a duty to support you.** They will discuss self-directed support options with you in relation to your support needs.

NO

The local authority **can still use their power to provide you with support.** This includes access to information, advice and available support services and may in some areas also include additional support such as a short break. This will be discussed with you.

What happens if I'm entitled to support as a carer?

Once you complete an adult carer support plan or young carer statement there will be agreed actions. If you meet the local eligibility criteria, you should be supported to choose the services and/or support that are right for you and best meet your outcomes.

Outcomes are a way of describing what is important to you and what you are trying to achieve. Some examples of outcomes are:

- My health is improved and is as well as it can be
- I feel valued and listened to
- I am able to spend more time with my friends and grandchildren

There is currently no duty for the local authority to provide a short-break, however they must consider whether support to you as a carer should take the form of or include a break from caring.

Self-directed Support offers 4 different ways of delivering and managing support and is used to help work out with you how and when the support will be delivered. Self-directed support gives you as much choice and control of your support as you want.

Involvement

A key feature of the Act relates to carer involvement, there is a duty to involve carers in the assessment of the cared-for person, as far as is reasonable and practical. Once an assessment is completed, arrangements will be made for regular reviews and the duty to involve carers still applies.

Local Health Boards also have a duty to involve carers, as far as is reasonable and practical, when the person they care for is being discharged from hospital. Please see our hospital discharge leaflet for further details.

Carer involvement also relates to the planning and development of services. Carers must be involved in the development of the local Carer Strategy as well the local Short Break Services Statement. If you would like to find out more about being involved in local carer strategy developments, contact us.

Where can I find out more about getting support as a carer?

There are 3 Carer organisations in North Lanarkshire commissioned by University Health & Social Care North Lanarkshire

- 📞 North Lanarkshire Carers Together-Providing Information, Representation & Campaigning on behalf of adult carers
- 📞 Lanarkshire Carers – Offering a range of direct support and services on behalf of adult carers
- 📞 Action for Children –Young Carers Project –providing support to children providing unpaid carer from age 8 to 18 years

Support for partners in North Lanarkshire

North Lanarkshire Carers Together (NLCT) works in partnership with University Health & Social Care North Lanarkshire, North Lanarkshire Council, NHS Lanarkshire and the Community and Voluntary Sector to provide helpful information to unpaid carers and partners in North Lanarkshire.

We run Carer Aware Workshops for our partners and carer groups across North Lanarkshire to ensure **everyone** is aware of **carer rights** and all the essential background. This empowers carers to access support and services, and supports our partners to best provide support and services to carers.

If you would like to book a workshop for your team, please email enquiries@carerstogether.org

What to expect: Find out more

To find out more about different parts of the Act and what they could mean to you as a carer please see our 'What to expect' leaflets.

We have worked together with a variety of carers across Scotland to jointly develop a series of information leaflets answering the questions carers asked about the Act.

The range of leaflets include;

What to expect when...

1. You make an adult carer support plan
2. The person you care for is being assessed
3. You are considering a short break
4. You decide which self directed support option is right for you
5. You make an emergency plan
6. The person you care for is being discharged from hospital

The Scottish Government has published a Carers' charter summarising carers' rights under the Act.

Contact details

For more information on your rights, please contact:

North Lanarkshire Carers Together

Forgewood Community Centre
49 Dinmont Crescent
ML1 3TT

Telephone : 01698 404055

Email :

enquiries@carerstogether.org

Visit :

www.carerstogether.org

You make an adult carer support plan



Do you provide care for someone?

You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

What is an adult carer support plan?

An adult carer support plan (ACSP) starts with a conversation where you discuss your caring role and what is important to you in your life. It helps plan what could help you work towards your goals.

Why is an adult carer support plan important?

An adult carer support plan helps you to think about what support you might need if you wish to continue caring and what could help you to have a life alongside caring. The plan sets out any needs you have and how they will be met.

Making a plan also helps to decide which level you reach in the local eligibility criteria for support. This will be used to decide what support you have a right to.

No matter what level you are, every carer can access information and support from community organisations like your local Carer Centre and you may also be able to access other forms of support too.

The Carers Act

The Carers Act means that all adult carers have the right to an adult carer support plan.

For young carers this is called a young carer statement.

Local authorities also have new duties to support carers which include:

- A power to support carers and a duty to support carers who have needs that meet the local eligibility criteria
- A duty to provide an information and advice service to carers
- A duty to publish a Short Breaks Services Statement

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.



How do you make an adult carer support plan?

Before you have a conversation with your worker it can help to think of a typical day helping the person you care for and make a note of your needs and concerns. If the caring situation changes a lot over time, think about what a good and bad day look like. Also think about the things that could help you cope with caring.

Your worker might talk about outcomes with you. Outcomes are a way of describing what is important to you and what your aims and hopes are. Some examples of outcomes are:

- Being as well as you can be
- Feeling valued
- Feeling informed
- Having a life outside of caring
- Being listened to.

The key points of the conversation are written down with agreed actions and this becomes the adult carer support plan. You will have a copy to keep.

If you wish, a copy can also be given to any other person you choose.

How can I find out more about having an adult carer support plan?

If you reside in North Lanarkshire, or care for someone who resides in North Lanarkshire you can request an adult carer support plan by speaking to your social worker if you have one, by contacting Lanarkshire Carers

Telephone : 01236 755550

Email : info@lanarkshirecarerscentre.org.uk

Visit : <https://lanarkshirecarers.org.uk>

Or you can complete your own from the local template. For information on how to complete your own, contact us direct.

Support for Young Carers is also available. To find out more about specific support for Young Carers including a “Young Carers Statement” contact

North Lanarkshire Young Carers Service

01698 337607

www.northlanarkshireyoungcarers.org

Examples of support for carers

- Information and advice
- Welfare rights and advocacy
- Carer Support Groups
- Peer Support Groups
- Short breaks or respite
- Counselling or one to one support
- Relaxation therapies, stress management sessions
- Carer training courses
- Leisure activities like walking groups, swimming, singing or art.

This list is not exhaustive, to find out more or to speak to a member of our experienced staff team please call our office on 01698 404055

If you are caring for someone with a **terminal illness**, you may be able to get an Adult Carer Support Plan or Young Carer Statement more quickly. In this instance, a terminal illness is defined as a progressive disease where the person is not expected to live more than six months. Please refer to “caring for someone with a terminal illness” leaflet

Contact details

For more information, please contact:

North Lanarkshire Carers Together
Forgewood Community Centre
49 Dinmont Crescent
ML1 3TT

Telephone : 01698 404055

Email :
enquiries@carerstgether.org

Visit :

www.carerstgether.org

The person you care for is being assessed



Do you provide care for someone?



You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

What is an assessment?

A care assessment gathers information about the needs, strengths, risks and wishes a person has and helps decide the best way the person can be supported to achieve their goals and outcomes and to live as best as they can.

Outcomes are a way of describing what is important to you and what you are trying to achieve. Some examples of outcomes are:

- Being healthy and as well as you can be
- Feeling valued and being listened to
- Having positive and meaningful relationships

A care assessment is not a medical assessment.

A medical assessment decides health care needs, diagnosis and treatment and is undertaken by a medical professional.

Why is an assessment important?

An assessment helps decide what support is needed for the person to manage, keep safe and live as well as they can.

Types of support which may be available include: home care, personal care, day care, occupational therapy, short breaks, physiotherapy, shopping, laundry service, meals, residential care, equipment or telecare.

People should be supported to choose the support and services that best meet their outcomes. Self Directed Support offers 4 different ways of delivering and managing the support and is used to help work out with the person who needs support when and how the support will be delivered. Self directed Support gives the person as much choice and control of their support as they want.

The Carers Act

The Carers Act gives all carers the right to an adult carer support plan or young carer statement.

Local Authorities also have duties to support carers including:

- A power to support carers and a duty to support carers who have needs that meet the local eligibility criteria
- A duty to provide information to carers

A key feature of the Act relates to carer involvement, there is a duty to involve carers in the assessment of the cared for person, as far as is reasonable and practical.

Once an assessment is completed, arrangements will be made for regular reviews and the duty to involve carers still applies.

Local Health Boards also have a duty to involve carers when the person they care for is being discharged from hospital. Please see our hospital discharge leaflet for further details.

Is there a cost?

The person may be expected to pay towards some of these services, so it is likely there will need to be a financial assessment to maximise the person's income and decide their contribution to the cost.

Who completes the assessment?

Depending on arrangements in your local area, the assessment may be carried out by a social worker, care manager, community support worker or occupational therapist.

As their carer how can I be involved in the assessment?

The assessment is about the person being cared for but it must take your views and opinions into account as far as is reasonable and practical. If the person you care for has capacity to make their own decisions they have a right to decide if you can be involved in their assessment.

Sometimes there may be a difference of opinion between you and the person you care for. The worker will consider how to manage this information in the assessment and how you both might be supported to resolve this. It may be useful to access an advocacy service to help clarify each person's views.

Before you have a conversation with the worker carrying out the assessment, it can help to think of a typical day helping the person you care for and make a note of their needs and any concerns you have. If the caring situation changes a lot over time think about what both a good and a bad day look like. If you don't feel comfortable discussing this in front of the person you care for you, you can ask to speak to the worker alone or arrange to make a telephone call to share your views.

Think about what care you are providing. You need to be clear and realistic about what care you are willing and able to provide in the future. It could help to request an adult carer support plan or young carer statement to discuss what could help you cope with your caring role.

Where can I find out more about an assessment for the person I care for?

You can ask the person you care for to let you know who is carrying out the assessment, as they should have the name and details of the worker who is responsible for their assessment or review. If the person does not know who this is, or if you want to refer the person for assessment, with their permission (where relevant), you should contact your local social work department. If you are not sure of the contact details, then contact us on the number or email address on this leaflet.



You don't know what you don't know. The assessment helped us find out what was available.



Carer supporting his wife living with dementia



With thanks to the carers at Alzheimer Scotland for their input to this leaflet.

Contact details

For more information, please contact:

North Lanarkshire Carers Together

Forgewood Community Centre
49 Dinmont Crescent
ML1 3TT

Telephone : 01698 404055

Email :

enquiries@carerstogether.org

Visit :

www.carerstogether.org

You are considering a short break



Do you provide care for someone?

You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

What is a short break?

A short break (sometimes called respite) is a form of support which enables you to have time away from your caring routines or responsibilities.

Why are short breaks important?

A short break aims to support your caring relationship and promote your health and wellbeing. Having a break can also help the person you support, and other family members affected by the caring situation. Short breaks can help you to have a life alongside caring.

What kind of short breaks are there?

There are a great variety of short breaks across Scotland. The type of short break that is right for you will depend on your own needs and circumstances.

The Carers Act

The Carers Act gives all adult carers the right to an adult carer support plan. For young carers it is called a young carer statement.

Although there is no duty for the local authority to provide a short break, they must consider whether support to you as a carer should take the form of or include a break from caring.

Local authorities now have duties to support carers which include:

- A power to support all carers and a duty to support those carers who have needs that meet local eligibility criteria
- Duty to publish a Short Breaks Services Statement
- Duty to provide an information and advice service for carers.

Examples of short breaks that may be available include:

- Holiday or leisure breaks (with or without the person you care for)
- Sports or activity breaks (with or without the person you care for)
- Breaks at day care for the person you care for or at home through the day or overnight (with support from a care at home service) or in a care home
- Specialist play schemes or after school clubs for the child that you care for
- Befriending
- Funding to do something that is important to you that helps you to have a break e.g. relaxation therapies, going out for a meal or to the cinema or getting a magazine subscription

See Shared Care Scotland's Short Breaks Directory for more ideas and examples: www.sharedcarescotland.org.uk



How do I find out more about having a short break?

The local authority has a duty to publish a Short Break Services Statement. The statement includes information setting out what breaks are available in your area. This means you can find out what is available locally.

Each local authority has local eligibility criteria and thresholds to access different supports. You may need to complete an adult carer support plan or young carer statement to help you plan what matters to you and find out what support, including short breaks that you can access.

Lanarkshire Carers Short Breaks Bureau

Lanarkshire Carers provides a range of information and support for carers to take a short break from caring, including:

- identifying short break opportunities that meet carers needs and circumstances
- help with funding a short break
- information and guidance with arranging a short break

They provide a range of resources available for carers to take a break from caring. This includes available grant funding, and discounted or free opportunities to take a break from your caring role.

Telephone : 01236 755550

Email : info@lanarkshirecarerscentre.org.uk

Visit : <https://lanarkshirecarers.org.uk>

Carer Breather Projects

In North Lanarkshire, funding for Carer Breather services has been allocated to 11 organisations across the local authority. The services, funded by University Health and Social Care North Lanarkshire in partnership with Voluntary Action North Lanarkshire (VANL) and with North Lanarkshire Carers Together (NLCT) leading the project, are available over a two-year term for 2023-2025.

The funding will be used to provide breaks to carers from their caring roles in their local communities. These breaks allow carers to access a few hours per week of time-out to focus on themselves in ways that support overall wellbeing. Some services provide support for carers at the same time as providing support for the person they care for. This reflects requests from carers that they can enjoy some joint time-out to relax in a community setting. More information on how to access Carer Breather services can be sought by contacting us on the details below.

Contact details

For more information on carer breather services and other local supports to allow a break from caring please contact

North Lanarkshire Carers Together
Forgewood Community Centre
49 Dinmont Crescent
ML1 3TT

Telephone : 01698 404055

Email : enquiries@carerstgether.org

Visit

www.carerstgether.org

Accessing Self-directed Support as a carer



Do you provide care for someone?



You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

What is Self-directed Support?

Self-directed Support is the way that social care and support is organised in Scotland. Self-directed Support aims to give you choice and control at the level you want. There are 4 options:

1. **Direct payment** – you receive the funds to buy support yourself
2. **Individual service fund** – you choose the support you would like and it is arranged for you
3. **Traditional services** – your local health and social care partnership arrange support on your behalf
4. **A mixture of 1,2 and/or 3** – you can combine the options in the way that suits you best

The person you care for may already be accessing Self-directed Support. As a carer you may also be able to access Self-directed Support for your own support needs

When would I be offered Self-directed Support?

All carers are entitled to an adult carer support plan or young carer statement and this is the first step to accessing Self-directed Support. You can find out how to request one by contacting us or your local social work department.

The Carers Act

As a result of the Act, all carers have the right to an adult carer support plan or young carer statement.

You can find out more in our leaflet 'What to expect when you make an adult carer support plan.'

In addition, Local Authorities have duties to support carers including:

- A duty to provide information to carers
- A duty to support carers who have needs that meet the local eligibility criteria.

When carers meet the local eligibility criteria they are able to access Self-directed Support to meet their identified needs and outcomes.

Outcomes are a way of describing what is important to you and what your aims and hopes are.

Local Health Boards also have a duty to involve carers when the person they care for is being discharged from hospital. You can find out more in our leaflet 'What to expect when the person you care for is being discharged from hospital'.

An adult carer support plan or young carer statement starts as a conversation with a worker about the things that are important to you in your life. These are described as outcomes. Some examples of outcomes are:

- I want to improve my health and be as well as I can be
- I want to feel valued and listened to
- I want to spend more time with my friends and grandchildren

Eligibility criteria

The adult carer support plan or young carer statement is used to make a decision about whether you meet the local eligibility criteria. These are rules to decide what support you might be entitled to. If you meet the threshold, the local authority has a duty to meet your needs and will offer Self-directed Support options to you.

How do I decide which Self-directed Support option will work best for me?

It is important to think about what support you need to access and how much choice and control you want, as different levels of choice and control mean different levels of responsibility.

It can help to write a list of pros and cons of each option or to talk them through with your worker. Many areas have Self-directed Support advisors and services to help you manage your budget. Don't worry if things change or if you decide it's not right for you, you can request a review and discuss different options.

What can Self-directed Support be used for?

This will depend on what is agreed on in your adult carer support plan or young carer statement and what could help you to achieve your outcomes. Some examples of how carers have used Self-directed Support include:

- A cleaner to help with housework
- A washing machine and tumble drier
- A short break
- Replacement care to attend a leisure activity

Are there any charges?

The person you care for may be charged for some of the services they receive to support them. However the law in Scotland is clear that carers must not be charged for services they receive to directly support them in their caring role. This includes any support you receive following an adult carer support plan or young carer statement, no matter which of the Self-directed Support options you choose.

Where can I find out more about accessing Self-directed Support?

Each area has their own arrangements for accessing an adult carer support plan or a young carer statement. You can find out more by contacting North Lanarkshire Carers Together on 01698 404055. Further information about Self-directed Support is available on the SDS Scotland website: www.sdsinfo.org.uk

Take Control -NL

Take Ctrl North

Lanarkshire's aim is to promote independent living by supporting people to gain the information, skills, and support they need to overcome barriers and make informed choices.

They are a free service providing clear, accessible and impartial information and advice for North

Lanarkshire residents accessing Self Directed Support.

[Take Control - Self Directed Support](#)

Information and advice on Self Directed Support to ensure that you are able to make an informed choice about what option is best for you.

[Take Control - Support Services](#)

A one-to-one support service on all aspects of setting up a self-directed support package in order to be able to live more independently in the community. This includes assistance in preparing for assessments, liaising with funders, and all aspects of successfully managing a support package. If you decide to employ your own personal assistant (PA) they will also support you, as a PA employer.



Contact details

For more information, please contact:

Take Control

Telephone : 01698 537 472

Email : Infonl@takectrl.org.uk

Visit

www.gcil.org.uk/support/take-control/take-control-north-lanarkshire.aspx

You make an emergency plan



Do you provide care for someone?



You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

What is an emergency plan?

It is a written document which lets people know what needs to be done to support the person you care for in an emergency, including if you are unable to carry out your caring role at short notice. For example if you are being admitted to hospital or you have a personal incident or accident.

Why is an emergency plan important?

Having an emergency plan can help to prevent an emergency becoming a crisis.

An emergency plan makes sure that all the information and knowledge you carry in your head about the person you care for is written down. This can be shared in an emergency, in order to help support that person.

Completing an emergency plan can give you peace of mind and help you feel reassured about what would happen in the event of an emergency.

The Carers Act

The Carers Act means that all carers have the right to an adult carer support plan or young carer statement.

This adult carer support plan must have information about whether the carer has arrangements in place for the care of the person they care for in an emergency. Writing these arrangements down is the emergency plan.



Although I knew I was a carer – when I completed an Emergency Plan and saw the role I play in looking after my wife detailed, it struck me just how much she depends on me.



Who should I involve in the emergency plan?

Completing an emergency plan can help you to have conversations with your friends and family members about your caring role and provide the opportunity to check if and how they can help in an emergency.

Where possible, it is important to discuss the emergency plan with the person you care for to find out their views and wishes.

What can I include in an emergency plan?

Think about all the care and support that you provide – it can help to think about a typical day. If your caring situation changes a lot over time think about what a good day and a bad day look like.

Emergency plans need to include details about the care and support you provide to the person as well as emergency contacts, health needs and preferred routines. It's also important to think about who needs to have a copy of the plan.



How do I find out more about making an emergency plan?

Different arrangements for emergency planning are in place across Scotland. A helpful starting point for more information is Enable Scotland's emergency planning toolkit which you can access on line. www.enable.org.uk/emergencyplanning or contact North Lanarkshire Carers Together for a copy of the planning booklet.

Taking a Preventative Approach

By planning in advance, carers can record their knowledge and expertise on paper which will ease the transition if someone needs to step into their caring role in an emergency. Professionals can use the toolkit to inform the discussions they have with carers about emergency planning. Each emergency plan is unique. We can support carers and and cared for individuals to explore the plans they need to put in place. On completion of the toolkit, carers should be ready to finalise their emergency plan.

It can also be a helpful resource to use on a day to day basis as many carers are able to share their knowledge with people involved in the person they care for.



Apart from feeling more secure having the emergency plan, I was so relieved having a staff member on hand to help me complete it.

My family are also happier knowing that they have a copy too.



Thank you to Enable Scotland for their input developing this leaflet.

Contact details

For more information on creating a plan you can contact:

North Lanarkshire Carers Together

Forgewood Community Centre
49 Dinmont Crescent
ML1 3TT

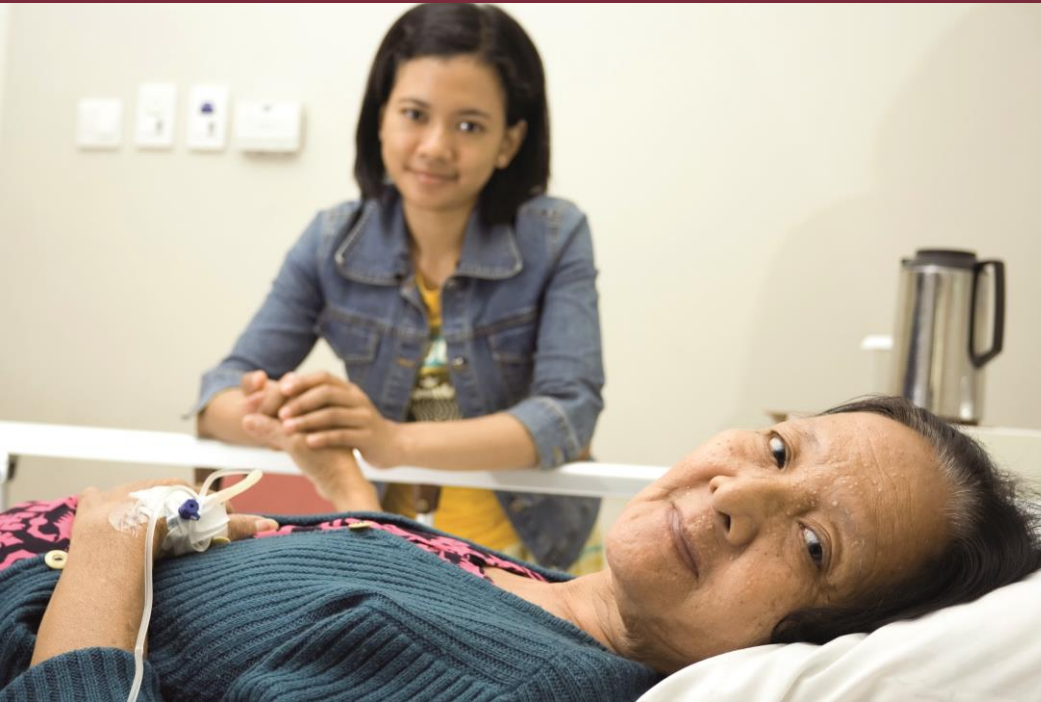
Telephone : 01698 404055

Email :
enquiries@carerstgether.org

Visit

www.carerstgether.org

The person you care for is being discharged from hospital



Do you provide care for someone?

You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

Why is it important to be involved in discharge planning?

Being involved means you can get information about when and how the discharge from hospital will happen. This lets you prepare and helps ensure the person you care for has support to help them at home after discharge. It also means you can inform staff about how things are at home and gives you the chance to ask any questions e.g. about medication or plans for follow up.

When should I be involved?

As early as possible. When the person you care for is admitted to hospital, speak to staff on the ward and make them aware you are the carer. Tell them how they can contact you, this is especially important if you are not the next of kin. Staff may not realise that you are the carer, so it can really help them if you let them know.

The Carers Act

Local health boards have a duty to involve carers, including young carers in discharge from hospital when:

- The person being discharged is likely to require care following discharge
- The carer can be identified without delay

The Act also means that carers have the right to an adult carer support plan or young carer statement.

An adult carer support plan or young carer statement starts with a conversation where you discuss your caring role and what is important to you in your life. It helps plan what could help you work towards your goals.

What can I do?

You need to talk to the person you care for and check they are happy for you to discuss their care and discharge planning with hospital staff. This is important because staff must respect individual confidentiality and cannot discuss their patient with you, if they don't have permission. Without permission, it can still be helpful to speak with staff about the condition they have in general terms.

If there are significant changes for the person you care for, they may need additional support to manage at home when they leave hospital. You need to think about how this will impact on you as a carer.

Who will be involved in hospital discharge?

The hospital has a duty to involve you in the discharge of the person you care for. If their needs have changed there will be a conversation with you, in person or over the telephone, about what help and support your relative needs to help them live safely and to get your views about the discharge. Let staff know what you are able and willing to do.

Occasionally a discharge planning meeting may be arranged. This is also known as a multi-disciplinary meeting. A variety of staff involved in the person you care for may attend the meeting; as the carer the hospital has a duty to involve you in hospital discharge which may include attendance at this meeting.

Even if care needs have not changed, as their carer, you should still be involved. Hospital staff have a duty for you to be involved in discharge planning. This may be a discussion in person or over the telephone to arrange the details of when and how the discharge will take place.

Where can I find out more?

You can ask ward staff about local arrangements for hospital discharge. If the person you care for has a social worker or care manager you can discuss hospital discharge with them. If you are not in touch with services you can contact the Community Liaison Team below for information and support.

Community Liaison Team

Community Liaison Service (Hospital Discharge Support Programme)

The Community Liaison Service is hosted by Getting Better Together Ltd and provides 3rd sector discharge support to North Lanarkshire residents age 16+ and their carers, in hospitals and NHS sites across Lanarkshire. Support can be provided both pre and post discharge.

The team meet with patients, families and carers to offer advice on community supports and refer to relevant community-based supports when required. They have an open referral policy and welcome referrals directly from patients, carers and professionals.

For more information, please contact:

Kat (University Hospital Monklands) - 07715093069
Michelle (University Hospital Monklands) – 07732045928
Jacqui (University Hospital Wishaw) - 07549021946
Ashley (University Hospital Wishaw) – 07419900570

Referrals can also be sent by email to: hdsp@lanarkshire.scot.nhs.uk

www.facebook.com/communityliaisonofficer

Hospital discharge checklist for carers

- Speak to hospital staff and let them know you are the carer and how they can contact you
- Speak to the person you care for to get consent to discuss their care with staff
- Ask questions at discussions about hospital discharge and let staff know what caring you are able and willing to do when your relative comes home
- Think about how you will cope with any changes in your caring role and if you need an adult carer support plan or a young carer statement.

Other Supports

- Regular carer information stalls based within the hospitals in North Lanarkshire can allow you to have a good conversation whilst visiting your loved ones in hospital.



Caring for someone with a terminal illness



What is a terminal illness?

A terminal illness is a condition or illness which cannot be cured and is likely to lead to someone's death. It may also be called a life-shortening or life-limiting illness. Someone can live for years, months, weeks or days with a terminal illness following their diagnosis.

Someone may be living with more than one terminal condition, which can have different care needs that change over time.

What are palliative care and end of life care?

Palliative care aims to support a person to have a good quality of life. It can be offered at any time after a terminal illness diagnosis. Palliative care can involve:

- managing physical symptoms such as chronic pain, as well as different types of pain
- emotional, spiritual and psychological support
- social care, including help with things like washing, dressing or eating.

Palliative care can include end of life care, but they are different. End of life care offers treatment and support for people who are near the end of their life. It usually starts to be offered to those who are thought to be in the last year of their life. The aim is to help someone be as comfortable as possible in the time they have left, as well as making sure that practical things such as Wills or wishes are sorted out.

How do I know if I am a carer of someone with a terminal illness?

If someone with a terminal illness needs help and support because of their condition, and you offer that to them, you are a carer. This support might include the palliative care we mention above.

This leaflet

This leaflet is for people caring for someone with a terminal illness. It explains what a carer is, how to get an Adult Carer Support Plan or Young Carer Statement, and where to get more information and support.

Do you provide care for someone?



You may be a parent, a husband or wife, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. **If you provide them with help and support to manage their life – you are a carer.**

You might be a family member, including a partner, or friend of someone who needs support because they have a terminal illness.

As a carer, you are entitled to an Adult Carer Support Plan or a Young Carer Statement to help identify what support you need in your caring role. You might need support more urgently depending on the person's terminal illness, which can be discussed with your local council.

What is an Adult Carer Support Plan or Young Carer Statement?

An Adult Carer Support Plan (ACSP) or a Young Carer Statement (YCS) starts with a conversation with your local council to discuss your caring role and what is important to you in your life.

It helps plan what support you might need if you wish to continue caring for someone who is terminally ill, and what support could help you to have a life alongside caring.

If you are looking after someone with a terminal illness, an important part of the conversation will involve identifying your needs for support, including any immediate or urgent needs.

What are the timescales for starting and completing an Adult Carer Support Plan (ACSP) or Young Carer Statement?

If you are caring for someone with a terminal illness, you may be able to get an Adult Carer Support Plan or Young Carer Statement more quickly. In this instance, a terminal illness is defined as a progressive disease where the person is not expected to live more than six months.

Your Adult Carer Support Plan, or Young Carer Statement should be completed within 10 days, with the timescales set out on the right-hand side of this page.

What is anticipatory grief?

Most of the time, we expect grief to start after a person has died. But grief can start a long time before the death, even beginning when the person receives a terminal diagnosis. This is called anticipatory grief, but it is often not acknowledged or talked about openly.

It is completely normal to experience anticipatory grief at any stage of a person's terminal illness while you are caring for them.

You might have feelings of sadness, anger, frustration, hopefulness, isolation, anxiety, guilt, depression. There is no wrong way to feel, and there is support available to help you, including Marie Curie's Check In and Chat service.

Where to get more information and support

Caring for someone with a terminal illness can be physically, emotionally and financially intensive. For information on where to find tailored support at this difficult time, please contact North Lanarkshire Carers Together on 01698 404055 and our staff will direct you to the most appropriate service.

If you want to find out more about accessing an Adult Carer Support Plan you can contact your local Social Work department or

Lanarkshire Carers

Telephone : 01236 755550

Email : info@lanarkshirecarerscentre.org.uk

Visit : <https://lanarkshirecarers.org.uk/>



Lanarkshire
Carers

Timescales

Being offered an Adult Carer Support Plan or a Young Carer Statement

Day 1 is counted as the day that you are **identified by your local authority as looking after someone with a terminal illness.** Or the day that you approach your local authority for support as a carer looking after someone with a terminal illness.

Once you are identified the local authority must offer you an Adult Carer Support Plan (ACSP) or a Young Carer Statement (YCS) **within 2 working days** (weekends and public holidays are not counted), unless there are **unforeseen circumstances**, in which case you must be offered an ACSP or a YCS as soon as possible.

Your ACSP or YCS – having a conversation

Your local authority or local carer centre must have a conversation with you to **identify your immediate or urgent personal outcomes (goals) and needs for support.** They must do this **within 5 working days** of you requesting or accepting the offer of an ACSP or YCS.

If you are not able, or do not want to have this conversation within 5 working days, you can ask for a later date. This means it will take longer to complete your ACSP or YCS.

Light Touch ACSP or YCS

Following this conversation, your ACSP or YCS must be prepared **within 10 working days** of you requesting, or accepting the offer of an ACSP or YCS (unless you asked for a later date).

This may be a shorter version than usual. It is sometimes called a 'light touch', but must include information on your immediate or urgent caring role needs, and what support has been arranged for you.