Introduction

Caring Together is a strategy for unpaid carers in the Scottish Borders. It aims to build on work that has been achieved by previous strategies and underpins the future development of support, information and advice services to carers. The strategy also sets out to support carers’ health and wellbeing and to help make caring more sustainable.

There have been a number of people involved in the development of this strategy and we would like to give particular thanks to the carers of the Scottish Borders and the Carers Advisory Board, without whom the strategy would not have been written.

This is a shorter strategy to enable the Carers Strategy to align with the second Scottish Borders Health and Social Care Strategic Plan. This is required by the Carers Act.

Definitions

- A carer is an individual who provides or intends to provide care for another individual (Carers (Scotland) Act 2016)
- Some carers care intensively or are lifelong carers and others care for shorter periods
- The carer does not need to be living with the cared for person to be a carer
- Anybody can become a carer at any time, sometimes for more than one person

National and Local Policy context

This strategy reflects a number of pieces of key legislation, which will impact directly on carers in the coming two years:

- The Carers Scotland Act 2016
- Public Bodies (Joint Working)(Scotland) Act 2014

The Carers Act

The Carers Act 2016 will be implemented in April 2018. The legislation sets out a range of measures to improve the identification and provision of support to carers, including the introduction of a new duty on local authorities to support carers who are assessed as needing support and who meet our local eligibility criteria. The benefit of this approach is that for the first time support for carers has a robust statutory footing.

The Act includes the following regulations:

- Carers assessments will be replaced by new Adult Carer Support Plans and Young Carer Statements
- All adult carers will be able to access an Adult Carer Support plan
• The requirement that the person being cared for must be in receipt of local authority services will be removed
• Carers whose identified needs meet local eligibility criteria will have a right to support
• The development of local eligibility criteria must involve consultation with and the involvement of carers
• Carers and carer organisations must be involved in the planning, shaping and review of services for carers and young carers in their area
• Carers must be involved and have their caring role considered when determining the needs and services to be provided to the cared-for person
• Health boards will have a duty to inform and involve carers in the discharge planning of the person they care for, or intend to provide care for
• Local authorities and health boards will be required to jointly produce local carer strategies
• Local authorities must produce a short breaks statement

Heath and Social Care Partnership

As in all other areas of Scotland the delivery of local health and social care services for adults is undergoing change. In April 2014 the Scottish Government passed the Public Bodies (Joint Working) (Scotland) Act 2014, which sets out a new legal framework for the way these services are delivered. This means that in the Scottish Borders we now have a joint Health and Social Care Partnership made up of the local authority social work services and NHS Borders and which comes under the direction of the Scottish Borders Integrated Joint Board (IJB). The IJB is a new public body responsible, for the planning and delivery of adult health and social care services.

The Board works in partnership with voluntary and private sector partners and communities to improve the quality and effectiveness of health and social care services, as well as supporting people in their communities to keep well and live independent and fulfilling lives in their own right. The Scottish Borders Health and Social Care Partnership have produced a strategic plan for 2016-2019 called “Changing social care and health for you”.

The vital importance of carers in relation to the delivery of local health and social care services is reflected in the inclusion of support for unpaid carers as one of the key objectives in the plan. It reflects the National Health and Well-being Outcome 7 - “People who provide care are supported to look after their own health and well-being, including to reduce any negative impact of their caring role on their own health and well-being”
Carers in the Scottish Borders facts and figures

We have no definitive data for the number of carers currently providing unpaid care in the Scottish Borders, however with the help of a variety of government surveys we are able to make an educated guess.

In 2015, the Scottish Government estimated there were 759000 carers aged 16 plus in Scotland, which is 17% of the adult population. This was based on the Scottish Health Survey (SHeS) in 2012/13. This is expected to increase to around 1 million by 2037 (carers Scotland 2009).

In 2015, it was estimated that there were 95,055 people aged 16+ living in the Scottish Borders, which equates to 16,159 unpaid carers in our area.

Based on the SHeS, the following can be estimated for the Scottish Borders in relation to level of care provided:

- 5% said they provided 1-4 hours care per week = 4753 people
- 8% said they provided 5-34 hours of care per week = 7604
- 3% said they provided 35 or more hours per week = 2852 people
- 1% said the amount of care varied from week to week = 951 people

The Scottish Government consider the SHeS to provide the best estimate of the number of people caring at the present time.

The same report also includes the figures from the 2011 census, which reports that 11% people aged 16+ in Scotland identified themselves as a carer – equating to approximately 10,456 adult carers in the Scottish Borders.

A further source of information available by local authority area is the Scottish Core Questions (SSCQ), which reports a much larger 18.4% of adults nationally as providing unpaid care in 2015, which would equate to 17,498 carers in Scottish Borders.

Approximately 12% of 2979 respondents to the Health and carer Experience Survey (2015) for Borders identified themselves as unpaid carers, which represents 11,407 of the local population.

Based on the above statistics it is consequently reasonable to estimate that in the Scottish Borders there are anywhere between 10,000 and 19,000 carers proving unpaid care.

---

1 (The Scottish Government, 2015)
2 (National Records of Scotland, 2015)
3 (The Scottish Government, 2015)
4 (The Scottish Government, 2016)
The Scottish Borders led by Public Health has just completed a Carers Health Needs Assessment for carers, looking at the impact of caring on the health needs of carers. The recommendations from this will inform the next local Carers Strategy.\

**Writing our strategy**

This strategy focusses on the needs of unpaid carers over the age of 18 who provide care to people of all ages and any caring situation. There is a separate strategy focussing on young carers.

**The process**

The Carers Advisory Board (formerly Borders Caring Planning Group), which is made up of carers and facilitated by Borders Care Voice and Borders Carers Centre was tasked with the development of this Interim Carers Strategy for the Borders ensuring that carers views are represented and that carers are engaged and involved in the planning processes.

The views of carers were also captured through the use of ebulletins and focused group work and these views are reflected in the shaping of the local strategy.

**Why have an interim strategy**

It was decided to produce a two year interim Strategy in order to provide an opportunity to prepare for the Carers Act and to enable us to incorporate the learning and developments from the implementation of the Act into our future three-year 2019 to 2022 strategy. The new strategy going forward will also complement the revised local Health and Social Care Strategic Plan.

We want to ensure a focus on issues where a difference can be made and which reflect key areas under the new legislation. Progress on these will be monitored through the Carers Advisory Board and the IJB.

**What carers told us was important to them**

- To have access to support to maintain health and well-being
- To be recognised and valued
- To be involved and included in decision making and planning
- To have a life outside of the caring role

---

5[Health Needs Assessment of Carers in the Scottish Borders 2018]
Vision

The vision of this strategy is that carers in the Scottish Borders feel empowered, informed, valued and supported to care for themselves as well as those they care for and that they are seen as equal partners in care.

Carers are enabled and supported to shape local carer support services.

Strategic aims

- To prepare for effective implementation of the Carers Act
- To improve the recognition and identification of carers to support carers to have a life outside of their caring role
- To ensure that carers have access to appropriate information, advice and support
- To ensure carers are fully aware of their rights
- To improve professionals awareness of the needs and rights of carers
- Carers have opportunities to be involved and listened to at a strategic level
- To ensure that all carers are offered a Carers Support Plan and through this that their needs are identified and met
- To set up a robust system for monitoring the strategy against the outcomes identified in the strategy

Overarching principles

Carer focused – Carers are at the heart of the strategy and are fully involved and engaged with it.

Equality – all people who have a caring role should have equal access to appropriate support, irrespective of who they are, where they live or any other socio-economic factors

Action plan

The following action plan is based around the delivery of the aims identified in the strategy and the subsequent outcomes for carers, which underpin the vision of the strategy
## Action Plan for the delivery of Caring Together – an interim strategy for carers in the Scottish Borders

NB For abbreviations, see Glossary below.

<table>
<thead>
<tr>
<th>Strategic Aim</th>
<th>Outcome</th>
<th>Action</th>
<th>Lead</th>
<th>Timescale</th>
</tr>
</thead>
<tbody>
<tr>
<td>To prepare for effective implementation of the Carers Act 2016</td>
<td>Carers are aware and informed of their rights</td>
<td>Carers Act training is in place for staff and carers</td>
<td>BCC</td>
<td>On-going</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>BCC</td>
<td>Completed</td>
</tr>
<tr>
<td></td>
<td>Statutory services and partners are aware of their professional responsibilities</td>
<td>Carers planning group becomes a Carers Advisory board led by carers with a clear reporting line from the Carers Advisory Board into Health and Social care Partnership and the IJB</td>
<td>BCV/BCC</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Establish and maintain a Carers Act Planning Board to ensure implementation</td>
<td>SBCAB/BCC/HSCP</td>
<td>Completed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Develop a robust work plan for the Carers Advisory Board to develop and publish a three year Carers Strategy</td>
<td>SBCAB/BCC/BCV/HSCP</td>
<td>April 2018</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Expert and valued principles are embedded in all practices through the adoption of the Coalition of Carers “Expert and Equal – 3 best practice standards for carers engagement</td>
<td>BCC/IJB/Carers Act Board/SBCAB</td>
<td>Completed</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Carers support plans and local eligibility criteria are developed and published following the involvement and participation of carers</td>
<td>SBC/BCC/Carers/SBCAB</td>
<td>Completed</td>
</tr>
<tr>
<td>To improve the recognition and identification of carers</td>
<td>Carers are identified early and offered Carers Support Plans</td>
<td>Provide a programme of Carers Awareness training so that all professionals are aware of their statutory responsibilities to carers</td>
<td>BCC/SBC/NHS/Expert SBC/NHS/BCC/Third Sector</td>
<td>On-going</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Offer a Carers Support Plan to all carers</td>
<td>BCC/SBC/NHS</td>
<td>March 2018</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Develop a clear pathway for carers to access support and establish a system for organising support under eligibility criteria</td>
<td>BCC/HSCP</td>
<td>March 2018</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Develop clear guidance for signposting carers for a carers support plan</td>
<td>BCC/NHS/SBC/Third Sector</td>
<td>On-going</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Link into “What Matters” community hubs to support the recognition and identification of carers</td>
<td>BCC/HSCP/BCV</td>
<td>On-going</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Encourage more employers to sign up to the Carers Positive scheme</td>
<td>NHS/BCC</td>
<td>On-going</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Work with GPs to set up systems for identifying carers in partnership with the GP clusters</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>To support carers to have a life outside of their caring role</strong></td>
<td><strong>Carers have the opportunity to access short breaks and respite to support their well-being</strong></td>
<td><strong>All carers are offered a carers support plan to identify their need for support</strong>&lt;br&gt;Produce a Short Breaks Statement developed in partnership&lt;br&gt;Carers are supported to access appropriate funding to meet their identified outcomes&lt;br&gt;Carers have information on local activities and opportunities&lt;br&gt;Maintain and improve existing carers website&lt;br&gt;Support carers to think of personal respite/short break options</td>
<td>BCC/HCSP/SBC&lt;br&gt;HSCP/BCC/SBCAB/SBC/carers&lt;br&gt;BCC/SBC&lt;br&gt;BCC/Community capacity&lt;br&gt;BCC&lt;br&gt;SBC/BCC</td>
<td>On-going&lt;br&gt;February 2018&lt;br&gt;On-going&lt;br&gt;On-going&lt;br&gt;On-going&lt;br&gt;On-going</td>
</tr>
<tr>
<td><strong>To ensure carers are fully aware of their rights</strong></td>
<td><strong>Carers feel more empowered</strong>&lt;br&gt;Carers feel listened to&lt;br&gt;Carers have choice collaboration and control in their caring role</td>
<td><strong>Carer Training offered to all carers</strong>&lt;br&gt;Information packs provided to all carers&lt;br&gt;Increase the mailing list for carers e-bulletins&lt;br&gt;Ensure carers have access to individual</td>
<td>BCC/SBC/NHS/BCV&lt;br&gt;BCC/SBC&lt;br&gt;BCC&lt;br&gt;BCC</td>
<td>On-going&lt;br&gt;On-going&lt;br&gt;On-going&lt;br&gt;On-going</td>
</tr>
<tr>
<td>To improve professional awareness of the needs and rights of carers</td>
<td>Carers feel supported, valued and listened to by services</td>
<td>Carers Awareness training offered to all professionals</td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carers have more confidence</td>
<td>Carers Act training offered to all professionals</td>
<td>BCC</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carers are identified early and offered Carers Support Plans</td>
<td>Professionals invited to Carers Support Groups</td>
<td>BCC/SBC/ Expert Carers</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Professionals invited to National Carers Week event</td>
<td>BCC</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Increase professionals e-bulletin mailing list</td>
<td>BCC</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>advocacy</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Carers from all backgrounds and equalities groups have access to carers support</td>
<td>Greater use of social media</td>
<td>BCC/BCV/SBC/NHS</td>
</tr>
<tr>
<td>Carers have up to date information which is accessible and in appropriate formats</td>
<td>Run an event or activity to celebrate and raise awareness of Carers Rights Day</td>
<td>BCC</td>
</tr>
<tr>
<td></td>
<td>Utilise National Carers Week as a platform for informing carers</td>
<td>BCC/BCV</td>
</tr>
<tr>
<td></td>
<td>Work in partnership with “What Matters”Community hubs</td>
<td>BCC/NHS/SBC/Third Sector</td>
</tr>
<tr>
<td></td>
<td>Provide SDS training for carers and staff</td>
<td>BCC</td>
</tr>
<tr>
<td></td>
<td>Create a discharge checklist for carers</td>
<td>NHS/BCC</td>
</tr>
</tbody>
</table>

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>On-going</td>
<td>November 2018</td>
<td></td>
</tr>
<tr>
<td>On-going</td>
<td>June 2018</td>
<td></td>
</tr>
<tr>
<td>On-going</td>
<td>March 2018</td>
<td></td>
</tr>
<tr>
<td>December 2017</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Carers have opportunities to be involved and listed to at strategic level | Carers feel empowered and have a strong voice in the development and delivery of support services | Embed good practice principles of “Equal, Expert and Valued”  
Set up a group of local carers (Carers Advisory Board) who can speak to government and statutory services about carers, policy, and resources  
Develop expert carers group and provide support to carers to educate communities | HSCP/IJB/SBCAB  
BCV/BCC  
BCC | April 2018  
Completed  
Completed |
|---|---|---|---|---|
| To ensure that all carers are offered a carers support plan and through this their needs are identified and met | Carers report improved health and well-being  
Carers have increased confidence towards their caring role  
Carers report improvements in economic well-being  
Carers feel able to continue with their caring role if they wish to do so  
Carers feel less isolated | Carers awareness training offered to all professionals  
Information pack reviewed and maintained  
Increase the number of carers attending Carers Support Groups  
Monitor the number of Carers Support Plans offered and completed  
Monitor the outcomes of the Carers Support Plans and carry out regular reviews  
Develop and deliver SDS training for carers | BCC/SBC/NHS  
BCC/Carers  
BCC/NHS/SBC/Third Sector  
BCC  
BCC/SBC | On-going  
April 2018  
On-going  
On-going  
On-going  
March 2018 |
| To set up a robust system for monitoring the strategy | Carers feel supported and listened to by services | Use data gathered through Carers Support plans together to identify trends and to monitor the impact of Carers Support Plans. Use carers stories and case studies to highlight needs and issues. Ensure there is a robust in place for reporting to Scottish Government on performance. | BCC/SBC | BCC/NHS/SBC | BCC/HSCP | On-going | On-going | April 2018 |

**Glossary**

| SBC | Scottish Borders Council |
| LA | Local Authority |
| HSCP | Health and Social Care Partnership |
| BCC | Borders Carers Centre |
| SBCAB | Scottish Borders Carers Advisory Board |
| BCV | Borders Care Voice |
| NHS | National Health Service |