

Adult Carer Support Plans

The Local Authority has a duty to prepare an Adult Carer Support Plan (ACSP)

Adult Carers

Are aged 18 and over and not attending school

What is an adult carer support plan?

The adult carer support plan (ACSP) begins with a conversation with your worker 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.

The Carers (Scotland) Act 2016

The Act extends the rights of adult and young Carers in Scotland, placing a duty on local authorities to provide every Carer with a Carer support plan and to provide support based on the Carer's identified needs which meet the local eligibility criteria, if, the Carer's needs cannot be met by services provided for the cared for person or through other supports.

Why is it important?

It helps you think about what supports you might need if you wish to continue caring . The plan sets out any needs you may have and how those needs can be met.

What do you have a right to?

All Carers can access a variety of information and support from their local community organisations.

When you make a plan it can help decide which level of need you reach in the local eligibility criteria for support. The plan is used to decide what supports you **have a right to**.

For more information visit:

www.legislation.gov.uk

and search carers (Scotland)Act 2016

How do you make an adult carer support plan ?

Be prepared

Think about good and bad days

Think about a typical day helping the person you

care for, keep a note of your own needs and concerns

Think about the things that could help you cope

When you complete an adult carer support plan you will have a conversation with your worker where they will talk about your aims, hopes and what is important to you. The worker should talk about outcomes:

Carers Outcomes:

An outcome is a result or what you are trying to achieve whilst maintaining your caring role. Some of your outcomes may be achieving your:

Health and wellbeing

Relationships

Future Planning

Employment & Training

Living Environment

Finances

Life balance

Some examples are:

Having a life outside caring

Feeling valued, informed and listened to

Being well physically and emotionally

The worker will write down all the key points in your conversation and agree actions, this becomes the adult carer support plan . You will get a copy to keep and another copy can be given to anyone else you choose

You can request an adult carer support plan by getting in touch with Lanarkshire Carers Centre or South Lanarkshire Council

The right level and type of support if achieved would reduce the impact of caring and the associated risks which will allow the Carer to continue in their caring role if they so wish.

What supports can Carers expect?

Assessed needs can be eligible or non eligible, these can be met in a range of ways and through a range of services from Local Authorities and other local organisations

Examples of some types of supports are:

- Welfare Rights service
- Advocacy
- Bereavement and counselling
- Community cafes
- Short Breaks
- Training or learning
- Leisure activities & training
- Emergency and future planning
- Information and advice

For more information, please contact:

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