



East Lothian Health and Social Care Partnership

Carers Eligibility Criteria

Policy and Procedure

1st April 2018

Introduction to the Carers Eligibility Criteria

East Lothian Health & Social Care Partnership is committed to improving services and support available to carers in line with the *Carers (Scotland) Act 2016*. Under the requirements of the Act, we aim to promote, defend and extend the rights of adult and young (unpaid) carers and to further improve their individual outcomes.

The Act, which comes into force on 1st April 2018, requires that each Local Authority drafts its own Carers Eligibility Criteria and to provide support to those carers whose needs meet that criteria.

The criteria defines the:

- Levels and types of need that require support
- The thresholds that must be met in order to be eligible for support

The criteria is designed to be used by carers of all ages including adult and young carers.

Definitions

A Carer is defined as someone who *“provides or intends to provide unpaid care for another individual (the “cared-for person”)*

An Adult carer is defined as *“someone who is at least 18 years old but is not a young carer”*.

A Young Carer is defined as *“anyone who is under the age of 18, or, who has reached the age of 18 years but still remains at school”*

What our Carers Eligibility Criteria will achieve

The Carers Eligibility Criteria has been developed following consultation with carers and carer organisations and is based on the framework developed by the National Carers Organisations. It is designed to ensure that preventative support is prioritised. The Criteria ensures that we:

- Make sure we help those carers most in need
- Apply the criteria fairly
- Assess everyone in the same way
- Make the best use of the support we have available
- Know what type of support would be of most help

The process for using the Criteria

The Act sets out a process to help determine whether the Local Authority has a duty (as opposed to the power) to provide support to a carer to meet their identified needs.

Carers will now be able to complete support plans in their own right. Adult Carer Support Plans will be available to adult carers and Young Carer Statements for young carers.

The Support Plans and Statements will help carers to think about how caring affects their:

- Health and Wellbeing
- Relationships
- Living environment
- Access to employment and training
- Finances
- Ability to make sure they can do things in life that are important to them
- Make sure they have plans for the future

The Process is as follows:

Step One:

A carer who wishes to access support can request an Adult Carer Support Plan (ACSP) or Young Carers Statement (YCS). This will involve conversations between the professional/practitioner and the carer to jointly assess their caring situation, their needs and how they can best achieve their personal outcomes. Not all carers who are assessed will have eligible needs, but still be able to access support from universal services. Carers may also be signposted to information and advice services and support organisations that provide carer services.

Step Two:

Once this is complete, the Carers Eligibility Criteria will be applied to the information contained in the ACSP/YCS to determine their level of need. The carer will receive a copy of their support plan or statement.

Step Three:

Based on their eligibility, we will decide what level of support the carer is entitled to. Consideration will be given as to whether a review of the cared-for person's support may meet any carer needs.

Step Four:

If, following a review of the cared-for person's support, the carer continues to have remaining eligible needs, the carer will then be eligible for support in their own right. The carer will decide how they would prefer to arrange their support and choose from the four self-directed support options. Once support is in place, a review date will be set. The purpose of this is to review how supports has enabled the carer to achieve their personal outcomes.

The Carers Eligibility Criteria Threshold

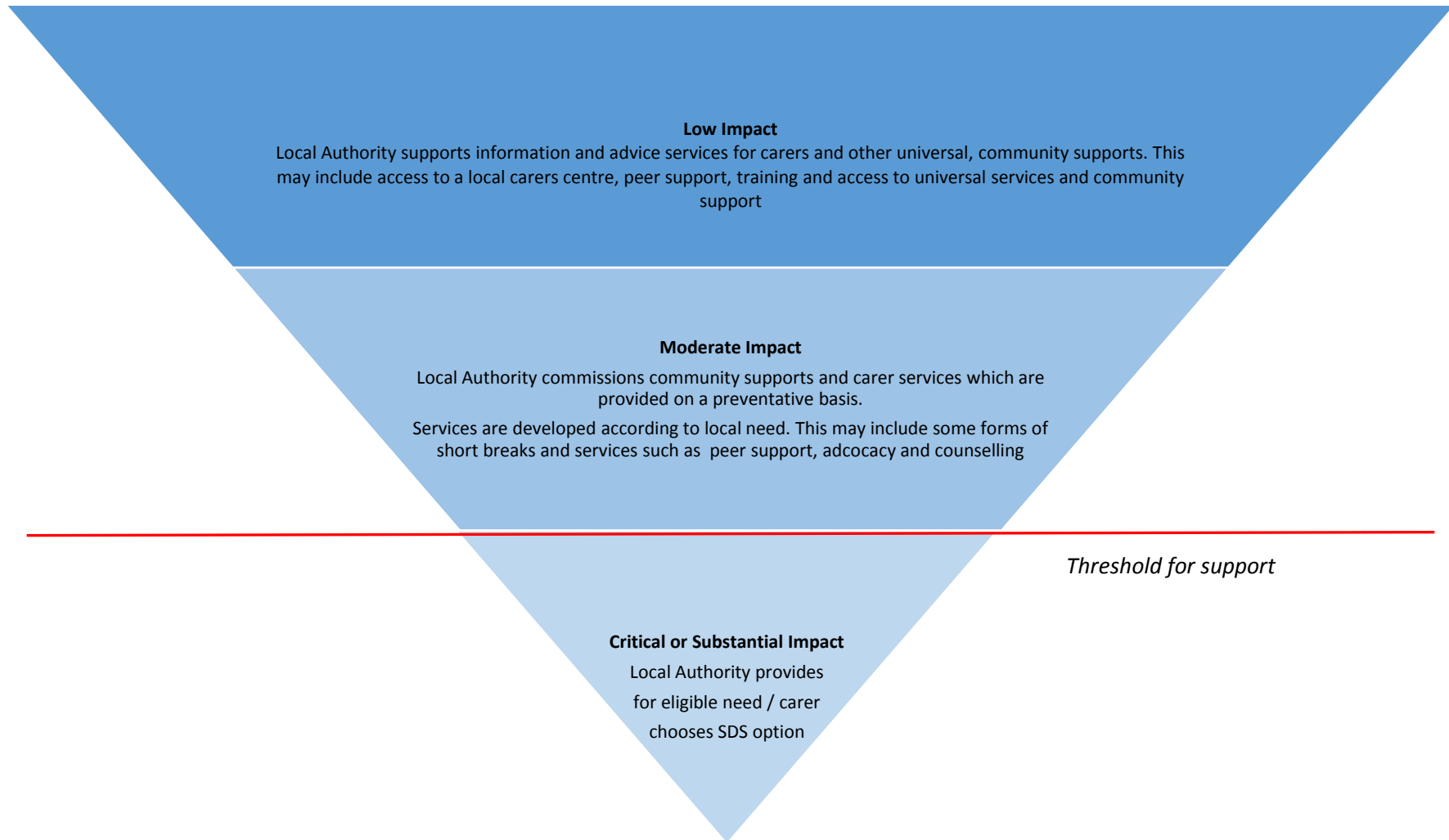
The criteria has four levels to help us to determine how much their caring role is affecting the different areas of a person's life.

The four levels in the criteria are:

- **Low** – Carers are managing their caring role well but might find some advice helpful
- **Moderate** – Carers may be feeling some stress and would find some support helpful
- **Substantial** – Carers find caring is affecting their health or other important areas of their life and need support
- **Critical** – Caring is affecting many areas of their life and support is essential

In East Lothian there is a duty to provide support when the level of impact/risk is 'Critical' or 'Substantial' and a power to provide support at 'Low' or 'Moderate'.

Figure 1: Carers Eligibility Criteria



Applying the Criteria

Information contained in the Adult Carer Support Plans and Young Carers Statements will be assessed against a table of indicators to determine the impact of the caring role on a person's life and is applied against the Eligibility Criteria to determine the level of support required.

Figure 2: Table of Indicators

	Caring has no impact No Risk	Caring has low impact Low Risk	Caring has moderate impact Moderate Risk	Caring has substantial impact Substantial Risk	Caring has critical impact Critical Risk
Health & Wellbeing	Carer in good health Carer has good emotional wellbeing.	Carer's health beginning to be affected Caring role beginning to have an impact on emotional wellbeing	Carer's health at risk without intervention. Some impact on carer's emotional wellbeing	Carer has health need that requires attention Significant impact on carer's emotional wellbeing	Carer's health is breaking/has broken down Carer's emotional wellbeing is breaking/has broken down
Relationships	Carer has a good relationship with the person they care for and are able to maintain relationships with other key people in their life	Carer has some concerns about their relationship with the person they care for and/or their ability to maintain relationships with other key people in their life	The carer has identified issues with their relationship with the person they care for that need to be addressed and/or they find it difficult to maintain relationships with other key people in their life	The carer's relationship with the person they care for is in danger of breaking down and/or they are no longer able to maintain relationships with other key people in their life	The carer's relationship with the person they care for has broken down and their caring role is no longer sustainable and /or they have lost touch with other key people in their life
Living Environment	Carer's living environment is suitable, posing no risk to the physical health and safety of the carer and cared for person.	Carer's living environment is mostly suitable but could pose a risk to the health and safety of the carer and cared for person in the longer term.	Carer's living environment is unsuitable but poses no immediate risk.	Carer's living environment is unsuitable and poses an immediate risk to the health and safety of the carer and/or cared for person.	Carer's living environment is unsuitable and there are immediate and critical risks to the health and safety of the carer and/or cared for person

Employment & Training	<p>Carer has no difficulty in managing caring and employment and/or education</p> <p>Carer does not want to be in paid work or education.</p>	<p>Carer has some difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the long term</p> <p>Carer is not in paid work or education but would like to be in the long term</p>	<p>Carer has difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the medium term</p> <p>Carer is not in paid work or education but would like to be in medium term</p>	<p>Carer has significant difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the short term</p> <p>Carer is not in paid work or education but would like to be soon.</p>	<p>Carer has significant difficulty managing caring and employment and/or education and there is an imminent risk of giving up work or education.</p> <p>Carer is not in paid work or education but would like to be now</p>
Finance	<p>Caring is not causing financial hardship, e.g. carer can afford housing costs and utilities</p>	<p>Caring is causing a risk of financial hardship e.g. some difficulty meeting housing costs and utilities</p>	<p>Caring is causing some detrimental impact on finances e.g. difficulty meeting either housing costs OR utilities</p>	<p>Caring is having a significant impact on finances e.g. difficulty meeting housing costs AND utilities</p>	<p>Caring is causing severe financial hardship e.g. carer cannot afford household essentials and utilities, not meeting housing payments</p>
Life balance	<p>Carer has regular opportunities to achieve the balance they want in their life.</p> <p>They have a broad choice of breaks and activities which promote physical, mental, emotional wellbeing</p>	<p>Carer has some opportunities to achieve the balance they want in their life.</p> <p>They have access to a choice of breaks and activities which promote physical, mental, emotional wellbeing</p>	<p>Due to their caring role, the carer has limited opportunities to achieve the balance they want in their life.</p> <p>They have access to a few breaks and activities which promote physical, mental, emotional wellbeing</p>	<p>Due to their caring role, the carer has few and irregular opportunities to achieve the balance they want in their life.</p> <p>They have little access to breaks and activities which promote physical, mental, emotional wellbeing</p>	<p>Due to their caring role, the carer has no opportunities to achieve the balance they want in their life.</p> <p>They have no access to breaks and activities which promote physical, mental, emotional wellbeing</p>
Future planning	<p>Carer is confident about the future and has no concerns</p>	<p>Carer is largely confident about the future but has minor concerns</p>	<p>Carer is not confident about the future and has some concerns</p>	<p>Carer is anxious about the future and has significant concerns</p>	<p>Carer is very anxious about the future and has severe concerns</p>

Examples of Support

Carers at all levels will be eligible for services although they will initially be signposted to universal services.

Examples of Universal Services:

- Information and advice
- Support from Local Carer Organisations
- Support from school
- Peer Support
- Advocacy
- Community groups
- Training
- Signposting to social and leisure opportunities
- Income maximisation
- Emotional support

If, once accessing universal services and other informal supports, carers at 'Low' and 'Moderate' levels continue to have needs that have not been met, then additional support may be sourced from commissioned services.

Examples of Additional Support:

- Breaks from caring
- Replacement care
- Education and training
- Telecare, Aids and adaptations
- Lunch clubs/day centres/youth clubs
- Counselling and mental health services

Carers who meet the eligibility threshold at 'Critical' and 'Substantial' who have remaining eligible needs will be entitled to access an individual budget in their own right. The level of budget available will be determined on an individual basis and carers will be able to purchase services one of the four self-directed support options.