

# East Lothian Carers Strategy Action Plan 2019-2022

East Lothian  
**Health & Social Care Partnership**



## The East Lothian Carers Strategy

The East Lothian Carers Strategy has been developed to support carers to:

- manage their caring responsibilities with confidence and in good health
- be able to have a life of their own.

The strategy outlines our vision for carers and [the eight outcomes](#) we want to achieve. The Action Plan sets out how we will deliver them. The Carers Change Board will lead on this, supported, with support and feedback from the Carers Reference Group.

Work on the actions will take place over three years and will only be achieved by continuing to build on the joint working that is already taking place, not just with our local carers organisations but with departments across the council, the NHS, and also the wider community.

### The eight outcomes

Here are the eight outcomes that we want to achieve – click on the hyperlinks below to take you to the relevant section of the delivery plan.

- [Adults and Young Carers are identified and can access support](#)
- [Carers are well-informed and have access to tailored and age-appropriate information and advice throughout their role](#)
- [Carers are supported to maintain their own physical, mental and emotional wellbeing](#)
- [Provide breaks from caring and replacement care to carers meeting the ELHSCP eligibility criteria](#)
- [Young Carers are supported to have a life outside of their caring life](#)
- [Carers can achieve a balance between caring and other aspects of their lives](#)
- [Carers and Young Carers are respected by professionals as partners in care and are included in the planning and delivery of both the care and support for the people they care for](#)
- [Local communities are supported to be carer-friendly.](#)

## Carer identification

Action	Delivery date	Organisation
<ul style="list-style-type: none"> <li>✓ Incorporate carer identification into hospital processes and data collection</li> <li>✓ Highlight referral pathways for carers to access support</li> <li>✓ Review NHS web content to ensure that this includes carer content to increase awareness</li> </ul>	2019- 20	NHS, ELHSCP, Partner Organisations
<ul style="list-style-type: none"> <li>✓ Allied Health Professionals and primary care groups to include and capture carer conversations as part of their practice</li> </ul>	2020	NHS, ELHSCP
<ul style="list-style-type: none"> <li>✓ Fund MECOPP to provide advice surgeries, workshops to increase awareness of carers with ethnic minority and those with protected characteristics among Health and Social Care Partnership staff.</li> </ul>	2019	ELHSCP, MECOPP
<ul style="list-style-type: none"> <li>✓ Work with Local Area Partnerships, housing associations and wider community organisations to publicise carer issues and referral processes.</li> <li>✓ Attend community forums to increase awareness.</li> </ul>	2019-20	ELHSCP & Partner Organisations
<ul style="list-style-type: none"> <li>✓ Develop an online screening tool (Viewpoint) to increase identification of young carers to use within schools, pilot and roll out to all schools in East Lothian</li> </ul>	2019-22	ELHSCP, Education

## Information and advice

Action	Delivery date	Organisation
✓ <b>Review funding to carers organisations on an ongoing basis to ensure that funding provided is sufficient to meet increasing demand to allow them to continue to provide information and advice to carers</b>	2019-22	ELHSCP, Partner Organisations
✓ <b>Map the wider organisations providing support to carers across the community and include them in commissioning plans</b>	2020	ELHSCP & Partner Organisations
✓ <b>Review the current information provided to carers across ELHSCP and Carer Organisations and ensure this is available in a variety of formats, including developing a dedicated Carers Webpage</b>	2019-20	ELHSCP & Partner Organisations

## Carer health and wellbeing

Action	Delivery date	Organisation
✓ <b>Develop outcomes tools for use by ELHSCP and partner organisations to better measure progress and improvements in carer health and wellbeing as more services are provided to carers.</b>	2019-20	ELHSCP & Partner Organisations
✓ <b>Commission short term, flexible support for carers, including the provision of emergency respite and sitter services</b>	2019-22	ELHSCP
✓ <b>Review whether the young carers eligibility criteria &amp; funding panel is working effectively and that young carers are being provided with sufficient funding to meet their outcomes</b>	2019-22	Children's Wellbeing
✓ <b>Provide teachers, guidance staff and school nursing staff with a young carers guide and clear information on how to refer young carers for support.</b>	2019	ELHSCP
✓ <b>Develop manual handling training to support carers physical health</b>	2021-22	ELHSCP

## Breaks from caring

Action	Delivery date	Organisation
✓ Provide breaks from caring and replacement care free of charge to carers meeting the ELHSCP eligibility criteria	2019	ELHSCP
✓ Review commissioning arrangements to ensure short breaks support is included within grants to carer organisations	2019-22	ELHSCP & Partner Organisations
<ul style="list-style-type: none"> <li>✓ Review opportunities for breaks from caring available across East Lothian</li> <li>✓ Ensure that breaks are available through a variety of means, other than residential care</li> </ul>	2020	ELHSCP
<ul style="list-style-type: none"> <li>✓ Ensure provision of breaks in a residential facility continue to be commissioned</li> <li>✓ Explore increasing current availability</li> </ul>	2020-22	ELHSCP
✓ Develop concessions and activities that provide a break for young carers and link these to the Young Scot card	2019-22	Children's Wellbeing, ELC & Partner Organisations

## Life balance

Action	Delivery date	Organisation
✓ <b>Develop carer mentorship &amp; peer support within our local carers organisations</b>	2020-22	Partner organisations
✓ <b>Improve the information captured on carers taking breaks from caring and monitor provision of breaks within support plans to ensure that these are being provided to carers</b>	2019	ELHSCP
✓ <b>Review availability of activities for young carers across the community including after school clubs, activities and programmes</b>	2019	Children's Wellbeing
✓ <b>Review commissioning of young carer club places and ensure that sufficient funding is provided to meet demand</b>	2019-22	ELHSCP, Partner Organisations
✓ <b>Facilitate a yearly Carers Week events, including a Young Carers Festival</b>	2019-22	ELHSCP, Children's Wellbeing, Partner Organisations
✓ <b>Promote Carer Positive status among East Lothian employers to support flexible working arrangements for carers</b>	2020	ELHSCP & Partner Organisations

## Carers as partners in care

Action	Delivery date	Organisation
✓ <b>Health &amp; Social Care Partnership staff to complete carer awareness training (EPIC – Equal Partners in Care)</b>	2019-20	NHS, ELHSCP, Carers of East Lothian
✓ <b>Expand engagement with carers, including developing a Carers Voice group, to ensure that carers are represented and involved in the implementation of the carers strategy.</b>	2019-22	ELHSCP, Children's Wellbeing & Partners
✓ <b>Set up a Carers Champions programme within the Health &amp; Social Care Partnership</b>	2020	ELHSCP
✓ <b>Review advocacy services and ensure that carers are provided with advocacy support</b>	2020	ELHSCP
✓ <b>Complete annual Carer Satisfaction surveys to allow carers to feedback on services and support</b>	2019-22	ELHSCP



## Carer-friendly communities

Action	Delivery date	Organisation
✓ <b>Develop clear means of referral for carer support and publicise this across community organisations</b>	2019-20	ELHSCP & Partner Organisations
✓ <b>Develop stronger links with community groups, including day centres and care homes, by providing carer awareness sessions</b>	2020-22	ELHSCP & Partner Organisation
✓ <b>Work with Dementia Friendly East Lothian (DFEL) to look at Meeting Centres initiatives to provide support for carers in the community</b>	2019-22	ELHSCP, DFEL, Partner Organisations
✓ <b>Provide Carer information boards at GP surgeries and link this to the awareness raising work being done within NHS services</b>	2020	COEL
✓ <b>Provide a “What’s On” social media platform to highlight activities available for carers across East Lothian</b>	2020-22	ELHSCP, DFEL