



REPORT TO: East Lothian Integration Joint Board

MEETING DATE: 26 June 2025

BY: Chief Officer

SUBJECT: Carers' Strategy Year 2 Update

1 PURPOSE

- 1.1 To update the IJB on work towards the Outcomes in East Lothian's Carers strategy 2023-2026
- 1.2 To highlight the proposed legislation giving every carer the "Right to a Break"

2 RECOMMENDATIONS

The IJB is asked to:

- 2.1 Note progress towards stated Outcomes in Year 2 (2024-25), as summarised in section 3.4 and details within appendix 1
- 2.2 Note proposed action plan for continuing work in Year 3 (2025-26), within appendix 2

3 BACKGROUND

- 3.1 The Carers Act (Scotland) 2016 introduced a number of duties on Local Authorities including preparation and publication of a local carers' strategy.
- 3.2 Funding is received from Scottish Government via the Local Authority, to the IJB, to support implementation of the act and expansion of carer support services at a local level. Carers Act funding received by the IJB totalled £1.549 million in 2024/25
- 3.3 East Lothians Carers Strategy 2023-26 is ELHSCP's second local carers strategy developed in consultation with local carers and carers representatives, it can be viewed on the HSCP web pages https://www.eastlothian.gov.uk/downloads/file/28027/east_lothian_care_rs_strategy_2023_to_2026

Progress Towards Outcomes

Outcome 1 - Carers are identified and can access support

- 3.4 Both East Lothian's Adult and Young Carers services continue to identify new carers every year, Carers of East Lothian (CoEL) provide active support to over 1500 carers every year, 600 of these are new to the organisation each year. East Lothian Council's Young Carers Service continue to help young people identify as carers; new registrations have reached 270 in 2024/'25 with over 700 young carers now registered with the service.
- 3.5 This year the Young Carers service launched an Identification Card for young carers, ensuring they are recognised and valued as well as giving them access to local offers and discounts.
- 3.6 In 2024/'25 the HSCP supported the pilot of a hospital-based carer support worker to identify more carers of people in East Lothian Community Hospital and ensure they are meaningfully included in hospital discharge planning. This role has been highly valued by carers and staff, creating an independent party who can advocate for carers rights and facilitate communication between carers and hospital staff giving better outcomes for everyone. Due to the success of this project funding has been agreed by the Carers Programme Board to continue over the next two years.

Outcome 2 – Carers are well informed and have access to information and advice.

- 3.7 An open tender was issued in January 2025 for providers to bid for the contract to provide adult carer support services across East Lothian for up to six years. Carers of East Lothian were again successful in securing this contract providing sustainability for carer advice, information and support services and providing the “one stop shop” carers have asked for.
- 3.8 Work has been ongoing to ensure information is available to carers at the time they need it and in a format they can access, different ways of sharing information have been used including; production of a carers rights video for carers rights day in November 2024, in person carer education sessions through Alzheimer's Scotland Dementia cafes and education and well-being sessions for carers such as positive parenting and empowerment workshops.
- 3.9 Welfare rights advice is available to all carers, in the last 6 months 289 carers received welfare rights advice and a further 202 accessed CoEL's benefits enquiry helpline. East Lothian Councils financial inclusion team can offer support where there are issues around access to benefits.

Outcome 3 - Carers are supported to maintain their own physical, emotional, and mental well-being.

- 3.10 The revised Adult Carer Support Plan (ACSP) has been in use for over a year and with its introduction progress has been made to ensure this

is the basis for a good conversation focused on what matters most to the carer and what kind of support will make a difference to them.

- 3.11 Carers have access to a wide range of opportunities for peer support with groups in local areas and with specific focus, new groups in this year include Men who care, Venturing Outs outdoor adventure group and MILANs carer support group for people from Southeast Asian Communities.
- 3.12 Carers have access to counselling through the carers centre and many wellbeing activities. They can access funding to support wellbeing through 'Time for Me' or individual carer grants from the HSCP.

Outcome 4 – Breaks from caring are timely and regularly available.

- 3.13 Access to breaks remains a priority with feedback from local carers and national reports highlighting that too few carers have access to the breaks they need to maintain their own health and well-being and achieve a balance between caring and other things that are important to them.
- 3.14 In 2024/'25 HSCP funding for breaks through Carers of East Lothians (CoEL) 'Time for Me' contribution was increased to £50,000 reflecting the need for this early and preventative support. CoEL launched as a *Respite* partner in 2024 and even with being a small Local Authority area and starting in June East Lothian had the 4th highest number of Respite breaks taken in Scotland.
- 3.15 Carers Act funding continues to be invested in local organisations best placed to support breaks from caring, such as Day centres for older people, Leuchie's at Home service and through Volunteer Centre East Lothians Community First project.
- 3.16 East Lothian Councils Young Carers Service continue to extend and diversify the breaks available to young people with caring responsibilities, in this year adding; Fostering compassion, Karele equine therapy, Dukes art school and Yarrow cookery school.

Outcome 5 – Carers are supported to have a life outside of their caring role and can achieve a balance between caring and other aspects of their lives.

- 3.17 The review of East Lothians Carers eligibility criteria highlighted the importance of being able to achieve a balance as a key outcome in supporting carers, linking closely with access to breaks.
- 3.18 The focus in this year has been on carer awareness in employers, making more businesses carer aware and offering support to carers, promoting the Carer Positive awards and carers rights/ needs with our local employability supports. The YCS has been working with schools to increase understanding of competing demands on Young Carers time and supported Young Carers Action Day theme of "Give me a break". The partnership

celebrated Knox academy being recognised with the first school to receive a [We Care Awards](#) in East Lothian.

Outcome 6 – Carers and young carers are respected as Equal Partners, involved in planning and delivering care and support for those they care for and their voices are heard and supported

- 3.19 CoEL continue to deliver Think Carer training aimed at professionals supporting carers and are designing a bite size input suitable for team meetings to act as an introduction to the topic, we also promote NHS Education for Scotland Equal Partners in Care modules.
- 3.20 Local carers voices have been promoted through communication campaigns sharing carers stories and for example in our carers' rights campaign video.
- 3.21 Carers voices are heard and represented through different networks such as the Carers programme board, the Mental Health Partners Group and the Children and Young Peoples forum and carers feedback has been meaningfully included in the HSCP impact assessment process.
- 3.22 Engagement with CoEL's carers panel and the Young Carers forum is ongoing to ensure carers voices are heard and central to planning locally.
- 3.23 Carers are included in planning for new models of support, for example in the Meeting Centre development project.

Outcome 7 – Local communities are supported to be carer friendly

- 3.24 The HSCP have a communications plan and take opportunities to promote carer awareness through campaigning and information sharing.
- 3.25 The Carers Change Board continued to oversee developments around carer support and has an advisory role in agreeing use of the Carers Act budget allocation from Scottish Government. A number of local organisations and groups were funded in 2024/'25 to expand local carer support in their communities including Dunbar Dementia Carers, MILAN, Thrive, Circle and Venturing Out.

4 ENGAGEMENT

- 4.1 Engagement with carers and representatives was key to informing the development of the strategy.
- 4.2 An update was presented to members of the Carers of East Lothian Carers panel on the 8th of May 2025
- 4.3 Carers of East Lothian now survey members annually and share results with the HSCP to inform strategy development and priority setting.
- 4.4 Engagement on specific projects is ongoing, for example around holiday provision for carers of children with additional support needs

- 4.5 The Carers Programme board is very active and has good representation of Carers, Carers of East Lothian, HSCP and Council staff.

5 POLICY IMPLICATIONS

- 5.1 N/A

6 INTEGRATED IMPACT ASSESSMENT

- 6.1 The subject of this report has been through the Integrated Impact Assessment process and no negative impacts have been identified.

[Carers Strategy 2023 Integrated Impact Assessment | East Lothian Council](#)

7 DIRECTIONS

- 7.1 Carers strategy implementation is supported by IJB direction 14 a -NHS Lothian and East Lothian Council to support the delivery of the outcomes contained in the [East Lothian Carers Strategy \(2023-26\)](#) and the associated [Action Plan](#) in order to meet the needs of both adult and young carers (Revised October 2023).

8 RESOURCE IMPLICATIONS

- 8.1 Financial – All funding is through Scottish Government Carers Act funding stream which was passed to ELIJB via East Lothian Council.
- 8.2 Personnel – N/A
- 8.3 Other – N/A

9 BACKGROUND PAPERS

<https://www.eastlothian.gov.uk/downloads/file/28027/east-lothian-carers-strategy-2023-to-2026>

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APPENDIX/APPENDICES

Carers strategy action plan update 2024/'25 "We said, we did"

Carers Strategy draft Action Plan 2025/'26



East Lothian Carers Strategy – Action Plan 2024-‘25

We said, we did...

The East Lothian Carers Strategy was developed with the intention of supporting carers to manage their caring responsibilities with confidence and in good health, and that they are able to have a life of their own.

While the strategy outlines our vision for carers and the seven outcomes we want to achieve, the Action Plan outlines the practicalities of how these will be delivered. Implementation of the actions within the plan will be led by the Carers Change Board, with support and feedback from carers and carers representatives.


Work on these actions will take place over this year 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 the wider community.

Outcome 1: Carers are identified and can access support		
We said	We did	Who/Co-ordinator
Implement audit process for completed ACSP's including feedback mechanism for information on where Carers Outcomes cannot be met	In place and discussed as part of contract monitoring. Report on outcomes that cannot be met included as part of audit process not highlighting many as often ACSP submitted at time of request so outcome unknown at that point. Meaningful information should come as part of more regular and embedded review process.	Carers Strategy Officer and CoEL
Continue to use Viewpoint to complete Young Carer Statements and use it to generate reports on YC Wellbeing and UNCRC Outcomes	Viewpoint supported the creation of 260 YCS and 6 monthly reports	Young Carers Service
Continue to make carers information more visible and easily accessible	Continuing, online content reviewed annually as part of carers week campaign or if significant changes	Carers Strategy Officer, Corporate Communications Team
Continue to review and update ELC Young Carers Website to ensure it is visible and easily accessible to all	Website was reviewed on a quarterly basis and new information added as and when required	Coordinator YC, Corporate Communications Team

Outcome 1: Carers are identified and can access support		
We said	We did	Who/Co-ordinator
Develop a communications plan to publicise key messages	Developed annually. Key communications around Carers week, Carers rights day and Young Carers Action Day	Carers strategy officer, Corporate Communications Team
Work with our partners in primary care to encourage carer identification and increase signposting to sources of information and support	Carers strategy officer and young carers co-ordinator both presented at practice managers meeting to make progress towards this outcome. Members of carers panel now working to share examples of good practice and support practices to make small changes that can be effective in supporting carers	ELHSCP and CoEL carers panel
Improve identification of carers in our community hospitals to identify carers, increase recognition of carers value throughout the persons stay and to support successful discharge planning	Ward based hospital link worker role agreed and worker in place from June 2024. Very successful pilot project, feedback shared with Carers change board in Oct 2024 and from ward perspective in April 2025. Funding to develop this role and increase reach through hospital volunteers as Carer Champions agreed for further two year period. Hospital discharge has been the focus of a huge piece of work with additional investment from Scottish Government. Called 'home first', this enhanced approach focuses on assessment and rehabilitation out with the hospital environment making raising awareness of carer involvement even more important at this time. Carer involvement is already a legal duty and well described in relevant policies so focus has been on practice, increasing staff awareness through think carer training and hospital link worker role.	ELHSCP and CoEL
Work within communities to raise awareness of carers, referral pathways and their need for support	Continued promotion of our carer support services through communications direct to the public and with partners.	ELHSCP and partners
Work with our community partners to increase carer identification, including Day centres, sheltered housing, large employers and schools	Focus for this year on employers. Promotion of carer positive events and working with local businesses to raise awareness of unpaid carers through our Proud to Care campaign in carers week 2024 and ongoing as part of the launch of Respite in East Lothian.	ELHSCP and partner organisations

Outcome 1: Carers are identified and can access support		
We said	We did	Who/Co-ordinator
Our Young Carers service will continue their work with Associated Schools Groups and local C&YP services to identify Young Carers	An additional 270 YC were identified.	East Lothian Councils Young Carers Service and Education
Work with children's services to increase identification of Young and Parent Carers in the Childs Planning Process and the role of the named person in particular working closely with schools, health visitors etc	Young Carers Service co-ordinator takes opportunities to increase identification of young and parent carers. Parent carer support workers from CoEL attended children and disabilities team meeting as well as presenting at wider childrens services briefing session to refresh links and raise awareness as well a	ELHSCP and Children's services
Research models of implementation of Carer ID schemes, whether this should be done on local or national level	Discussed with many local areas and partners who have implemented similar schemes. Review showed most efficient way to produce cards is through East Lothian Council Smart Card Team, process to be agreed and begin in 2025/'26. CoEL key to working with local businesses and attracting partnerships to support carers	ELHSCP, national carers organisations and CoEL
Young Carers to decide if ID scheme is a priority now costs established	YC ID process agreed and first cards issued in Feb 25, communications around the launch as part of Young Carers Action Day.	ELHSCP and partner organisations
Consider barriers to different groups identifying and accessing support, including men, different ethnic groups, LGBT people and those with other protected characteristics	Focus on LGBT carers, Young Carers service links with MYPAS to ensure support available for Young Carers with worries around LGBT Promote peer support opportunity for LGBT carers through LGBT Health and Well being lgbthealth.org.uk	ELHSCP and partner organisations

Outcome 2: Carers are well informed and have access to tailored and age appropriate information and advice throughout their caring role		
We said	We did	Who/Co-ordinator
Continue to commission services to enable all carers in East Lothian to have access to advice and support throughout their carers journey on wide range of issues	New contract awarded to CoEL, through competitive tender process, for adult carer support in East Lothian on a longer term contract to provide stability for carers, beginning in June 2025	ELHSCP
Review these contracts to ensure delivery of quality services to carers	Process already in place for quarterly reporting and contract monitoring with providers. As part of new contract for adult carer support development of Outcome based reporting agreed.	Carers Strategy Officer
Review numbers of Carers accessing advice and information services	1134 individual carers supported in the 6 month period from October 2024 to end of March 2025 Information shared with over 5000 carers through regular mailings.	Carers Strategy Officer
Monitor numbers of ACSP's and YCS being completed	177 ACSP's completed in 2024/'25 Carers accessing advice and information directly as above, in total information for carers shared with over 5000 carers through Carers of East Lothians regular mailing list 260 YCS completed through viewpoint, over 700 Young Carers now registered with the service	Carers Strategy Officer
Look at ways to offer support for carers to manage stress and distress behaviours while supporting people at home	PDS groups led by Alzheimers Scotland are now offered to everyone diagnosed with dementia. Two groups were delivered in different localities over 2024/'25 and 100% of attendees went on to take up the offer of one to one post diagnostic support from Alzheimers Scotland. Explored education around stress and distress with East Lothian Care Home Assessment and Support Team, no capacity within this or the Community Mental Health Team to extend education to carers. Large resource available from NHS Education for Scotland (NES) Responding to distress and distress in dementia resource – guide for carers. Potential to use this as a starting point to developing a smaller resource with support from NHS Lothian dementia nurse consultant.	ELHSCP, Learning and development, ELCHASE team, NHS Lothian, NES

Outcome 2: Carers are well informed and have access to tailored and age appropriate information and advice throughout their caring role		
We said	We did	Who/Co-ordinator
	 <p>Responding to distress in dementia r</p>	
Continue to develop clear pathways for carers to access both direct support and help developing an Adult Carer Support Plan (ACSP) or Young Carers Statement (YCS)	Continuing, pathways well established and good awareness from teams of how to access these but continue to promote.	Carers Strategy Officer, CoEL, Young Carers Service
Develop range and availability of materials available to Carers, CoEL to launch online peer support forum this year	<p>Increasing range of materials available. Many printed and online resources, additional sources of information include:</p> <p>Carer education programme piloted at Dementia Cafes in 2024/'25</p> <p>Videos for Carers rights day</p> <p>Peer support forum to launch summer 2025</p>	ELHSCP and partner organisations
Continue to provide advice, information and support to maximise incomes for carers (and the people they care for)	<p>ELC's financial inclusion team support aim to ensure people get the financial support they are entitled to and work closely with CoEL as well as other partners such as citizens advice to maximise access to benefits. They have regular contact with CoEL to share information and ensure carer support workers have the information to support carers for example through the financial assessment process for care at home.</p> <p>Carers continue to receive advice, information and support through CoEL's welfare rights service.</p> <p>78 YC families were supported to apply for benefits or issued with small hardship payments from YC budget.</p>	CoEL, Young Carers Service and ELC's Financial inclusion team
Monitor Carers access to benefits through CoEL support services	Over the most recent 6 month reporting period (Oct 2025-March 2025) 289 carers received welfare rights advice from Carers of East Lothian and an additional 202 accessed their benefits enquiry helpline.	Carers Strategy Officer and CoEL
Continue to strengthen our support in line with the principles of Self Directed Support and	<p>Process to improve access to individual budgets in place Nov 2024.</p> <p>Link officer for LcIL encouraging early referrals from social work to support individuals with their rights around Self Directed Support.</p> <p>Updated information on Self Directed Support here:</p> <p>https://www.eastlothian.gov.uk/info/210702/social_care/12855/organising_social_care/2</p>	ELHSCP, SDS improvement plan

Outcome 2: Carers are well informed and have access to tailored and age appropriate information and advice throughout their caring role		
We said	We did	Who/Co-ordinator
direct Carers to advice on SDS and managing personal budgets through Lothian centre for Inclusive (LcIL) Living		
Ensure Young Carers needs are considered in SDS awards	Issue raised in meetings with Social Work Colleagues. Increasing integrated working with children services through Service and Practice Development Officer. Children and disability team carry out whole family assessment process	ELHSCP, SDS improvement plan
Consider options for ensuring smoother transitions between services for Young Carers becoming Young Adult Carers (typically 18-25)	Need identified at impact assessment session on commissioning process Increased joint working and intergenerational events to introduce YC to adult carer support organisation Specialist support required at this transition, funding agreed to Bridges project to continue their Young Carer support role. Carers organisation considering how to increase offer of support to this group	ELHSCP Young Carers Service, CoEL and ELHSCP Carer support
Consider options for increasing presence of Carers representatives and information at point of diagnosis for different conditions	Carers pathway OT was looking at opportunities but significant period of vacancy in this role so minimal progress.	ELHSCP and partner organisations
Research how other Local Authorities are supporting carers with end of life care planning, for the cared for person and for themselves.	Key outcome of Planning for an Ageing Population engagement work was around palliative and end of life care, the Integration Joint Board accepted these recommendations in full in February 2025 and work will be taken forward by the palliative care strategy group and in line with the National strategy "Palliative Care Matters for all" Full report available here file:///C:/Users/burtm1/Downloads/2025_02_20_Planning_Older_Peoples_Services_Final_Report%20(2).pdf	

Outcome 3: Carers are supported to maintain their own physical, emotional and mental wellbeing		
We said	We did	Who/Co-ordinator
Improved promotion of ACSP's and YCS's, promoting the Carers Right to these	Work to change culture, ACSP as the carers right and a tool to explore what matters to the carer not as a request for service. Introduction of new form has supported this 'good conversation' Video made as part of Carers Rights Day 2024 highlighting right to an ACSP/YCS	ELHSCP, CoEL, Young Carers Service
Support carers to promote their own health through ACSPs or YCSs and regular reviews	Good conversation can help carers prioritise their own health and well being. YC Statement and Review had a number of questions to promote discussion, reflection and personal action planning around YC own health.	Carers Strategy Officer, Young Carers Service
Audit of completed ACSP's	Audit process in place with CoEL Information submitted to Scottish Government under carers census	Carers strategy officer and CoEL
Complete assessment/mapping of local groups, peer/buddy support and activities to assess where there are gaps in terms of conditions/areas. Respond appropriately to address isolation amongst carers through more local groups, peer/buddy support and activities.	Carers of East Lothian offer a comprehensive range of opportunities for peer support across the geographical area and with a focus on different groups such as parent carers and men who care. They listen to suggestions around different groups and respond where demand exists and resource allows. Increasing collaboration with different groups such as MILAN (senior welfare organisation)	Carers Strategy Officer
Work with individuals to ensure that the level and nature of care provided by young carers remains appropriate for their age	YC Statement asks specific questions around YC willingness and ability to care and any concerns are raised with Children's Services.	Young Carers Service and ELC Children's Services

Outcome 3: Carers are supported to maintain their own physical, emotional and mental wellbeing		
We said	We did	Who/Co-ordinator
Continue to review East Lothian Rehabilitation Service's new direct referral pathway for Carers to access an Occupational Therapy assessment in their own home	Vacancy in this pathway has meant pause on referrals. Service considering how group support could facilitate delivery to more carers at an earlier stage.	East Lothian HSCP rehabilitation service
Liaise with local partners around what is offered to carers in terms of support around grief and loss	CoEL secured funding to work with bereavement support services to support delivery of two sessions per month, one in Musselburgh and one on Tranent	
Monitor demand for CoEL counselling services	24 carers accessed counselling services in the last 6 month period, with CoEL allocating further funding from Shared Care Scotland to increase sessional counselling and reduce wait time for counselling	Carers Strategy Officer
Promote carers employability needs in appropriate groups and highlight new local employability structure	Local Employability Partnership restructure. East Lothian Works good relationship with Carers organisation and agreed inclusion of carers in promotional materials to highlight available support. Think Carer session delivered to East Lothian Works staff team.	Carers Strategy Officer, Local Employability Partnership
Employability for Young Carers	Young Carers Service co-ordinator a member of East Lothian Youth Employment Group, a subgroup of the Local Employability Network	
Review training available to HSCP managers to better support staff who juggle work and unpaid caring roles	NHS Lothian take a trauma informed approach and make use of a carer passport for employees so carer situation is understood and doesn't have to be repeated if there is for example a change of personnel or role. Practice shared with ELC Human Resources staff, would need adopted by Council Management Team	
Continue to develop materials to support Young Carers in schools	Ongoing	
Help young carers secure the use of their own rights under additional support for learning legislation via the service My Rights, My Say.	Ongoing	Young Carers Service

Outcome 3: Carers are supported to maintain their own physical, emotional and mental wellbeing		
We said	We did	Who/Co-ordinator
Support Young Carers who are eligible for Education Maintenance Allowance (EMA), Young Carers Grant and Young Scots Young Carer Packages	Supported YC to apply for YC grant. Schools supported YC to apply for Education Maintenance Allowance. All services encouraged Young Carers to apply for Young Scot YC Package. YC Service worked with Young Scot colleagues to improve application process.	Young Carers Service, Education and partner organisations
Provide Young Carers with free Enjoy Leisure membership and active school activities	470 YC benefitted from free enjoy leisure membership and all school aged Young Carers had the option to attend any Active School Activity	
Young Carers are prioritised by local mental health support services	Agreed Young Carers to be priority group but asking Mental health team for evidence.	
Continue to look for new and varied ways of supporting carers well-being to enjoy time alone or with friends and family	Extended the range of opportunities to available to YC and negotiated for key providers to offer discounts or free places. These include Fostering Compassion, Karele, Dukes Art School and Wilder.	ELHSCP, Young Carers Service and CoEL

Outcome 4: Breaks from caring are timely and regularly available		
We said	We did	Who/Co-ordinator
Raise the profile of the importance of breaks from caring in supporting people to stay at home for longer	Communications have focused on creative and flexible breaks and increasing opportunities for breaks from caring by supporting local organisations such as Venturing Out, MILAN and Circle Focus on language and full range of opportunities for breaks, time for yourself, to do something you enjoy or to rest.	ELHSCP, CoEL, Corporate Communications team

Outcome 4: Breaks from caring are timely and regularly available		
We said	We did	Who/Co-ordinator
Review replacement care guidelines within social work to ensure these are applied consistently giving equity of service and consider Young Carers needs	Replacement care policy published along with impact assessment report. Link to carers eligibility criteria and individual budget next step. Development needed to include consideration of Young Carers needs	Carers Strategy Officer and adult wellbeing
Consider Young Carers needs in relation to replacement care and access to SDS options	See above	Carers Strategy Officer and YCS coordinator
Monitor innovative solutions to 'breaks from caring' through participation in Shared Care Scotland's promoting variety programme and Health Improvement Scotland events	Ongoing	Carers Strategy Officer
Continue to fund specialist short breaks support for carers so that all carers have access to information and advice on breaks from caring	Increased funding from HSCP agreed and available through Carers of East Lothians Time for me grants.	Carers Strategy Officer/ Building better breaks advisory group
Develop brokerage support around breaks from caring		
Launch respitality offers to carers	East Lothian has the 4 th highest number of carers who benefited from a Respitality break during 2024 despite being one of the smallest local authority areas and only joining the scheme in June Respitality impact report available here: https://www.respitality.org.uk/news/2025/04/respitality-impact-report-2024/	CoEL Building Better Breaks worker
Increase access to personal budgets within the partnership to provide creative breaks from caring	Process agreed in November 2024 to increase access to individual budgets through East Lothian HSCP but minimal requests as CoEL very successful at accessing funding through time for me and Carers trust grants (since early 2025). Further work required in ensuring carers have access to personalised, flexible support in their own right.	Carers Strategy Officer and ELHSCP

Outcome 4: Breaks from caring are timely and regularly available		
We said	We did	Who/Co-ordinator
Pursue options to increase availability of bookable residential respite to give break to carers who need this level of support	Care home link officer works with all existing and new providers to encourage provision of bookable respite. Discussions ongoing with one provider around development of a dementia specialist respite service in East Lothian	ELHSCP
Continue to support the development of 'Meeting Centres' in Musselburgh and throughout East Lothian to offer support to people with dementia and their carers	Development project ongoing until March 2026. Musselburgh Meeting centre well established although lack of pathway for ongoing support without a day centre for older people meaning meeting centre supporting more complex needs than intended. Development work ongoing in Prestonpans and Haddington	ELHSCP and DfEL
Keep working with our existing day services, for older people, to expand the range of services on offer to support breaks from caring	Most centres now offering blended model of day service including community Outreach focused on carer support. Short pilot in Tranent not taken forward at this time Supporting Ormiston to look at how they will offer this model	ELHSCP and East Lothian day centres for older people
Develop a day service in Musselburgh where there is an identified gap in provision	Integration Joint Board agreed funding for this in 2023 but asked to cease in 2024 due to financial recovery process. Impact assessment showed significant negative impact so process instead paused. Link officer been working with community on proposal for integrated model, final decision from IJB expected May 2025	ELHSCP
Promote our Shared Lives scheme and continue to try and attract new paid Carers to this programme	Local campaign successful in attracting 3 new shared lives carers in Dunbar. No further locally targeted campaigns planned at this point but considered the best way of attracting new carers to the scheme.	ELHSCP Shared lives co-ordinator and team
Report on services outwith identified carers budget that directly support carers needs, to better understand full picture in terms of provision to meet carers needs	Repurchasing through adult social work information system to identify resource supporting carers in terms of replacement care	ELHSCP
Monitor numbers of Young Carers accessing breaks through opportunities and continue to expand the range of opportunities available in response to Young Carers feedback.	Numbers of YC accessing breaks is rising and that range offered is a direct result of consultation with YC Advisory group and other YC feedback.	Young Carers Service

Outcome 4: Breaks from caring are timely and regularly available		
We said	We did	Who/Co-ordinator
Support young Carers to attend the Young Carers Festival	15 YC attended overnight in Aug 2024	Young carers service
Seek out new sources of Free Break from Caring Opportunities for Young Carers	Secured New opportunities from Fostering Compassions, Karele, Dukes Art School and Yarrow Cookery School.	Young Carers service

Outcome 5: Carers are supported to have a life outside of their caring role and can achieve a balance between caring and other aspects of their lives		
We said	We did	Who/Co-ordinator
What we will do for Adult Carers		
As part of planning process have more open and honest conversations about what is possible and what will meet individual outcomes	Continues to improve joint working between carer support organisations and ELHSCP so carers feel supported through the process of accessing further support	ELHSCP and CoEL
Review numbers of carers accessing personal budgets to meet their personal outcomes	Community Care Worker reviewing all ACSP's shared with partnership and supporting carer through process of accessing personal budget or support for cared for person. Number of personal budgets directly to meet carers needs (not through support to cared for person) remain very low, process introduced in Nov 2024 to encourage agreement to more flexible and creative use of budgets from ELHSCP, however CoEL access to Carers Trust grants at same point has meant they have been able to access more funding for carers through this route (up to £70,000 per year)	
Review application of eligibility criteria to carers needs with preventative support in mind	Completed with input from around thirty carers, eligibility criteria published here https://www.eastlothian.gov.uk/downloads/file/27361/eligibility_criteria_for_carers Ongoing work to link eligibility criteria to indicative budget for support	ELHSCP and partners

Outcome 5: Carers are supported to have a life outside of their caring role and can achieve a balance between caring and other aspects of their lives

We said	We did	Who/Co-ordinator
Support carers in employment by increasing awareness of carer specific issues through the local employability partnership <ul style="list-style-type: none"> o Access to advice and information o Promoting the achievement of Carer Positive Status across local employers o Promotion of flexible working policies that can support carers 	Advice and information through East Lothian Works Difficulty attracting businesses to find out about carer positive, start with businesses engaged through offer of breaks or activities and build on this. Legislation supports promotion of flexible working to support carers but more work needed to hear carers experiences of local employers.	ELHSCP, carers orgs and employment support services
Increase numbers of 'Carer positive' employers, encourage training opportunities for Young Carers and sign up to The Young Carers Covenant	Carer positive sessions offered as part of carers week and when promoted through Carer Positive national events. Low uptake from businesses, need to promote benefit to business. Report prepared and awaiting approval from CSP for it to go to Committee regarding ELC signing Carers covenant	ELHSCP, Young Carers Service
Develop carer positive checklist for small/medium employers	Carer positive advised minimal evidence required for 'engaged' status and would suggest this is suitable even for small businesses.	Carers strategy officer
What we will do for Young Carers		
Work with schools to improve identification of young carers and to ensure both a flexible and understanding approach towards young carers needs and the provision of appropriate and tailored support	Data from YC Statement shows that the majority of YC feel their schools understand their caring role and they have someone within school that they can talk to. Knox Academy is proud to be the first school in East Lothian to achieve the We Care ; Schools for Young Carers, 'We Recognise Care' Award.	Young Carers Service, Education and partners

Outcome 5: Carers are supported to have a life outside of their caring role and can achieve a balance between caring and other aspects of their lives

We said	We did	Who/Co-ordinator
Work with social work services to ensure that the cared-for person is in receipt of appropriate support (from either Adult or Children's services) to both protect young carers from age inappropriate caring roles and to enable them to have a life outside their caring role	Worked closely with social work and other services supporting families to ensure our most vulnerable YC receive the right support at the right time.	Young Carers Service, Children's Services
Develop services to provide specific transitions support for older young carers as they enter adulthood and to achieve and sustain positive destinations outside of their caring role	Have worked with Skills Development Scotland and East Lothian Works staff to ensure YC are part of the "No-one left behind" monitoring and support provision.	ELHSCP and partners, CoEL, bridges

Outcome 6: Carers are respected by professionals as 'Partners in Care' and are appropriately included in the planning and delivery of both the care and support for the people they care for and services locally

We said	We did	Who/Co-ordinator

Outcome 6: Carers are respected by professionals as 'Partners in Care' and are appropriately included in the planning and delivery of both the care and support for the people they care for and services locally

We said	We did	Who/Co-ordinator
Continue to deliver 'think carer' training sessions to staff and promote new NHS Education for Scotland Equal Partners in Care training modules	<p>6 Think Carer sessions delivered in 2024/'25 including East Lothian Works, Enjoy Leisure and Musselburgh Citizens Advice Bureau.</p> <p>Developing 'bite size' input that can be delivered for example at team meetings reducing non attendance due to service pressures.</p> <p>Equal Partners in care modules hosted on TURAS and open to anyone, promoted through workforce development but unable to make these mandatory for staff and can't gather statistics on completion from TURAS.</p>	ELHSCP and NHS Lothian
Encourage Education Staff to complete Education Scotland Young Carer Personal Development Modules	Continue to promote this at every opportunity.	Young Carers Service
Raising awareness with professionals so every interaction is an opportunity to treat carers as partners in care	Through Think Carer and Equal Partners in care education programmes and informally by staff through attendance at local forums and groups.	

Outcome 6: Carers are respected by professionals as 'Partners in Care' and are appropriately included in the planning and delivery of both the care and support for the people they care for and services locally

We said	We did	Who/Co-ordinator
Review the extent that carers are treated as partners in care within ACSP and YCS and feed back to services results from these	As part of 6 monthly audit	
Identify key HSCP services and discuss appointment of Carer Champions, continue to encourage schools to identify Young Carer Champions	No official carer champion programme has been developed. Carers OT pathway has been key to raising the carer agenda in NHS teams A number of schools have a Young Carers Champion providing additional support to YC.	

Outcome 6: Carers are respected by professionals as 'Partners in Care' and are appropriately included in the planning and delivery of both the care and support for the people they care for and services locally

We said	We did	Who/Co-ordinator
Identify training available for carers on the conditions effecting the people they support and how to offer appropriate support and any other identified areas	<p>Opportunities for training shared through ELHSCP and CoEL social media.</p> <p>CoEL collect data on requests for training and deliver a diverse range of education opportunities including trauma informed parenting and crisis handling awareness.</p> <p>Carers linked to national sources of support and information where condition specific education not available locally.</p>	

Outcome 6: Carers are respected by professionals as ‘Partners in Care’ and are appropriately included in the planning and delivery of both the care and support for the people they care for and services locally

We said	We did	Who/Co-ordinator
<p>We will support carers to have a have a say in the development t and delivery of services in East Lothian by:</p> <ul style="list-style-type: none"> o Maintaining the standards for engagement set out in our Engagement policy o Ensure that carers are both represented and supported to be involved in the HSCP strategic groups o Engage with CoEL “Carers Voice” group on service planning and delivery: o Increase avenues for Young carers feedback including the Young Carers Forum 	<p>Ongoing</p> <p>Carers organisation gathers views to feed into improved impact assessment process, for example ELHSCP transport policy which was updated based on this feedback</p> <p>Following completion of the Planning for an ageing population, creation of the independent community panel was recognised as a key success in this process and this group is exploring how it might continue with a more general purpose around community health and social care planning, key members include chief executive of CoEL.</p> <p>CoEL’s Carers panel and the Young Carers Forum have been a key engagement partner in strategy development and updates.</p>	

Outcome 6: Carers are respected by professionals as 'Partners in Care' and are appropriately included in the planning and delivery of both the care and support for the people they care for and services locally

We said	We did	Who/Co-ordinator
Ensure through Service Specifications that all registered and HSCP care services capture feedback from carers as well as from users of services and have forums to engage with key stake holders	Ongoing	
Plan awareness raising events for Carers week	June – annually This campaign has been growing year on year, referrals to CoEL were double the average in this week 2024	
Play an active role in local Health and wellbeing groups	Ongoing Strategic planning and commissioning officers are allocated to each area Health and Well being Group	ELHSCP, Planning and performance team
Work with community organisations to share information	Through contract monitoring. HSCP broadening internal 'Comms connected' newsletter to include many community partners, promoting regular information sharing with local communities, HSCP section included in CoEL newsletter	ELHSCP

Outcome 6: Carers are respected by professionals as 'Partners in Care' and are appropriately included in the planning and delivery of both the care and support for the people they care for and services locally

We said	We did	Who/Co-ordinator
Facilitate relationships between 3 rd sector organisations and carers	Good examples include; Mental Health Partners Group and Children, young people and families forum.	ELHSCP
Promote positive role of social work to promote understanding and engagement	Improvements to social work public facing online materials.	ELHSCP
Work with Community Learning and Development team to highlight carers needs within the learning and development plan for 2024- 27	https://www.eastlothian.gov.uk/downloads/download/13503/community_learning_and_development_plan The plan does not reference unpaid carers specifically but identification of vulnerable groups and learning opportunities for all. Link is through East Lothian Works who are leading on much of this work.	
Increase avenues for Young Carers feedback, including the young carers forum	Ongoing	Young Carers Service

Outcome 7: Local communities are supported to be Carer friendly		
We said	We did	Who/Co-ordinator
Work within communities to raise awareness of carers, referral pathways and their need for support.	Through forums and groups, work in this year around carers rights in supporting people with mental health problems. Mental welfare commission now include community mental health teams in inspection process and emphasise need for carer involvement. Locally, carer focus in mental health partners group session and inclusion of carers in planning for Single Point of Contact for mental health services.	ELHSCP and carers organisations
Plan and support Carers week events	Annually, info above.	ELHSCP, Strategy officer and Corporate Communications
Develop and distribute information for carers in spaces carers spend time	Ongoing Development of information hubs being led by public health, carer information key aspect	
Encourage the development of local peer and buddy groups for carers	Ongoing New developments include; CoEL Men Who Care, MILAN senior welfare organisation peer support group and Venturing Out, outdoor adventure group	ELHSCP and partners
We aim to make accessing information and support easier and more streamlined by: <ul style="list-style-type: none"> • Joining the dots between community services • facilitating the relationships between third sector organisations and carers • Working with community organisations to share information 	By attending local forums and groups links are made between organisation supporting carers and opportunities for increasing carer awareness are taken	Carers strategy officer and carer support teams

Outcome 7: Local communities are supported to be Carer friendly		
We said	We did	Who/Co-ordinator
Identify large local businesses to encourage to work towards Carer Positive status.	Local businesses invited to Carer positive information sessions. CoEL joined chamber of commerce to try and engage local businesses Information shared with local businesses through economic development newsletter during carers week 2024.	Carers Strategy Officer
Discuss progressing East Lothian Councils Carer positive status from engaged to established. Sign up to the Young Carers Covenant would support this	ELC not progressed Carer Positive agenda in this year, accredited at engaged level. Report on the Young Carers Covenant awaiting approval from Children's Strategic Partnership for it to go to Committee	ELC
Promote the role of Volunteer Centre East Lothian as our Third sector interface and continue to support their 'Community First' community support model	Community First key to pilot project through Care at Home locality project, findings reported to care at home Change board early 2025. Care at Home strategy should set out how community support promotes early intervention and prevention reducing the need for more formal supports.	ELHSCP and VCEL
Support Dementia Friendly East Lothian in their aim to make our communities great places for people with Dementia and their carers to live, visit and work in	Development project around meeting centre model has focused on Musselburgh but exploring development in Prestonpans and Haddington. Challenge has been identifying people early to offer support based on the adjusting to change model	ELHSCP and DfEL

Glossary of terms

Abbreviation	Full text
ACSP	Adult Carer Support Plan
C&YP	Children and Young People
CoEL	Carers of East Lothian
DfEL	Dementia Friendly East Lothian
ELC	East Lothian Council

ELCHASE	East Lothian Care Home Assessment and Support Team
ELHSCP	East Lothian Health and Social Care Partnership
EMA	Education Maintenance Allowance
ID	Identification
LGBT	Lesbian Gay Bisexual Transgender
SDS	Self Directed Support
VCEL	Volunteer Centre East Lothian
YC	Young Carer
YCS	Young Carer Statement and Young Carers Service
UNCRC	United Nations Convention on the Rights of the Child



East Lothian Carers Strategy – Action Plan 2025-‘26

The East Lothian Carers Strategy was developed with the intention of supporting carers to manage their caring responsibilities with confidence and in good health, and that they are able to have a life of their own.

While the strategy outlines our vision for carers and the seven outcomes we want to achieve, the Action Plan outlines the practicalities of how these will be delivered. Implementation of the actions within the plan will be led by the Carers Change Board, with support and feedback from the Carers Reference Group.

Work on these actions will take place over this year 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.

Outcome 1: Carers are identified and can access support		
Action	When	Who/Co-ordinator
Continue audit and quality monitoring of completed ACSP's and ensure information sharing in line with General Data Protection Regulations	2025-'26	Carers strategy officer and carers organisation
Continue to use Viewpoint to complete Young Carer Statements and use it to generate reports on YC Wellbeing and UNCRC Outcomes	Ongoing	Young Carers Service
Continue to encourage education staff to undertake "Supporting Young Carers" Modules as part of their Continuous Professional Development	Ongoing	Young Carers Service
Continue to review and update ELC and ELHSCP online information to ensure it is visible and easily accessible to all	Ongoing	Carers strategy officer, Coordinator YC, Corporate Communications Team
Develop a communications plan to publicise key messages	Annually	Carers strategy officer, Corporate Communications Team
Continue to work with our partners in primary care to encourage carer identification and increase signposting to sources of information and support	2025/'26	CoEL Carers panel
Improve identification of carers in our community hospitals to identify carers, increase recognition of carers value throughout the persons stay and to support successful discharge planning, pilot project extended for two year period.	Ongoing	ELHSCP and CoEL
Ensure Carers are identified and supported through roll out of 'Home first' model and recognised and valued in development of East Lothians Moving On policy	2025-'26	ELHSCP and
Work within communities to raise awareness of carers, referral pathways and their need for support	Ongoing	ELHSCP and partners
Work with our community partners to increase carer identification, including Day centres, sheltered housing, large employers and schools	2025'26 focus on sheltered housing	ELHSCP and partner organisations

Outcome 1: Carers are identified and can access support		
Action	When	Who/Co-ordinator
Ensure carers have access to mental health support as part of the redesign of access to mental health services and the launch of East Lothians Single Point of Contact	2025/'26	
Our Young Carers service will develop their work in school 'clusters' and continue to identify Young Carers	Ongoing	East Lothian Councils Young Carers Service and Education
Work with childrens services to increase identification of Young and Parent Carers in the Childs Planning Process and the role of the named person in particular working closely with schools, health visitors etc	Ongoing	ELHSCP and Children's services
Maximise use of social media/websites/Access to a Better Life East Lothian to raise awareness of carers support services and referral pathways	Ongoing	ELHSCP
Implement Carer ID scheme based on research	2025/26	ELHSCP and partner organisations
Increase number of Young Carers holding YC ID cards to help with identification and having views heard.	2023/24	Young Carers Service
Consider barriers to different groups identifying and accessing support, including men, different ethnic groups, LGBT people and those with other protected characteristics	Ongoing, focus on poverty and stigma	ELHSCP and partner organisations
Raise awareness and support for carers through Palliative Care Strategy Group	2025'26	ELHSCP and partner organisations
ELC sign the Young Carers Covenant	March 26	Young Carers Service, Children's Strategic partnership, Council Committee

Outcome 2: Carers are well informed and have access to tailored and age appropriate information and advice throughout their caring role		
Action	When	Who/Co-ordinator
Continue to commission services to enable all carers in East Lothian to have access to advice and support throughout their carers journey on wide range of issues	Ongoing	ELHSCP

Outcome 2: Carers are well informed and have access to tailored and age appropriate information and advice throughout their caring role		
Action	When	Who/Co-ordinator
Review these contracts to ensure delivery of quality services to carers	6 monthly contract monitoring	Carers Strategy Officer
Actively engage with current providers, potential providers and community representatives in assessment of needs and identification of gaps in service provision	Ongoing	ELHSCP commissioning strategy
Review numbers of Carers accessing advice and information services	Ongoing	Carers Strategy Officer
Monitor numbers of ACSP's and YCS being completed	6 monthly audit process	Carers Strategy Officer
Monitor uptake and feedback of Post Diagnostic Support group for those diagnosed with dementia in East Lothian	2023/24	ELHSCP Community Mental Health Team, Alzheimers Scotland and community partners
Finalise and share resource for people living with dementia and their carers	2025'26	Dementia Special Interest Group
Review delivery of carer education programme, through dementia cafes, for carers of people living with dementia and learning on most accessible way of sharing this information with carers	2025/'26	Alzheimers Scotland, CoEL and ELHSCP partners
Include carers in East Lothians participation in Focus on Dementia; Post Diagnostic Support and Care Cor-ordination improvement Programme with Healthcare Improvement Scotland	Oct 2025-Mar'26	ELHSCP, Community Mental Health Team, Alzheimers Scotland and community partners
Make information around stress and distress behaviours available and accessible to carers locally	2025/26	ELHSCP and partners in Dementia Special Interest Group
Continue to promote pathways for carers to access both direct support and help developing an Adult Carer Support Plan (ACSP) or Young Carers Statement (YCS)	Ongoing	ELHSCP and community partners
Develop range and availability of materials available to Carers	Ongoing	ELHSCP and partner organisations
Agree on support for carers managing stress and distress behaviours while supporting people living with dementia at home	2025/'26	ELHSCP
Continue to provide advice, information and support to maximise incomes for carers (and the people they care for)	Ongoing	CoEL and ELC's financial inclusion service
Monitor Carers access to benefits through CoEL support services	Ongoing	Carers Strategy Officer and CoEL
Continue to strengthen our support in line with the principles of Self Directed Support and direct Carers to advice on SDS and managing personal budgets through Lothian centre for Inclusive Living where appropriate	2025'26	ELHSCP, SDS improvement plan

Outcome 2: Carers are well informed and have access to tailored and age appropriate information and advice throughout their caring role		
Action	When	Who/Co-ordinator
Improve transitions between services for Young Carers becoming Young Adult Carers	2024/25	ELHSCP Young Carers Service, CoEL and ELHSCP Carer support

Outcome 3: Carers are supported to maintain their own physical, emotional and mental wellbeing		
Action	When	Who/Co-ordinator
Improved promotion of ACSP's and YCS's, aim to make this the basis for the 'good conversation'	Ongoing	ELHSCP, CoEL, Young Carers Service
Support carers to promote their own health through ACSPs or YCSs and regular reviews	Reviews agreed at date of assessment, monitored as part of audit	Carers Strategy Officer
Continue to increase opportunities for local groups, peer/buddy support and activities for carers.	Ongoing	Carers Strategy Officer
Consider ways to develop flexible replacement care options to ensure that carers who don't have access to other supports can attend their own health appointments	2025/26	ELHSCP and partner organisations
Work with individuals to ensure that the level and nature of care provided by young carers remains appropriate for their age	Ongoing	Young Carers Service and ELC Children's Services
Continue East Lothian Rehabilitation Service's referral pathway for Carers to access an Occupational Therapy assessment in their own right	Ongoing	Carers Strategy Officer
Monitor demand for CoEL counselling services	Contract monitoring 6 monthly	Carers Strategy Officer
Promote carers issues within Local Employability Partnership	Ongoing	Carers Strategy Officer, Local Employability Partnership, Carers orgs

Outcome 3: Carers are supported to maintain their own physical, emotional and mental wellbeing		
Action	When	Who/Co-ordinator
Continue to develop materials to support Young Carers in school	Ongoing	Young Carers Service
Help young carers secure the use of their own rights under additional support for learning legislation via the service My Rights, My Say.	Ongoing	Young Carers Service
Support Young Carers who could be eligible for Education Maintenance Allowance (EMA), Young Carers grants and Young Scot Carers Packages	Ongoing	Young Carers Service, Education, Connected Communities, Young Scot.
Provide Young Carers with free Enjoy Leisure Membership and Active Schools Activities	Ongoing	ELHSCP, Young Carers Service and partner organisations
Advocate for Young Carers to be prioritised by local mental health support services	Ongoing	Young Carers Service, Education and Partner organisations
Continue well-being events such as Segways, Fox Lake and Walking with alpaca's experiences.	Ongoing	ELHSCP, Young Carers Service and CoEL
Increase awareness of unpaid carers in those with line management roles	2025/'26	Workforce development

Outcome 4: Breaks from caring are timely and regularly available		
Action	When	Who/Co-ordinator
Follow the development of the 'Right to a Break' legislation and raise awareness of this within IJB and HSCP senior leaders	2025/'26	ELHSCP,
Introduce a Breaks from caring delivery group reporting to the Carers Programme Board	2025/'26	ELHSCP
Participate in Shared Care Scotlands short breaks brokerage community of learning and practice	2025/'26	Carers strategy officer and CoEl's short breaks specialist worker
Strengthen pathway from carers eligibility criteria to establishment of indicative budget for support	Ongoing	Carers Strategy Officer, adult social work and SDS improvement group
Continue to fund specialist short breaks support for carers so that all carers have access to information and advice on breaks from caring	Annual review	Carers Strategy Officer/ Building better breaks advisory group

Outcome 4: Breaks from caring are timely and regularly available		
Action	When	Who/Co-ordinator
Continue to develop 'Respite' in East Lothian and promote this initiative to local businesses.	2025/'26	CoEL and Building better breaks advisory group
Recommission and increase access to respite beds for older people in East Lothian for use in planned respite situations	2025/'26	ELHSCP, Care Home Link Officer
Support Leuchie to explore development of dementia specialist respite model	2025/'26	ELHSCP Carers programme board
Explore micro commissioner model and potential to enable breaks from caring on a local basis.	2025/'26	ELHSCP and VCEL social enterprise network
Review learning from Meeting Centre development project to offer more support to people living with dementia and their carers at an earlier stage	2025/'26	ELHSCP and DfEL
Keep working with our existing day services, for older people, to expand the range of services on offer to support breaks from caring	Ongoing	ELHSCP and East Lothian day centres for older people
Develop a new integrated model of day centre and meeting centre in Musselburgh once budget confirmed by East Lothian Integration Joint Board (IJB)	2025/'26	ELHSCP
Develop a community support framework to increase support for people with complex needs and their carers	2025/'26	ELHSCP
Promote our Shared Lives scheme and continue to try and attract new paid Carers to this programme	Ongoing	ELHSCP Shared lives team
Work to increase access to breaks out with 'working hours', at evenings and weekends	2025/26	ELHSCP and partners
Monitor numbers of Young Carers accessing breaks through opportunities such as active school and holiday activity opportunities, continue to develop range of opportunities available in response to Young Carers feedback.	Ongoing	Young Carers Service
Support young Carers to attend the Young Carers Festival	Annually	Young carers Service
Continue to seek out new sources of Free Break from Caring opportunities for Young Carers	Ongoing	Young Carers Service

Outcome 5: Carers are supported to have a life outside of their caring role and can achieve a balance between caring and other aspects of their lives

Action	When	Who/Co-ordinator
What we will do for Adult Carers		
As part of planning process have more open and honest conversations about what is possible and what will meet individual outcomes being open local context and challenges	Ongoing	ELHSCP and partners
Increase numbers of carers accessing personal budgets to meet their personal outcomes (Community Care Worker appointed July 2022 who will support carers in this)	Ongoing	ELHSCP
Review implications of updated SDS guidelines (published Nov 2022) to Carers budgets, and consider YC needs	Oct 2023	Carers Strategy Officer
Agree guidelines for keeping carers informed throughout the process of completing their ACSP through guidance document	2023	ACSP review team
Support carers in employment by increasing awareness of carer specific issues through the local employability network o Access to advice and information o Promoting the achievement of Carer Positive Status across local employers o Promotion of flexible working policies that can support carers	2022/23	ELHSCP and partners
Research policies in place to support students with caring responsibilities	2025/'26	ELHSCP and higher education providers
What we will do for Young Carers		
Work with schools to improve identification of young carers and to ensure both a flexible and understanding approach towards young carers needs and the provision of appropriate and tailored support	Ongoing	Young Carers Service
Advocate for Young Carers to be included in the Local Authority Guaranteed Interview Scheme	2025/'26	Young Carers Service, Children's Strategic Partnership, Council Committee
Work with social work services to ensure that the cared-for person is in receipt of appropriate support (from either Adult or Children's services) to both protect young carers from age inappropriate caring roles and to enable them to have a life outside their caring role	Ongoing	Young Carers Service
Develop services to provide specific transitions support for older young carers as they enter adulthood and to achieve and sustain positive destinations outside of their caring role	2024/25	ELHSCP and partners, CoEL, bridges

Outcome 6: Carers are respected by professionals as ‘Partners in Care’ and are appropriately included in the planning and delivery of both the care and support for the people they care for and services locally

Action	When	Who/Co-ordinator
Ensure staff have access to Carer education through Learnpro/TURAS or other platform and promote these learning opportunities.	Ongoing	ELHSCP Workforce development
Raising awareness with professionals so every interaction in an opportunity to treat carers as partners in care	Ongoing	ELHSCP and partners
Establish demand for provision of independent advocacy support for carers through carers strategy engagement and consultation with our partners in provision of independent advocacy	2025/'26	ELHSCP and partners, Independent advocacy contract management
Encourage HSCP services to identify Carer Champions and continue to encourage schools to identify Young Carer Champions	2024/25	ELHSCP, Young Carers service, Education Department
<p>We will support carers to have a have a say in the development and delivery of services in East Lothian by:</p> <ul style="list-style-type: none"> ○ Maintaining the standards for engagement set out in our Engagement policy ○ Ensure that carers are both represented and supported to be involved in the HSCP strategic groups ○ Engage with CoEL “Carers Voice” group on service planning and delivery: ○ Increase avenues for Young carers feedback including the Young Carers Forum 	Ongoing	<p>ELHSCP engagement officer</p> <p>Carers strategy Officer</p> <p>Carers Strategy Officer</p> <p>Young Carers service</p>
Ensure through Service Specifications that all registered and HSCP care services capture feedback from carers as well as from users of services and have forums to engage with key stake holders	Ongoing	Planning and Performance team
Plan awareness raising events for Carers week	June - annually	ELHSCP, Carers strategy Officer, Corporate Communications
Play an active role in local Health and wellbeing groups	Ongoing	ELHSCP, Planning and performance team
Increase avenues for Young Carers feedback, including the Young Carers Advisory Group	Ongoing	Young Carers Service

Outcome 7: Local communities are supported to be Carer friendly		
Action	When	Who/Co-ordinator
Work within communities to raise awareness of carers, referral pathways and their need for support, identify areas to focus on each year	2025/'26 focus on housing	ELHSCP and carers organisations
Take opportunities to promote awareness of unpaid carers in local communities through carers week and other campaigns	Annually	ELHSCP, Strategy officer and Corporate Communications
Develop and distribute information for carers in spaces carers spend time	Ongoing	ELHSCP and carers orgs
Encourage the development of local peer and buddy groups for carers	Ongoing	Carer support orgs and other local community groups
We aim to make accessing information and support easier and more streamlined by: <ul style="list-style-type: none"> • Joining the dots between community services • facilitating the relationships between third sector organisations and carers • Working with community organisations to share information 	Ongoing	ELHSCP and partners
Take paper to Council Management Team to discuss progression of East Lothian Councils Carer positive status from engaged to established	2024/25	ELC Human Resources
Promote the role of Volunteer Centre East Lothian as out Third sector interface and continue to support their 'Community First' community support model	Ongoing	ELHSCP and VCEL
Support Dementia Friendly East Lothian in their aim to make our communities great places for people with Dementia and their carers to live, visit and work in	Ongoing	ELHSCP and DfEL

Glossary of terms

Abbreviation	Full text
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DfEL	Dementia Friendly East Lothian

ELC	East Lothian Council
ELCHASE	East Lothian Care Home Assessment and Support Team
ELHSCP	East Lothian Health and Social Care Partnership
EMA	Education Maintenance Allowance
GDPR	General Data Protection Regulations
ID	Identification
IJB	Integration Joint Board
LGBT	Lesbian Gay Bisexual Transgender
SDS	Self Directed Support
VCEL	Volunteer Centre East Lothian
YC	Young Carer
YCS	Young Carer Statement and Young Carers Service
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