



**Live Well**

**South Ayrshire  
Adult Carers  
Strategy 2025 - 30**



## Contents

Contents .....	2
Foreword .....	3
Introduction .....	4
Carers in Scotland .....	8
South Ayrshire Strategic Context .....	10
National Strategic Context .....	13
How do we support Carers in South Ayrshire.....	14
Strategy Development and Engagement .....	20
Strategic Outcomes .....	21
Outcome 1: We will improve how we identify carers earlier in their caring journey with a focus on preventative support.....	21
Outcome 2: We will ensure carers have access to information and advice to support them in their caring role. ....	22
Outcome 3: We will value, recognise and support carers to maintain their own health and wellbeing in their caring role. ....	24
Outcome 4: We will work ensure the involvement and voice of carers influences the work of the HSCP and wider partners. ....	25
Monitoring and Review .....	26

## Foreword

We are delighted to present our refreshed Adult Carers Strategy for South Ayrshire. Since our last strategy was published in 2019, we have made significant changes and improvements to identifying and supporting Unpaid Carers in our community. We know that caring for someone can be a challenging task and we are committed to ensuring we meet the needs of Carers in South Ayrshire.

In developing this strategy, we have spoken with Carers who have told us that the demands of Caring can have an impact on their own lives. Our aim is to ensure carers are supported in their caring role by providing them with the right information, advice, and support when it is needed and to look after their own health and wellbeing, alongside their caring role.

We have set out this Adult Carers Strategy with a clear purpose and vision that outlines how we will identify and support carers at the right time and in the right place.

To ensure our vision is achieved we have set out four strategic objectives and we will detail why these are important and what kind of things we will do to achieve these over the next five years. These objectives are reflective of what Carers have told us during the consultation period and they also consider both local strategic direction and the National Carers Strategy.

We'd like to say thank you to all who have contributed to the development of this strategy, from the Carers who provided us with valuable insights, to our partners who make such a positive difference to Carers' experiences, and to our own teams who work hard to support the people of South Ayrshire and their Carers.

Most importantly we extend our thanks, recognition, and appreciation to Carers who continue to play such a vital role in supporting others in our communities to Live Well.

**A note on language:** We have made a commitment to use language that is easily understood and have tried to keep the language in this strategy easy to understand. We have prepared a glossary of key terms which can be found alongside this document to help explain some of the less familiar language which you may read.

## Introduction

In South Ayrshire we want to ensure we identify Carers, and they are both informed and supported to carry out their caring role whilst also being provided with the information, advice, and support to maintain their own health and wellbeing.

We want Carers, as well as the people being cared for, to feel valued, respected, listened to and offered the right level of support at the right time to enable them to lead a healthy life and continue to thrive in their caring role.

**Our vision for this strategy is: To ensure that Adult Carers in South Ayrshire are valued, supported, and empowered to provide care while maintaining their own health and wellbeing.**

This means that we will outline a clear and structured approach to improving support for Adult Carers in South Ayrshire, recognising their vital role in our communities.

### Why are we writing this strategy?

We have developed this strategy to set out our vision for supporting and empowering all our valued Carers in South Ayrshire. The strategy will be accompanied by specific actions which set out how we will achieve our vision and the steps we will take to get there.

The Carers (Scotland) Act 2016 was developed to direct Health and Social Care Partnerships (HSCP) of the rights of Carers and

sets out the duties we must deliver here in South Ayrshire to support anyone who is taking on a caring role. One part of our duty as an HSCP is to develop a local Carers strategy.

This strategy is for anyone who cares for a friend or family member living in South Ayrshire. It is also developed to be a useful resource for all our staff, partners and third sector organisations, including our commissioned Carers Service, or anyone who wants to learn more about how we support Carers in South Ayrshire.

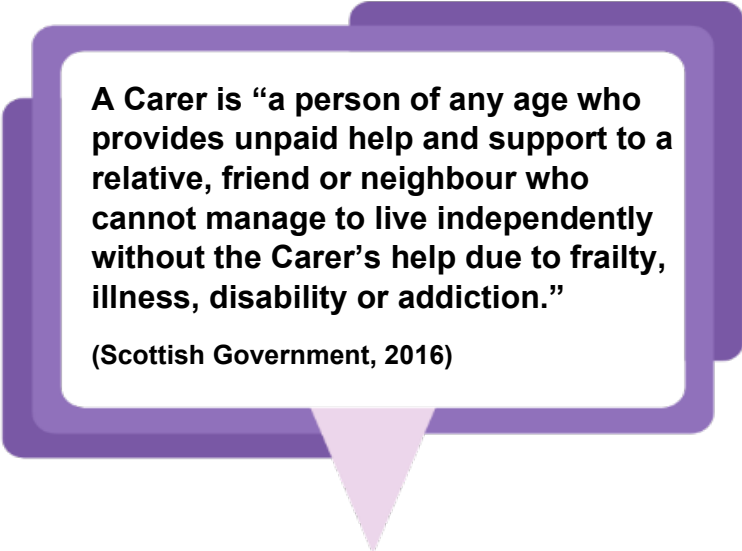
It will inform other South Ayrshire Health and Social Care strategies and transformation plans. This ensures we are striving to meet the needs and aspirations of Carers and that this is embedded across all HSCP services, including those commissioned externally. This is namely South Ayrshire Carers Gateway who provide information, advice, signposting and support services to Carers where appropriate.

## Who is a Carer?

For the purposes of this strategy, ‘**Unpaid Carers**’ will be referred to as ‘**Carers**’.

A Carer can care for someone who is older or younger and there is no minimum caring requirement. Carers can look after more than one person, and they may not be the primary Carer. Some Carers may have health issues of their own and can also be cared for.

We also know that many Carers, may not self-identify as a Carer. Often, this is because they see themselves as a spouse or family member who is caring for their loved one and they are not aware that information, advice and support is available. The Carers (Scotland) Act 2016 was updated in July 2021, so that the only distinction of age in the Carers act is between young and adult.



**A Carer is “a person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the Carer’s help due to frailty, illness, disability or addiction.”**

**(Scottish Government, 2016)**

Since the introduction of the Carers (Scotland) Act 2016, we have recorded a steady growth in the number of Carers accessing information and being supported.

South Ayrshire Health and Social Care Partnership recognises, values and respects the roles that Carers have, and we are aware of the impact the caring role can have on a Carers life.

The strategy and the actions set out within the delivery plan are designed to support all carers in their role. We are committed to continually raising awareness of the support available and promoting the benefits of seeking information and support early. To do this we will set out how we will continue to support Carers in their caring roles over the next five years.

## **Who is a Carer?**

### **Parents**

Parents who care for a child or young person under the age of 18 years with a disability or chronic illness.

### **Children & Young People**

Children & young people who care for a family member, often a parent or sibling, or friends.

### **Sibling**

Brothers or sisters who provide care for their siblings.

### **Spousal**

Husbands, wives, or partners who care for their significant other.

### **Adult**

Adult Carers are those over 18 (unless at school, where they still class as a young carer).

## Young Carers

### Who is a young carer?

A young carer is someone under the age of 18 who supports, or helps to support, a relative, friend or neighbour who is ill, disabled, elderly, has trouble communicating, mental health issues, neurodivergent, or has issues with drugs or alcohol.

**Young carers can help support the cared for person in lots of different ways. This might include...**

- ♥ Practical tasks, like shopping, cooking, and cleaning.
- ♥ Physical care, like pushing a wheelchair or helping someone get in and out of bed.
- ♥ Emotional support, for example, talking to someone when they are having a bad day, looking out for changes in behaviour, or keeping someone company.
- ♥ Personal care, like helping someone to get washed or dressed.
- ♥ Managing budgets, household finances and paying bills.
- ♥ Helping someone communicate.
- ♥ Looking after brothers or sisters.
- ♥ Collecting prescriptions, measuring, and dispensing medications.



**There is lots of support available for young carers in South Ayrshire. This is split by age and stage:**

- ♥ Teeny Carers - under the age of 5.
- ♥ Wee Carers - primary aged.
- ♥ Young Carers - secondary aged.

Published statistics and local data leads us to believe there are between 3,000 and 5,000 young carers in South Ayrshire. As of September 2025, we know of around 1,000.

In South Ayrshire we have a separate [Young Carers Strategy 2021-2026](#). We will be refreshing our Young Carers strategy in 2026, where we will make clear links with this strategy and identify actions related to transitions from being a Young Carer to an Adult Carer.

## Carers in Scotland

### Carers (Scotland) Act 2016

The [Carers \(Scotland\) Act 2016](#) came into effect on 1st April 2018 and is designed to support Carers' health and wellbeing, helping them to remain in their caring roles and be able to manage their own life alongside their caring responsibilities.

Key aspects of the Act include:

- ♥ A duty to develop and offer an **Adult Carer Support Plans**; to someone who is identified as a Carer. The support plan must include contingency planning and support the carer to meet their personal outcomes.

In addition to Carer Support plans there is also a duty to:

- ♥ Set out and publish [local eligibility criteria](#) including recognition that support will be provided if the eligible criteria is met.
- ♥ To provide support to Carers who have eligible needs, including consideration for short breaks from caring.
- ♥ Publish a [short breaks statement](#).
- ♥ Provide Carers with [information and advice](#) services.
- ♥ Put in place support for Carers at the point of hospital discharge.
- ♥ Involve both Adult and Young Carers in the planning of services; and
- ♥ Develop a local Adult's Carer Strategy.

## The National Carers Strategy 2022

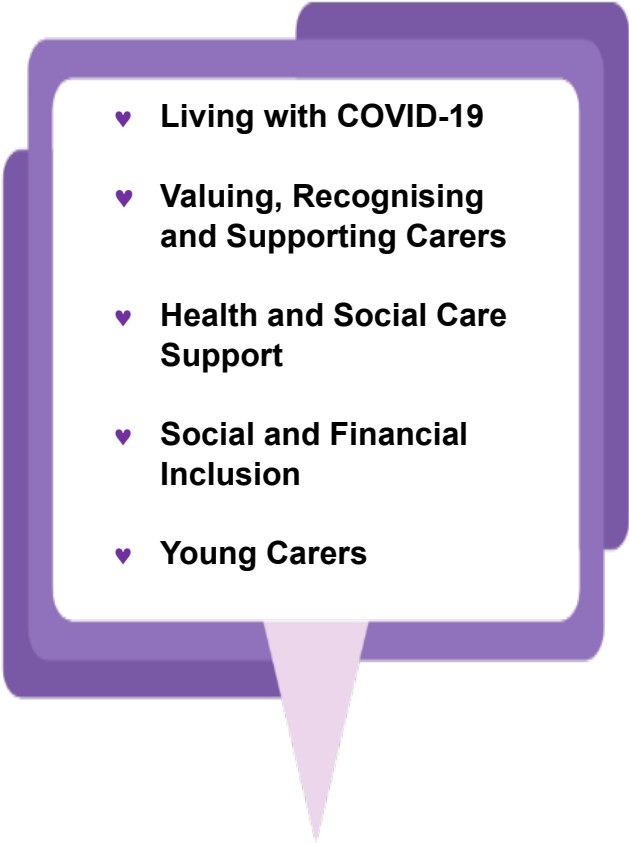
Our local approach in this strategy is informed by our national direction for Carers in Scotland.

The most recent National Carers Strategy was published on 21st December 2022. The strategy stated that Scotland should be a place where all Carers are recognised and valued for the contribution they make and where they are enabled to provide the right support for the people they care for while living a fulfilled life.

The National Carers Strategy looks to progress long-term changes to improve the lives of unpaid carers across Scotland. It was created after extensive engagement with Carer Organisations, Carer Centres, Local Government, and unpaid carers. It sets out the action the Government will take across a range of policy areas to ensure its resources for Carers are directed to where they will be most effective. Across Scotland, the intention is that all Local Authorities and Carer-focused organisations will ensure their local strategies fit with this wider strategy.

Along with meeting the aspirations of Carers locally, our Carers Strategy also needs to align with the aims of the National Carers Strategy and its five pillars: Living with COVID-19; Valuing, Recognising and Supporting Carers; Health and Social Care Support; Social and Financial Inclusion; and Young Carers.

There is a national guidance document that accompanies the Carers Scotland Act 2016, and this informs local work with carers ([National Guidance Updated July 2021](#)).

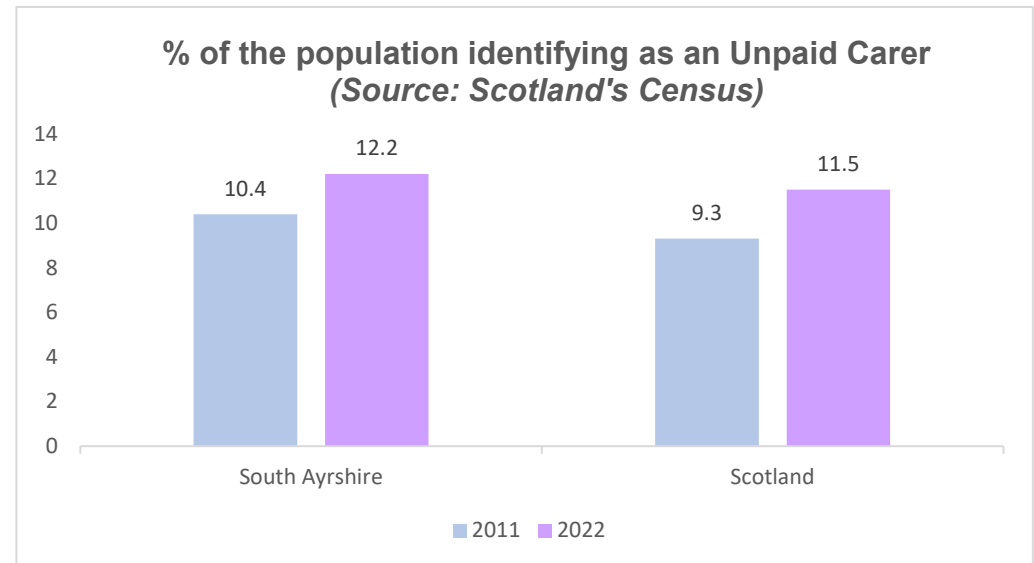
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- ♥ **Living with COVID-19**
  - ♥ **Valuing, Recognising and Supporting Carers**
  - ♥ **Health and Social Care Support**
  - ♥ **Social and Financial Inclusion**
  - ♥ **Young Carers**

## South Ayrshire Strategic Context

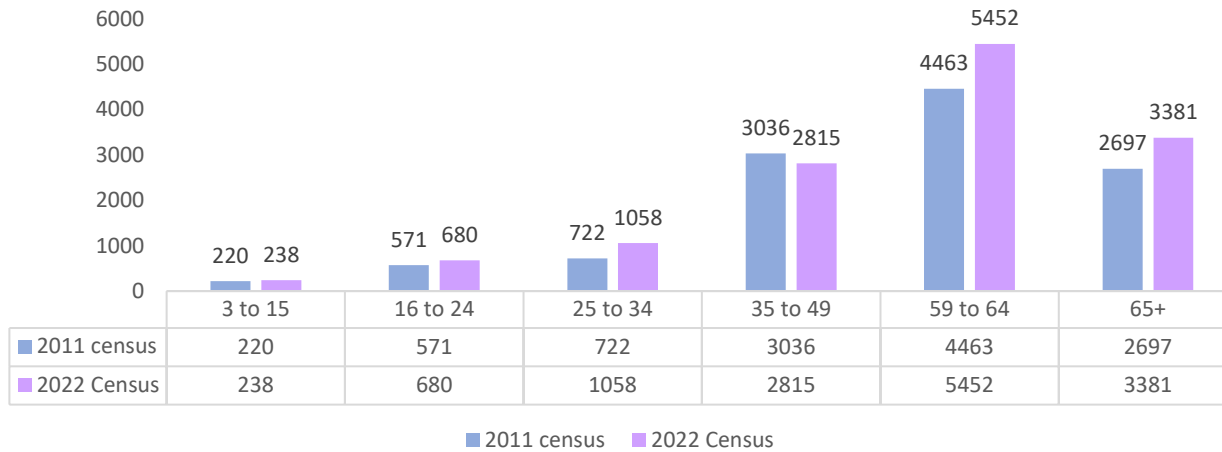
Reviewing our data helps to inform us what the local Carers landscape looks like in South Ayrshire. It helps us to understand how many Carers there are and predict what the future may look like based on things such as our ageing population, health concerns and the demand for formal supports. By using data to ascertain future projections will also allow us to plan for services that we can anticipate will see an increase in the number of people and their Carers requiring support.

We know that currently **12.2%** of the population within South Ayrshire identifies themselves as a Carer.

This is higher than the national average of **11.5%**.

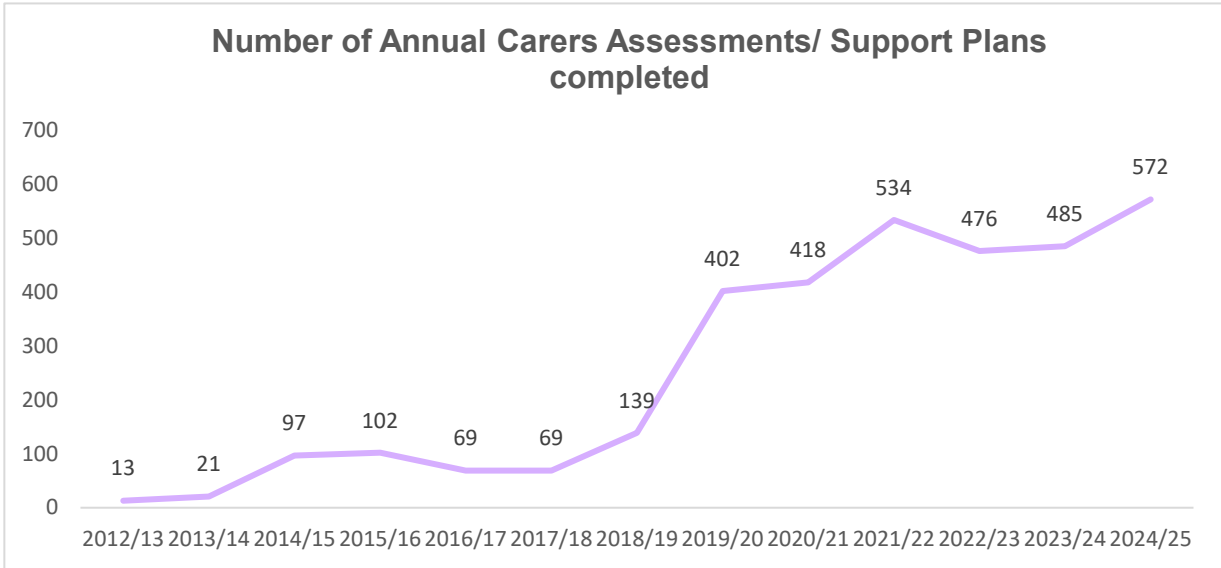


**Number of the population identifying as an Unpaid Carers by age in South Ayrshire**



The highest age group for Unpaid Carers in South Ayrshire are the **50-64's**.  
However, those aged 25-34 have seen the most change and increase overtime, indicating a rise of people within this age frame becoming Unpaid Carers.


Since our last strategy in 2019 was published we have seen an increase in the number of Carers Assessments / Support Plans being carried out which is at **572** as of 2025.




The following local strategies play a vital role in the development of this strategy. Please click on each heading to find out more about each strategy:



[Integration Joint  
Board Strategic Plan  
2021-31](#)




[Independent Advocacy  
Plan 2024-29](#)




[Mental Health and  
Wellbeing and  
Dementia](#)




[Ageing Well in South  
Ayrshire](#)




[South Ayrshire  
Alcohol and Drug  
\(ADP\) Strategy 2023-26](#)



[Live your Best Life:  
South Ayrshire's Adult  
Learning Disability  
Strategy 2022-2027](#)



[Local Outcomes  
Improvement plan  
\(LOIP\) 2024-2029](#)



[Caring for Ayrshire](#)

## National Strategic Context

The Carers  
(Scotland) Act 2016

National Carers  
Strategy 2022

The Social Care (Self-  
Directed Support)  
(Scotland) Act 2013

Equal Partners in  
Care

Getting it right for  
Everyone (GIRFE)

Scotland's Public  
Service Reform  
Strategy

Ageing and Frailty  
Standards 2024

Care Reform  
(Scotland) Act 2025

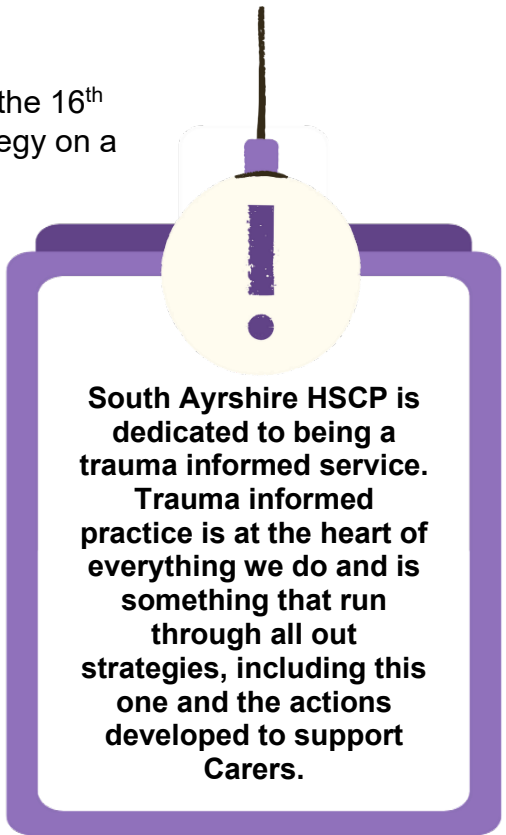
## How do we support Carers in South Ayrshire

### Previous Carers Strategy

Our previous Strategy 2019-2024 was approved at the meeting of the Integration Joint Board (IJB) on the 16<sup>th</sup> of May 2019. Progress reports on the delivery plan were submitted throughout the lifecycle of the strategy on a six-monthly basis to the relevant governance meetings.

The 2019-2024 strategy included four key strategic themes as follows:

- ♥ I am recognised and valued in my caring role.
- ♥ I am supported in my caring role.
- ♥ I am able to take a break from caring and look after my own health.
- ♥ I am not defined by my caring role.



**South Ayrshire HSCP is dedicated to being a trauma informed service. Trauma informed practice is at the heart of everything we do and is something that run through all out strategies, including this one and the actions developed to support Carers.**

The strategy also included an action plan covering the outputs required to achieve the above themes and culminated with a final report at the end of 2024. Throughout the duration of the previous strategy and despite the challenges associated with Covid 19 we have continued to support Carers in line with the four strategic themes as follows:

**I am recognised and valued in my caring role.**

- ♥ We have seen a locality focus on employability, mental health and wellbeing and access to information support.
- ♥ We have provided regular Carers day's events including the annual carers week.
- ♥ Carers Awareness training has been development.
- ♥ The voice of Carers being represented at Governance meetings.
- ♥ We have supported the development of a Carers Reference Group.

**I am supported in my caring role.**

- ♥ We have developed new commissioning arrangements with Carers Gateway.
- ♥ Adult and Older People's Social Work has undergone a restructure aimed at improving access to services.
- ♥ We have increased the number of Adult Carer Support plans being completed.
- ♥ We regularly review and update our website, policies, and procedures to ensure access to information for both Carers and staff is available.
- ♥ We have worked with the Carers Gateway to introduce the new website 'Bridgit' for Carers to access a wide range of information and support.

**I am able to take a break from caring to look after my own health.**

- ♥ We support Carers to continue to access 'Short Breaks' through Self-Directed Support.
- ♥ We have published a Short Breaks Statement and eligibility criteria.
- ♥ Holistic and complementary therapies are available for Carers.
- ♥ Leisure cards are provided to Carers during Carers week.

**I am not defined by my caring role.**

- ♥ A pathway has been established with Voluntary Action South Ayrshire (VASA) and other third sector organisations to provide volunteering and employment opportunities for Carers.
- ♥ We have worked with local colleges and universities to develop and approach to identify and support Carers in further education.

## Short Breaks

South Ayrshire Health and Social Care Partnership is aware that Carers provide a range of informal support to individuals across our communities. The support provided by Carers improves the health and wellbeing of individuals with care and support needs. We also understand a break from a caring role is vital to maintain the health and wellbeing of a Carer.

A break may be needed to deal with other family responsibilities or to attend a doctor or dentist appointment. In other situations, a Short Break such as a holiday may be necessary.

### What is a Short Break?

If you are a Carer, there are lots of ways you can take a Short Break. This could be for a few hours, overnight, for a weekend, or longer. A support plan will be put in place so you can be confident that the person you care for will be looked after in their own home or in another supportive, safe environment. You can then take some time for yourself to:

- ♥ Spend some time on your own or with friends.
- ♥ Take a holiday.
- ♥ Recover from an illness.
- ♥ Do other things that improve your own health and wellbeing.

In South Ayrshire we are committed to promoting choice and control for you and the person you care for, for more information on Short Breaks, it can be found here in our [Short Breaks Policy](#).

### Short Breaks Policy

The **Carers (Scotland) Act 2016** sets a requirement on Health and Social Care Partnerships to provide support to Carers, including Short Breaks. The Act also requires that each Health and Social Care Partnership publish a Short Breaks statement to include information about what a break is and what services are available for carers.

In South Ayrshire, we are committed to ensuring health and wellbeing as a Carer is supported in a similar way as the cared for person. This will include providing access to the Short Break opportunities.

## Working in Partnership



### **Voluntary Action South Ayrshire (VASA)**

Voluntary Action South Ayrshire (VASA) is the local Third Sector Interface. It is recognised by Scottish Government and South Ayrshire Council and Health and Social Care partnership as fulfilling a key role in ensuring the continued development of a robust Third Sector in South Ayrshire. VASA can offer this support through various means such as face-to-face, one-to-one meetings, themed forums, networking opportunities and much more.

VASA carries out 4 key Interface functions, as set out by Scottish Government which are:

- ♥ Volunteering Development.
- ♥ Social Enterprise Development.
- ♥ Supporting and developing a strong Third Sector.
- ♥ Building the Third Sector Relationship with Community Planning.

We work in partnership with VASA through all our strategy developments to ensure joint working takes place to develop key objectives that meet the needs of local communities.

### **Carers Gateway**

The Carers Gateway is the new name for the South Ayrshire Carers Centre. They provide information, support, and advice to Unpaid Carers across South Ayrshire. Carers Gateway also provide an advocacy to carers as part of their core service whilst also sign posting carers requiring more specialist support to independent advocacy services.



The new name better reflects the full range of services on offer. They provide a service in each of the six localities across South Ayrshire, as well as having a dedicated team supporting young carers on a school cluster basis.

The service aims to ensure that Carers of all ages are identified, supported and able to sustain their caring role. Their services for Carers are delivered across South Ayrshire and online to make information and advice as accessible as possible.

The HSCP works in partnership with Carers Gateway and also collaborate with national and local organisations to better identify and support Carers across Scotland.

### **Connect South Ayrshire**

Connect South Ayrshire includes integrated and accessible physical locations in all localities, a dedicated website and a free telephone number all providing information, advice and support focussed on promoting wellbeing and access to social opportunities. In partnership with VASA, we launched the online and telephony aspects of Connect and opened our first hub in Ayr in November 2025.

Find out more about Connect South Ayrshire at: <https://www.connectsouthayrshire.org/>



## Digital and Technology Enabled Care (TEC)

Digital transformation is a core focus of our Strategic Plan. The rate of change in digital technology is rapid and growth in the uptake of technologies such as mobile devices, social media, and high-speed broadband is changing the way we live, providing those living in our communities with greater choice and control than ever before. This presents an opportunity for the HSCP to change the face of health and social care delivery and transform our services so that care can become more person-centred.

In June 2024 we published an ambitious [Digital Strategy 2024-29](#) for South Ayrshire. This aims to be a roadmap for digital transformation, guiding us toward a future where our services are more accessible, efficient, and effective than ever before. We are committed to putting people at the heart of the strategy—both the dedicated staff who make our services possible and the community members who rely on them. This includes supporting Carers in their caring role.

A key action within the Digital Strategy is the development of a Technology Enabled Care Plan for South Ayrshire. This has been developed during 2025 and clearly sets out how we will use TEC to support people to live well at home for longer. This includes how Carers can feel supported in their role by using technology.

## Strategy Development and Engagement

This strategy has been co-produced, taking into account the views and values of Carers in South Ayrshire at each stage of the development.

We want to ensure that the voices of Carers continue to be at the heart of shaping and delivering Health and Social Care services. Their first-hand experiences and insights are invaluable in designing policies and services that truly meet the needs of those they care for. This central role ensures that care provision is based on good relationships and honest, necessary conversations, exploring 'what matters' to each Carer.

### **How did we engage with Carers and stakeholders?**

Our work to develop this strategy began in January 2025 as we took time to review our current landscape, the national direction and met with Carer Partners to discuss how this would be reflected within South Ayrshire's Strategy.

From March to May 2025, we worked together with external stakeholders and staff to produce and share the National and Local objectives to gather feedback from Carers.

During these conversations, the focus was on understanding and assessing the support resources in place, what currently worked well, and how this could be improved.

### **What have Carers told us?**

Early engagement with Carers has allowed us to form strategic objectives which consulted on during a period of formal consultation between June- August 2025. A full engagement report can be found [here](#).

## Strategic Outcomes

Following our consultation with Carers we have set out four key strategic outcomes. These have been informed by the challenges Carers told us they face daily, and we are committed to working alongside carers and our partners to deliver on these as follows:

### Outcome 1: We will improve how we identify carers earlier in their caring journey with a focus on preventative support.

Action	Lead Areas	Timeframe
<b>1.1:</b> We will work with partners to promote regular and routine public messaging and awareness of what constitutes an unpaid carer and how they can access information, advice and support across South Ayrshire.	HSCP, Carers Gateway	<b>October 2026</b>
<b>1.2:</b> The HSCP alongside other partners will review existing training and awareness packages for staff around how to identify carers, understand their responsibilities and signpost to support.	Carers Gateway, VASA, HSCP	<b>October 2030</b>
<b>1.3:</b> We will continue to host events to raise awareness and ensure early identification of carers utilising Carers Week and Carers Rights Day and all local engagement events.	Engagement Officers, Carers Gateway	<b>October 2030</b>

More information available at the GP around what a carer is and what support is available would be useful.

My daughter sorted everything out, but it did impact on her working life.

When I needed support, the waiting time for support took too long to be in place.

I did not think of myself as a carer until I needed help.

<p><b>1.4:</b> We will utilise communication channels across both the HSCP and partners to ensure consistent messaging to raise awareness and provide information and access to identify carers and carry out a carers assessment at the earliest opportunity.</p>	<p>HSCP, Carers Gateway, Engagement Officers</p>	<p><b>October 2026</b></p>
<p><b>1.5:</b> We will develop a Carers Information Pack and video in partnership with the Carers Gateway and in consultation with carers groups.</p>	<p>HSCP, Carers Gateway</p>	<p><b>October 2028</b></p>

No structured support was available following diagnosis and change to life circumstances.

I only felt recognise in caring role by the cared for individual.

## Outcome 2: We will ensure carers have access to information and advice to support them in their caring role.

Action	Lead Area	Timeframe
<p><b>2.1:</b> We will work with carers and partners to ensure information and advice is provided in the right place at the right time.</p>	<p>HSCP, VASA</p>	<p><b>October 2030</b></p>
<p><b>2.2:</b> We will provide online information on the HSCP website, Connect South Ayrshire and the Bridgit portal run by the Carers Gateway.</p>	<p>HSCP, Carers Gateway</p>	<p><b>October 2027</b></p>

Someone to listen to my situation and provide me with the right information, advice and support would be a good starting point.

<p><b>2.3:</b> We will develop and host an accessible information guide to minimise financial disadvantage for carers with key information alongside access to support to complete benefit forms.</p>	<p>Information and Advice Hub, HSCP, Carers Gateway</p>	<p><b>October 2030</b></p>
<p><b>2.4:</b> We will ensure all staff are carer aware and there is no wrong front door enabling carers get the right information and advice from the start of their caring journey.</p>	<p>HSCP</p>	<p><b>October 2030</b></p>
<p><b>2.5:</b> We will a make clear link with all pre-existing and new strategies to ensure that Carers are promoted throughout these to support them in their caring role.</p>	<p>All Partners</p>	<p><b>October 2030</b></p>
<p><b>2.6:</b> We will ensure that all information and advice will be available in a range of formats, considering people with sensory needs, those who don't speak English and those with a learning disability.</p>	<p>HSCP, Carers Gateway</p>	<p><b>October 2026</b></p>

Online support and information that is relevant to South Ayrshire would have been helpful.

Information about support available out of normal working hours would be helpful.

Availability of information and advice was difficult to find and required me to share my story several times.

Better information around benefits, respite and support groups would have helped.

Following a change of circumstances, I struggled to access the information I needed.

## Outcome 3: We will value, recognise and support carers to maintain their own health and wellbeing in their caring role.

Action	Lead Area	Timeframe
<b>3.1:</b> We will consult with carers to review our current support planning and Short Breaks documentation.	HSCP, Carers Gateway	<b>October 2027</b>
<b>3.2:</b> We will work with Primary Care colleagues including General Practice and Pharmacy to ensure there is a pathway and carers are being identified and signposted at an early stage within our Primary Care settings.	HSCP, Primary Care Programme Lead.	<b>October 2028</b>
<b>3.3:</b> We will improve the process for contingency planning to support carers to manage any anxiety they have in relation to their caring role and balance their own health and wellbeing.	HSCP, VASA, Carers Gateway	<b>October 2028</b>
<b>3.4:</b> We will review and improve our current opportunities across the community for carers to access support including peer support groups and volunteering.	Carers Gateway, VASA	<b>October 2027</b>
<b>3.5:</b> We will ensure resources and support are flexible and available to carers to enable them to forward plan and manage their own health and wellbeing.	HSCP, VASA, Carers Gateway, SDS Lead Officer	<b>October 2027</b>
<b>3.6:</b> We will work across the partnership to improve sharing of carer support plans, to reduce duplication and enable carers to balance their caring responsibilities alongside their own health and wellbeing needs.	HSCP, Carers Gateway	<b>October 2030</b>

More flexible support such as a befriending service so I can get to my own appointments / meet friends etc.

The ability to have respite available and to be able to plan ahead could be better.

Support and guidance around planning for the future would reduce some anxiety - like P.O.A. information

A point of contact - someone just to listen to me - support with mental health is the key.

More focus and information around what is available to support with dementia

The process to access support was challenging - once it was in place things improved.

## Outcome 4: We will work ensure the involvement and voice of carers influences the work of the HSCP and wider partners.

Action	Lead Area	Timeframe
<b>4.1:</b> We will ensure the lived experience and voice of Carers is represented at the governance groups within the HSCP.	HSCP, Planning and Performance	<b>October 2026</b>
<b>4.2:</b> We will ensure Carers are consulted with on new policies and strategies being developed in the HSCP.	Carers Gateway, HSCP	<b>October 2030</b>
<b>4.3:</b> We will develop an annual carers survey with carers to gather feedback and listen to carers around what is working well and also what could be improved.	HSCP, Carers Gateway	<b>October 2027</b>
<b>4.4:</b> We are committed to developing a Champions Board for Carers alongside the Carers Gateway Service.	HSCP, Carers Gateway	<b>October 2026</b>
<b>4.5:</b> We will work to promote the role of carers to our Community Planning Partners.	HSCP, CPP	<b>October 2030</b>

Your services could work together better instead of me having to repeat my situation several times.

Everything seems to be online and as a result I am digitally excluded.

As a carer I felt invisible in my role- spending most of my time isolated at home.

My identity is more than being a carer and I have an opinion on how things could be improved.

As a carer I can feel invisible in my role and a loss of my own identity.

Some services are not 'Carer Aware', and work needs to be done around this.

## Monitoring and Review

We know how important it is to bring about real change by working towards achieving our vision for Carers in South Ayrshire. In order to demonstrate how we are making a difference, we will monitor our delivery this strategy through a range of activities set out in our delivery plan.

Internally our Carers Strategic Group, made up of key stakeholders in the carers landscape in South Ayrshire will meet bi-monthly to ensure key actions in the delivery plan are being progressed operationally.

We will provide six monthly performance reports to HSCP governance through the Performance and Audit Committee, a sub-group of the Integration Joint Board.

In addition to our internal monitoring and review, the Scottish Government required that we provide an annual return of information relating to support for carers in Scotland, this is called the 'Carer Census'.