



south ayrshire
health & social care
partnership

Live Well: Adult Carers Strategy 2025-30: Glossary



Carers Glossary

ACSP – Adult Carer Support Plan

ADP – Alcohol and Drug Partnership.

Advocacy - actively supporting or arguing in favour of a cause, policy, idea, or group of people.

Ageing population – a demographic trend where the proportion of elderly people in a country's population is increasing relative to other age groups, particularly the working-age population.

Carer – is someone who provides unpaid support to a family member, partner, friend, or neighbour who is ill, frail, disabled, has mental health needs, or requires help due to addiction or ageing.

Communities – a group of people who live in the same place/region, or a group of people with shared views, or a social group with shared characteristics.

Consultation – engaging in work to give and receive advice from people.

CPP – Community Planning Partnership.

Dementia – Dementia is a group of conditions that may be caused by a range of diseases which affect the brain. The most common types of dementia is Alzheimer's Disease and other common types are vascular dementia, frontotemporal dementia or dementia associated with Parkinson's disease.

GIRFE - Getting it right for Everyone.

Learning Disability - neurologically-based condition that affects how a person processes and learns information. It's characterised by difficulties in specific areas like reading, writing, math, or language, even with average or above-average intelligence. These difficulties can range from mild to severe and may affect someone throughout their life.

Local Eligibility Criteria - the criteria by which the local authority must determine whether it is required to provide support to Carers to meet Carers' identified needs.

Multi-agency - the involvement or collaboration of multiple organisations or agencies, typically from different sectors or areas of expertise, working together towards a common goal - especially in contexts like health, social care, education, emergency services, or public safety.

Multi-generational - the presence or involvement of multiple generations, typically from the same family or community - interacting, living, or working together.

Mental Health – a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community.

Neurodivergent - a term used to describe people whose brains work differently from what is considered "typical" or "neurotypical." This can refer to differences in thinking, learning, processing information and interacting with others.

Respite – Respite means taking a break from caring while the person who is cared for is looked after by someone else. This can be offered in a range of different ways such as the person who is cared for attending day care, sitting services in the house to allow the Carer for go out for a few hours or short breaks in a care home.

SAHSCP/HSCP – South Ayrshire Health and Social Care Partnership.

SDS - Self-Directed Support

Signposting – given timely information and are referred to relevant services by someone who understands your needs and what services are available.

Short Break – any form of service or assistance which enables the Carer(s) to have sufficient and regular periods away from their caring routines or responsibilities.

Stakeholders - people/businesses that support is needed to provide mental health services.

Strategy - a plan of action designed to achieve a long-term or overall aim.

Trauma - An extremely upsetting, stressful or threatening situation.

Trauma Informed - an approach or mindset that recognises the impact of trauma on a person's life, behaviour, and well-being, and responds in a way that is supportive, respectful, and avoids causing further harm

VASA – Voluntary Action South Ayrshire.

Young Carer – is a Carer who is under 18 years old. It also includes Carers who are 18 years old and remain at school.

YCS – Young Carer Statement

Young Carer Statement - to identify and record a young Carer's personal outcomes and to determine how these can be achieved.