



south ayrshire
health & social care
partnership

Adult Carers Strategy 2019 – 2024

May 2019



Contents

1. Purpose of Strategy.....	4
2. Who is a Carer?	4
3. Who We Are.....	5
4. Policy Context	6
5. Population Needs	7
6. Pressures and Available Resources	9
7. Developing the Strategy	11
8. Where Are We Now	13
9. Strategic Themes	15
10. What We Will Do Next	16
11. How We Will Know We Have Made a Difference	16
12. Glossary	17
13. Strategic Implementation Plan	18

Foreword

As Director of South Ayrshire Health and Social Care Partnership I am very aware of the significant contribution that unpaid carers make in our local area.

The Scottish Government has recognised this role in the recently enacted Carers (Scotland) Act 2016 which sets out a legislative basis for supporting carers. South Ayrshire Health and Social Care Partnership is delivering this locally on behalf of the Integration Joint Board.

At the time of the latest Census there were 11709¹ carers providing care. This caring role is the backbone of our local care provision.

In recognising this often unseen care, this Strategy, and its counterpart the Young Carers Strategy, set out a range of approaches to support carers in South Ayrshire.

Many people don't consider themselves to be a 'carer' – just a loving family member, good neighbour or friend. As part of the process to develop this Strategy, the Health and Social Care Partnership consulted with carers who advised that they need timeous, accessible information and advice and this is a prominent feature within this Strategy. Our aim is to identify carers early in order to offer information, advice and support including short breaks from the caring role.

Supporting carers is crucial to achieving the outcomes in a range of other local strategies including Adult Learning Disability, Adult Mental Health and Dementia.

This Strategy is about recognising the huge contribution that carers make in health and social care and in supporting carers to continue in their caring role whilst not compromising their own health and well-being.

This Strategy builds on a strong base of existing provision and, importantly, recognises the key partnerships and relationships that underpin local work.



Tim Eltringham

Director of Health and Social Care

May 2019

¹ Scotland's Census 2011; the number of people in South Ayrshire that identify themselves as a carer.

1. Purpose of Strategy

- 1.1 This document sets out the ways in which the provisions of the [Carers \(Scotland\) Act 2016](#) will be implemented in South Ayrshire.
- 1.2 This Strategy has a particular focus on delivering the outcomes associated with the new Act and seeks to improve outcomes for unpaid adult carers.
- 1.3 The Strategy sets out the local approach to identifying and supporting carers over the next five years.
- 1.4 One of the identified outcomes from the engagement with carers is the need for a separate strategy for young carers under 18 years of age, as it is recognised that the context for, and issues faced, by young carers are different from those of adult carers. The Young Carers Strategy will sit alongside the Adult Carers Strategy.
- 1.5 The South Ayrshire Carers Strategic Planning Group developed this Strategy and its associated strategic implementation plan with support from local partners, including [South Ayrshire Carers Centre](#), [Crossroads](#) and [Ayrshire Hospice](#).
- 1.6 Progress will be monitored and reported and the Strategy will be reviewed during its lifetime.

2. Who is a Carer?

- 2.1 A carer is anyone of any age that provides or intends to provide unpaid support and care for another person. They may care for someone who has a disability, a long-term condition, a life-limiting illness, mental health challenges or is affected by addiction.
- 2.2 An adult carer is defined in the Carers (Scotland) 2016 Act as a carer who is at least 18 years old and not at school.
- 2.3 The support carers provide may include giving emotional support; cooking and cleaning; dealing with medication or providing medical care; personal care, like washing or going to the toilet; or attending medical appointments with the person they care for.
- 2.4 A carer can provide care for a few hours a week or 24/7. The care they provide can be minimal or intensive. They may live or may not live with the person they care for. Some carers have to care for more than one person, which presents unique challenges. They may have had a caring role their whole life or it may only be for a short time.

3. Who We Are

- 3.1 The South Ayrshire Health and Social Care Partnership brings together a wide range of community and primary care health and social work services into a single operational delivery unit. In South Ayrshire, the Partnership includes Adult Services, Children's Health, Care and Justice Services. The Partnership is governed by the Integration Joint Board (IJB). The IJB has members from NHS Ayrshire and Arran, South Ayrshire Council, representatives of the Third Sector, Independent Sector, staff representatives and others representing the interests of patients, service users and carers.
- 3.2 The Integration Joint Board is a separate legal entity from both South Ayrshire Council and the NHS Ayrshire and Arran Board. It is responsible for planning and overseeing the delivery of a full range of community health and social work/social care services. The IJB is responsible for allocating the integrated revenue budget for health and social care in accordance with the policy priorities set out in its [Strategic Plan](#).
- 3.3 In practice, this means that services will work more closely together to deliver streamlined and effective support to people that need it.

3.4 Our Vision

'Working together for the best possible health and wellbeing of our communities.'

3.5 Our Mission

The IJB through the Health and Social Care Partnership will express its mission in this planning period (2018-21) through an approach rooted in the following principles:

- Support and services will be co-produced – 'doing with' not 'doing to.'
- Partnership with communities sharing all resources.
- People will be treated as equals and assets and strengths built upon.
- People will have access to good information and advice pre-crisis points.
- The system will be outcome focused, proportionate and responsive.
- Bureaucracy will be the minimum it needs to be.

3.6 Our Values

- 3.6.1 The following are the values to which those employed or contracted by the HSCP, or who are stakeholders in it, will be expected to adhere to:

We will be:

Caring
Positive
Respectful
Safe
Supportive

We will demonstrate:

Engagement
Integrity

3.7 Strategic Outcomes

3.7.1 The IJB has approved strategic outcomes and policy priorities which have been designed to deliver progress locally against the [National Health and Wellbeing Outcomes](#).

3.7.2 The Strategic Outcomes are:

- We will protect vulnerable children and adults from harm.
- We will work to provide the best start in life for children in South Ayrshire.
- We will improve outcomes for children who are looked after in South Ayrshire.
- We will reduce health inequalities.
- We will shift the balance of care from acute hospitals to community settings.
- We will support people to exercise choice and control in the achievement of their personal outcomes.
- We will manage resources effectively, making best use of our integrated capacity.
- We will give all of our stakeholders a voice.

4. Policy Context

4.1 The Carers (Scotland) Act 2016

4.1.1 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 plan](#); to someone who is identified as a carer. The support plan must include contingency planning and support the carer to meet their personal outcomes;
- A duty to set out and publish [local eligibility criteria](#) including recognition that support will be provided if the eligible criteria are met;
- A duty 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.

- 4.2 Supporting carers' links to many other local strategic programmes and there is a need to ensure clear links with these other work areas. The national and local policy context within which this Strategy document has been framed is set out at Appendix 1.

5. Population Needs

- 5.1 This section sets out the local context of present and future needs in relation to carers. The data below was gathered from the [Scotland Census 2011](#) and South Ayrshire 1000 [Quality of Life Survey 2016](#).

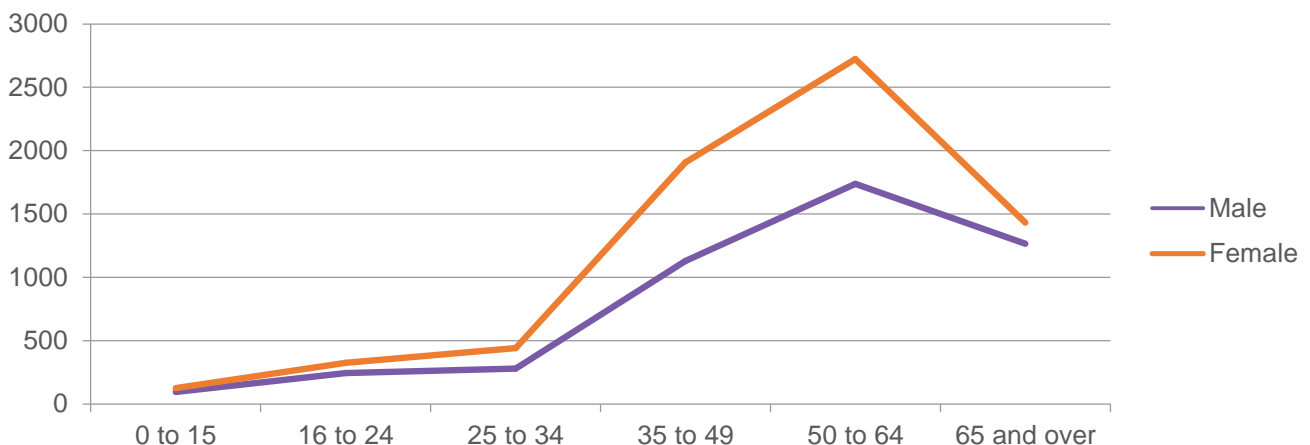
- 5.2 At the Scotland Census 2011, 11709 people in South Ayrshire identified themselves as a carer. This number takes into account both adult and young carers.

- 5.3 In the 2016 South Ayrshire 1000 Quality of Life Survey, more than one quarter (28%) of respondents said that they provided unpaid care in the last 12 months to someone with long term illness, disability or problems related to old age. This is the latest available figures and illustrates a significant increase in carers from the 2011 census information.

5.4 Age and Gender of Carers

- 5.4.1 6 in every 10 adult carers in South Ayrshire are female. (6957 Female) and (4752 males).

- 5.4.2 *Figure 1: Proportion of men and women who provide care increases with age until 50-64 age groups. The age of carers continues to increase to 50-64 and then decreases for both genders to 65+.*



5.5 Level of Care Provided by Age Group

- 5.5.1 The level of care provided is greatest in people aged 65 and over. 1406 carers aged 65 and over are providing 35 hours or more of care each week.

- 5.5.2 Although proportionally the under 25 age group are the least likely to be carers, those who do provide care carry out similar levels to those in the 50 to 64 age group.

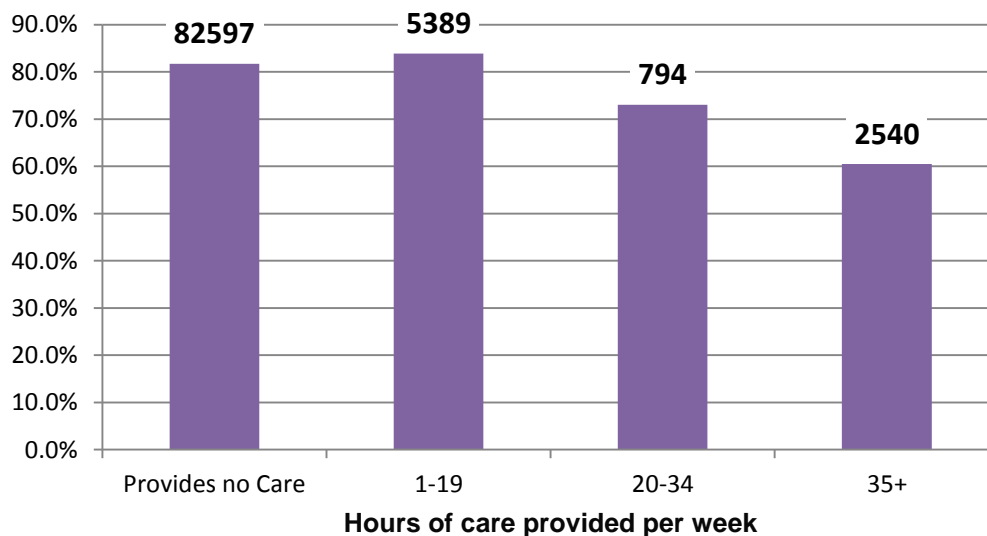
5.5.3 *Figure 2: The level of care provided varies between males and females.*

Level of Care (Hours per week)	Male	Female	Total
1 - 19	2572	3852	6424
20 - 34	425	662	1087
35+	1755	2443	4198
Total	4752	6957	11709

5.6 Adult Carers Health Status

5.6.1 8723 adult carers reported that they had very good/good health.

5.6.2 *Figure 3: Shows the number of carers who say their health is either “good” or “very good” decreasing by intensity of care.*



5.7 The information above will be updated upon publication of the next Scotland Census in 2021.

5.8 Further information on the health and social care needs of the South Ayrshire population is set out in the [South Ayrshire Health and Social Care Partnership Strategic Needs Assessment](#).

6. Pressures and Available Resources

- 6.1 At a time when the Health and Social Care Partnership is facing many financial challenges, it is important that Best Value is secured in the utilisation of all resources.
- 6.2 The following is a summary of the resources currently used for the support of carers:

Universal services

- Many universal health and care services, including primary care, provide a range of support to carers.

Services that support the 'cared for' person

- Many services that provide support to the 'cared for' person – both health and care – will also contribute to supporting carers, for example, day care and day activities.

Specific HSCP support for carers

- Specific parts of the HSCP, such as Social Work, Occupational Therapy and District Nursing play a significant part in supporting carers.

HSCP funded third sector projects/services

- The HSCP funds particular services for carers:
 - [South Ayrshire Carers Centre](#)
 - [Crossroads](#)
 - Day services and day activities
 - Respite and short break opportunities
 - [Alzheimer's Scotland](#)

- 6.3 Other organisations such as the Ayrshire Hospice provide support and assistance for carers. A full directory of services and support for carers in South Ayrshire can be found at www.south-ayrshire.gov.uk/carers/



6.4 Eligibility

- 6.4.1 In line with the requirements of the Carers Act 2016 the HSCP has developed and published [Local Eligibility Criteria](#) for carers.
- 6.4.2 The approach to applying eligibility is underpinned by a strong commitment to prevention and early intervention. The HSCP has a well-established working relationship with a range of third sector organisations that deliver preventative services across the communities of South Ayrshire. The focus of prevention and early intervention is to provide carers with the right support at the right time that enables them to continue in their caring role.
- 6.4.3 The HSCP will provide information, advice and signposting to individuals across all categories of eligibility. This includes information about access to services through existing arrangements with the third sector and signposting to services such as [South Ayrshire Life](#) that can provide links to a wide range of relevant opportunities.
- 6.4.4 The HSCP will only provide formal or directly funded services to carers that have been assessed as having a critical level of need.

6.5 Financial Information

- 6.5.1 The following table summarises the total spend by the HSCP on services to support carers in their caring role. The services provided to carers range from any of the self-directed support options, respite care or day care services.

2018-19	£
Short Break Opportunities including respite	£452,365
Option 1 and 2 respite equivalent	£143,580
South Ayrshire Carers Centre	£203,431
Crossroads	£320,329
Day Care and Day Activities	
<ul style="list-style-type: none"> • Kyle Day Centre • Girvan Opportunities Day Service • Chalmers Road • Arran View • Overmills Day Care • Nursery Court Day Care • Purchase of external day care provision 	<ul style="list-style-type: none"> £541,974 £597,357 £536,627 £299,462 £520,415 £409,711 £321,393
Option 1 and 2 Day care equivalent	£133,739
Total	£ 4,480,383

- 6.6 A significant challenge going forward will be the need to provide comprehensive and adequate services to support carers, whilst facing a restricted public service funding environment. This means ensuring HSCP services are efficient and effective, making best use of commissioned services, working in partnership with key independent/third sector partners and working closely with local communities.
- 6.7 Below are some examples of issues that will put pressure on the provision of carer support services:
- As an aging population with improved life expectancy, more people will have some sort of caring responsibility in the future.
 - People will live longer with increasing numbers of complex conditions.
 - Carers may be caring for people whose previous life expectancy was much shorter (for example, a person with Down's Syndrome).
 - Many carers face a dual caring role (for example, combine support for care of older parents with care for children with disabilities).
 - The dependency ratio (i.e. the ratio of the number of people aged under 16, plus number of people of pensionable age and over, to those of working age) in South Ayrshire is already significantly higher than the Scottish Average and will increase further over the next 10-20 years.
 - The net result of the South Ayrshire changes in population projected over the next decade will see outward migration of young people and inward migration of retired people, often with wider extended family support networks further away.

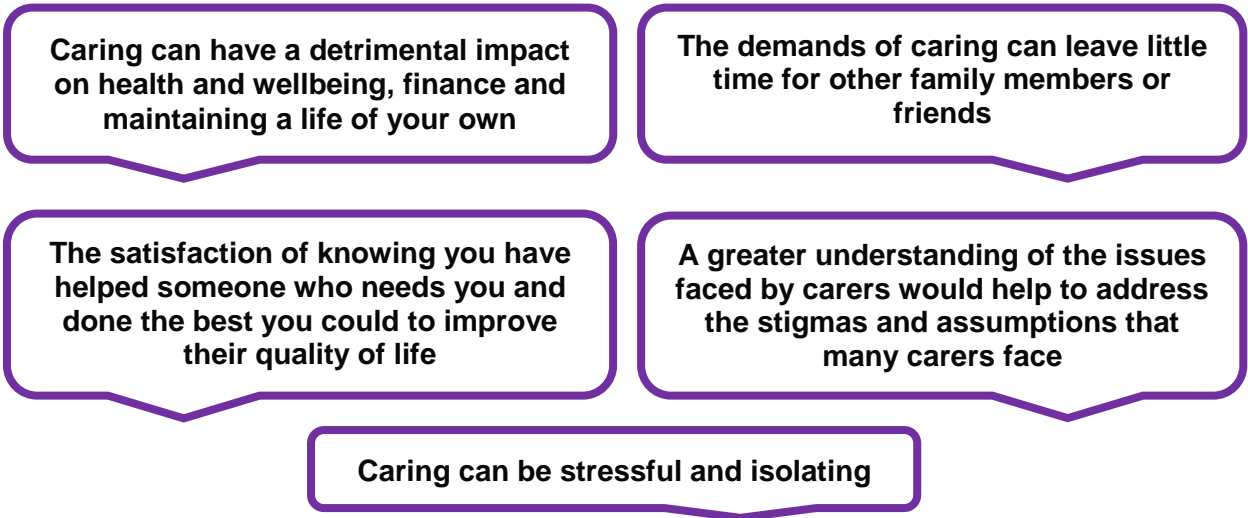
7. Developing the Strategy

- 7.1 A collaborative approach was adopted to the development of this Strategy with carers and the organisations that support them being at the centre of this process. The ways in which consultation with carers and stakeholders was undertaken is summarised below:
- A Carers Engagement Day was held for carers and wider stakeholders in South Ayrshire to identify priorities and actions for this Strategy;
 - A carer survey was available on-line;
 - Consultation with health and social care managers and frontline staff, Carers Reference Group, Locality Planning Groups, Community Planning Partners, Strategic Planning Advisory Group and Integration Joint Board;
 - Through national guidance and learning from pilot areas that have already developed carers strategies; and
 - Through the summary of strategies and policies (see Appendix 1) that provide a strategic level framework for service provision.
- 7.2 Approximately 230 carers and other interested parties were able to provide their views. The opinions and insights given were valuable sources of information.

7.3 What Carers Told Us

7.3.1 The following is a summary of the feedback provided from carers and carer support organisations which has helped shape this Strategy document:

7.3.2 Impact of Caring



7.3.3 Improving Support for Carers



7.3.4 Improving Information and Advice for Carers

Information and advice should be provided in a range of formats

Programme of drop-ins, outreach work and a telephone support line, could be developed, as many carers find it difficult to get the time to travel out with their area to get information and advice

Key areas where carer information should be placed, such as GP surgeries, pharmacy prescription bags, supermarkets and local libraries

Online tools such as websites, social media and online videos



7.3.5 The HSCP wishes to acknowledge the significant insights that were received from the carers, staff and organisations who participated in the consultation on this Strategy and which have been used to shape it.

7.3.6 A consultation report is available on the HSCP [website](#).

8. Where We Are Now

8.1 Within South Ayrshire, there are many examples of innovative practices and developments which demonstrate how services involve, include, enable and support carers. Since the creation of the HSCP in 2015 progress in supporting carers has included:

- Involved carers in strategic planning through [Carers Reference Group](#) and member representation on Strategic Planning Advisory Group and Integration Joint Board.
- Provided support to over 10,000 adult carers through [South Ayrshire Carers Centre](#).
- Provided 71 carers with a break from caring via [Creative Breaks](#) funding.

- Launched [Strictly Carers Magazine](#), a publication which provides information on local services and support for carers.
- A Carers Day at Prestwick Academy was held in 2016, 2017 and 2018, to celebrate carers and this has now been formalised as an annual event.
- Achievement of the [Carer Positive](#) award for South Ayrshire Council.
- Updated and improved the carers section on the South Ayrshire Health and Social Care Partnership [website](#).
- A range of briefing and training sessions have been delivered to all front line practitioners to ensure they are aware of their role and responsibilities in supporting carers.
- Carers are provided with advice, guidance and signposted to a range of relevant services that support them to carry out their role.
- [Self-Directed Support](#) is available to carers with eligible needs and allows them to have choice and control over the way the support they require is delivered.
- Published a [Short Breaks Statement](#) which provides carers who have eligible needs with the information they require to access opportunities that gives them a break from their caring role.



9. Strategic Themes

9.1 The following Strategic Themes have been identified as important by carers and they will be taken forward through the delivery of an Implementation Plan.

9.2 The four Strategic Themes identified will include key actions and these will be incorporated in the Implementation Plan set out in [Section 13](#).

1. I am recognised and valued in my caring role

We will focus on

1. Increasing awareness and identification of carers across health and social care, wider partners and the local community.
2. Recognising the value of carers as experts in their caring role.
3. Involving carers in the design and oversight of the delivery of local services.

2. I am supported in my caring role

We will focus on

1. Providing carers with access to relevant information and advice to support them in their caring role.
2. Supporting carers to understand their rights and how to access to Self-Directed Support.
3. Raising awareness and providing a range of community based carer support services across South Ayrshire.

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

We will focus on

1. Providing carers with information on how to access a short break from their caring role.
2. Supporting and improving the health and wellbeing of carers.
3. Enabling carers to make informed choices about their health and wellbeing.

4. I am not defined by my caring role

We will focus on

1. Supporting the development of peer support groups that can reduce social isolation facing carers.
2. Supporting carers to maintain or gain employment, develop new skills or participate in further education.
3. Encouraging local employers to create a supportive working environment for carers in the workplace.

10. What We Will Do Next

10.1 We will:

- Establish an implementation group including provider organisations and carers to manage the delivery of the Implementation Plan with representation from the respective partners, including provider organisations;
- Deliver the [Implementation Plan](#) for this Strategy;
- Link the Implementation Plan to available resources;
- Ensure action items are Specific, Measured, Achievable, Realistic, and Timed (SMART);
- Identify risks to achieving the Strategic Themes and propose mitigation measures;
- Develop new Commissioning Plans for all services to be provided;
- Put in place robust monitoring and reporting arrangements;
- Report on performance on a six monthly basis against the agreed performance framework;
- Review the Implementation Plan annually; and
- Consult with carers and partners as part of the mid-term review process in 2021.

11. How We Will Know We Have Made a Difference

11.1 We will measure performance, both qualitatively and quantitatively, against the Strategic Themes we have set and report on this to the Health and Social Care Partnership's Performance and Audit Committee. This information will be publicly available to all stakeholders through the [South Ayrshire Health and Social Care Partnership website](#).

11.2 Our Performance Framework is set out at Appendix 2 and details the systematic and robust approach we will adopt to demonstrate delivery against the Strategic Themes. We have also included a Strategic Risk Analysis at Appendix 3 and an Equality Impact Assessment at Appendix 4.

11.3 We will provide annual updates on implementation of the Strategy to community planning partners on the Community Planning Board.

11.4 Review of Strategy

11.4.1 In addition to the performance monitoring activity set out above, this Strategy will be subject to annual review and a formal review halfway through the period 2019-2024 (i.e. in late summer 2021).

12. Glossary

EPiC	Equal Partners in Care (EPiC)
EQIA	Equality Impact Assessment
GP	General Practitioner
HSCP	Health and Social Care Partnership
IJB	Integration Joint Board
SDS	Self-Directed Support
SPAG	Strategic Planning Advisory Group
VASA	Voluntary Action South Ayrshire

13. Strategic Implementation Plan

STRATEGIC THEME 1:

I AM RECOGNISED AND VALUED IN MY CARING ROLE

Objective Number	Action	Responsible Officer /s	Target Date(s)	National Outcomes Delivered	Funding Source
1.1.1	Develop and deliver carer awareness training sessions to staff within health and social care and community planning partners.	Head of Community Health and Care	31 December 2019, annually thereafter	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	IJB Integrated Budget
1.1.2	Develop and deliver a communications and engagement plan to raise the profile of carers, building on initiatives such as Carers' Week and Carers' Rights Day.	Senior Manager for Planning and Performance	31 December 2019, then annually	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	IJB Integrated Budget
1.1.3	Continue to develop the rollout of the annual Locality Planning Group Carers Days.	Partnership Facilitator	31 December 2020, then annually	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	IJB Integrated Budget

1.1.4	Work with Primary Care Providers to improve identification of carers.	Partnership Facilitator	31 December 2020	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	IJB Integrated Budget
1.1.5	Identify Carers Champions within health and care settings to raise awareness of carers' needs within primary care, district nursing and the acute sector.	Head of Community Health and Care	31 December 2020	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	IJB Integrated Budget
1.1.6	Work jointly with the Carers Centre to develop and promote a Carers Card for adult carers in South Ayrshire.	Senior Manager Planning and Performance	30 April 2021	People are able to look after and improve their own health and wellbeing and live in good health for longer.	Scottish Government Funding for Carers
1.2.1	Promote Carer Positive accreditation to Community Planning Partners.	Community Planning Lead Officer	31 December 2020	People are able to look after and improve their own health and wellbeing and live in good health for longer.	IJB Integrated Budget
1.2.2	Develop the Carer (Hospital Discharge) Support Service to support and involve carers in the hospital discharge process.	Partnership Facilitator and Carers Centre	Ongoing, 6 monthly review of progress	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Scottish Government Funding for Carers
1.3.1	Support the Carers Reference Group ensuring carers are represented across the locality areas.	Senior Manager Planning and Performance	Ongoing, 6 monthly review of progress	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	IJB Integrated Budget

1.3.2	Develop an annual Adult Carers Survey to collect the views and experiences of carers.	Senior Manager Planning and Performance	31 March 2020, annually thereafter	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	IJB Integrated Budget
1.3.3	Establish a Carers Strategy Implementation Group in which partners and stakeholders, including carers are represented.	Senior Manager Planning and Performance	30 September 2019	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	IJB Integrated Budget
1.3.4	Ensure carers are represented at both the IJB and the SPAG.	Senior Manager Planning and Performance	Ongoing, 6 monthly review of progress	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide.	IJB Integrated Budget

STRATEGIC THEME 2:

I AM SUPPORTED IN MY CARING ROLE

Objective Number	Action	Responsible Officer /s	Target Date(s)	National Outcomes Delivered	Funding Source
2.1.1	Review and update literature, website, policies and procedures to ensure that information for both carers and staff is accessible and relevant.	Senior Manager Planning and Performance	First review by 30 September 2020, then annually	Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services.	IJB Integrated Budget
2.1.2	Develop a Carers Information Booklet in partnership with the Carers Reference Group.	Senior Manager Planning and Performance	30 September 2020	Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services.	Scottish Government Funding for Carers

2.1.3	Ensure advocacy is available to provide independent support and advice for adult carers.	Senior Manager Planning and Performance	Ongoing, 6 monthly review of progress	People who use health and social care services have positive experiences of those services, and have their dignity respected	IJB Integrated Budget
2.1.4	Ensure carers are signposted to income and financial advice and support, including benefit maximisation.	Head of Community Health and Care and Carers Centre Lead	Ongoing, 6 monthly review of progress	People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community.	IJB Integrated Budget
2.2.1	Deliver SDS awareness sessions to staff and carers across a range of support services. Ensure front line staff are aware of their duty to offer carers choice and control.	Team Leader S.D.S.	31 December 2019 and annually thereafter	People who work in health and social care services feel engaged with the work they do and are supported to continuously improve the information, support, care and treatment they provide	Existing Resources
2.2.2	Review Local Eligibility Criteria on an annual basis and revise the document where necessary, ensuring that carers, relevant staff and partners are consulted on any changes.	Senior Manager Planning and Performance	31 March 2020, then annually	Resources are used effectively and efficiently in the provision of health and social care services.	Existing Resources
2.2.3	Develop carer support pathways across services with a particular focus on those linked to palliative care and life-limiting illness.	Senior Manager Planning and Performance	Ongoing, 6 monthly review of progress	People, including those with disabilities or long term conditions, or who are frail, are able to live, as far as reasonably practicable, independently and at home or in a homely setting in their community.	Existing Resources

2.2.4	Develop a pathway and protocol for transition planning for young carers.	Head of Children's Health, Care and Justice Services	30 April 2020	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	Existing Resources
2.3.1	Develop new commissioning plans for an adult carer support service in collaboration with provider organisations and carers.	Senior Manager Planning and Performance	31 May 2020	Resources are used effectively and efficiently in the provision of health and social care services.	IJB Integrated Budget
2.3.3	Explore options for providing access to a 24hr phone based support and advice service.	Carers Centre Lead	30 April 2021	People are able to look after and improve their own health and wellbeing and live in good health for longer.	IJB Integrated Budget
2.3.5	Continue to support and develop a range of community based carer information and support services within the Community Led Support (CLS) programme and South Ayrshire Life.	Senior Manager Planning and Performance and Partnership Facilitator	Ongoing, 6 monthly review of progress	Health and social care services are centred on helping to maintain or improve the quality of life of people who use those services.	IJB Integrated Budget

STRATEGY THEME 3:

I AM ABLE TO TAKE A BREAK FROM CARING AND LOOK AFTER MY OWN HEALTH

Objective Number	Action	Responsible Officer /s	Target Date(s)	National Outcomes Delivered	Funding Source
3.1.1	Review the Short Break Statement on an annual basis and revise the document where necessary, ensuring that carers, relevant staff and partners are notified of any changes.	Senior Manager Planning and Performance	31 December 2019, then annually	Resources are used effectively and efficiently in the provision of health and social care services.	IJB Integrated Budget

3.1.2	Support carers with eligible needs to have choice and control and access short breaks through access to SDS.	Senior Manager Planning and Performance	Ongoing, 6 monthly review of progress	Resources are used effectively and efficiently in the provision of health and social care services.	IJB Integrated Budget
3.2.1	Promote the Flu Immunisation programme to carers.	Partnership Facilitator	31 January 2020, then annually	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	IJB Integrated Budget
3.2.2	Ensure that commissioned carer support service offers a range of holistic and complementary therapies for carers.	Carers Centre Lead	30 April 2020	People are able to look after and improve their own health and wellbeing and live in good health for longer.	Carers Centre Budget
3.3.1	Work in partnership with health improvement to promote events, activities and campaigns which improve the health and wellbeing of carers.	Senior Manager Planning and Performance	30 April 2021, annually thereafter	People are able to look after and improve their own health and wellbeing and live in good health for longer.	Scottish Government Funding for Carers
3.3.2	Work with South Ayrshire Council to promote the Access to Leisure Card to eligible carers.	Senior Manager Planning and Performance	31 March 2020	People are able to look after and improve their own health and wellbeing and live in good health for longer.	SAC Revenue Budget

STRATEGIC THEME 4:					
I AM NOT DEFINED BY MY CARING ROLE					
Objective Number	Action	Responsible Officer /s	Target Date(s)	National Outcomes Delivered	Funding Source
4.1.1	Work with VASA and other Third Sector organisations to provide carers with opportunities to participate in volunteering and social interaction.	Partnership Facilitator	Ongoing, 6 monthly review of progress	People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being.	IJB Integrated Budget
4.2.1	Support carers to access education, training and employability opportunities.	Chair Carers Strategic Group and Carers Centre Lead	30 April 2021	Resources are used effectively and efficiently in the provision of health and social care services.	Existing Resources
4.2.2	Work with local colleges and universities to develop a joint approach to identify and support carers within higher and further education.	Chair Carers Strategic Group	30 April 2021	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Existing Resources
4.2.3	Deliver awareness raising sessions with local employers to highlight the issues that carers face in accessing employment and reduce any barriers.	Chair Carers Strategic Group	30 April 2021	People who use health and social care services have positive experiences of those services, and have their dignity respected.	Scottish Government Funding for Carers

This information can be made available, on request, in braille, large print or audio formats and can be translated into a range of languages. Contact details are provided below.

درخواست کرنے پر یہ معلومات ناپینا افراد کے لئے ابھرے حروف، بڑے حروف یا آڈیو میں مہیا کی جاسکتی ہے اور اس کا مختلف زبانوں میں ترجمہ بھی کیا جاسکتا ہے۔ رابطہ کی تفصیلات نیچے فراہم کی گئی ہیں۔

本信息可应要求提供盲文，大字印刷或音频格式，以及可翻译成多种语言。以下是详细联系方式。

本信息可慮應要求提供盲文，大字印刷或音频格式，以及可翻譯成多种語言。以下是詳細聯系方式。

ਇਹ ਜਾਣਕਾਰੀ ਮੰਗ ਕੇ ਬੋਲ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਸਣਨ ਵਾਲੇ ਰਪ ਵਿਚ ਵੀ ਲਈ ਜਾ ਸਕਦੀ ਹੈ, ਅਤੇ ਇਹਦਾ ਤਰਜਮਾ ਹੋਰ ਬੋਲੀਆਂ ਵਿਚ ਵੀ ਕਰਵਾਇਆ ਜਾ ਸਕਦਾ ਹੈ। ਸੰਪਰਕ ਕਰਨ ਲਈ ਜਾਣਕਾਰੀ ਹੇਠਾਂ ਦਿੱਤੀ ਗਈ ਹੈ।

Niniejsze informacje mogą zostać udostępnione na życzenie, w alfabecie Braille'a, w druku powiększonym lub w formie audio oraz mogą zostać przetłumaczone na wiele języków obcych. Dane kontaktowe znajdują się poniżej.

Faodar am fiosrachadh seo fhaighinn, le iarrtas, ann am braille, clò mòr no clàr fuaim agus tha e comasach eadar-theangachadh gu grunn chànanan. Tha fiosrachadh gu h-ìosal mu bhith a' cur fios a-steach.

South Ayrshire Health and Social Care Partnership

Tel: 01292 612419

Email: sahscp@south-ayrshire.gov.uk