

## Carers (Scotland) Act 2016 Briefing

The Carers (Scotland) Act 2016 was implemented in April 2018 and placed new duties on all Scottish local authorities and health and social care partnerships. The act applies to both adult and young carers and aims to support carers' health and wellbeing, to make caring more sustainable.

This briefing gives an update on developments relating to unpaid carers since our last one in March 2021. As the Coronavirus pandemic continues, our focus is to ensure we're supporting carers during this difficult time. Some scheduled work that had to change or pause has now resumed and we continue to carry out our duties under the Carers Act and make progress with actions identified in the Aberdeenshire Adult Carer and Young Carer Strategies <http://publications.aberdeenshire.gov.uk/dataset/local-carer-strategies>

Information regarding Coronavirus continues to be regularly updated. For latest information and advice please refer to NHS Inform (Scotland) [www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)

### Quarriers Aberdeenshire Carer Support Service

The impact of Coronavirus has been particularly difficult for unpaid carers with many having new or increased caring roles, or reduction in support the person they care for received. Our [previous briefing](#) advised how Quarriers staff continue to keep in contact with carers registered with them throughout the Covid pandemic. Adult Carer Support Plans (ACSP) and Young Carer Statements (YCS) continue to be progressed and Creative Break funding fulfilled alternative types of breaks for carers such as creative packs and laptops.

Carer Practitioners (employed by Aberdeenshire Council), who support carers in receipt of their own SDS budget, continue to make contact with them to check in and ensure that they have the support needed to continue their caring roles. These discussions have, in some cases, resulted in temporary changes to how carers use their budgets to support them to meet their outcomes where current restrictions affect this, in line with the Scottish Government/COSLA Guidance May 2020 relating to flexibility of use of Option 1 & 2 of Self-directed Support.

Quarriers Aberdeenshire Carer Support Service recently recruited a Carer Researcher for a 22-month post; to research the impact of Covid-19 on unpaid carers in Aberdeenshire and gather views of the support required. This will feed into development of the Aberdeenshire Carer Support Service. Quarriers have also recently recruited a Young Carers Toolkit Development Worker, to enable and support the development and implementation of the Young Carers Schools Toolkit in schools across Aberdeenshire.

Quarriers Aberdeenshire are running carer support cafes and mindfulness groups for unpaid carers, which will take place in person and via Microsoft Teams or Zoom. Session times for these can be found in the [Quarriers Aberdeenshire Autumn 2021 Newsletter](#). The school summer holidays saw the return of group activities for young carers with three Rainbow Days in August. The events were held at Haddo House and Lochter Activity Centre and plans are in progress for similar activities in the school October holidays.

Quarriers Aberdeenshire Carer Support Service offer advice, information and support to complete an ACSP or YCS. For information and advice for adult and young carers please contact Quarriers, Tel: **01467 538700** or Email: [aberdeenshircarers@quarriers.org.uk](mailto:aberdeenshircarers@quarriers.org.uk)

The Quarriers Virtual Carers Centre launched in June 2021 and is a hub of information and resources for carers of all ages. This includes national and local information and resources for carers, including Self-directed Support (SDS), Power of Attorney, Mental Health and the Aberdeenshire Unpaid Carer Information Pack. For more information visit <https://carers.quarriers.org.uk/>

Carers can also now access Quarriers' training courses online at [www.qlearn.org.uk/](http://www.qlearn.org.uk/) Courses include Acquired Brain Injury Awareness, Dementia Awareness, Introduction to Positive Approaches to Behaviour, Safer Handling of People and many more. Quarriers Aberdeenshire also now offer a Self-Advocacy course for carers. For more information contact Quarriers on **01467 538700** or email [aberdeenshirecarers@quarriers.org.uk](mailto:aberdeenshirecarers@quarriers.org.uk)

### **Engage Aberdeenshire - Carers Projects**

Engage Aberdeenshire is an online community engagement hub from Aberdeenshire Council which provides the opportunity to get involved and shape the future of Aberdeenshire. The web portal allows you to take part in consultation and engagement activities, share ideas, influence decisions and follow projects as they develop. Visit <https://engage.aberdeenshire.gov.uk/> for more information.

Carers project pages host engagements and consultations for services and support to adult and young carers in Aberdeenshire, along with links to Carer Strategies, Local Eligibility Criteria and other carer support information. You can also subscribe to project updates or ask a question through the project pages:

For Unpaid Adult Carers visit [Engage.Aberdeenshire. - Adult Carers](#)

For Young Carers visit [Engage.Aberdeenshire - Young Carers](#)

### **Updated Local Eligibility Criteria for Adult and Young Carers**

Earlier this year Aberdeenshire Health & Social Care Partnership and Aberdeenshire Council asked for views on the Local Eligibility Criteria for Adult and Young Carers. There is a statutory requirement to review the criteria every three years, and this was carried out through stakeholder consultation surveys in March 2021.

Feedback Reports detail our findings, as well as any changes to the newly published Local Eligibility Criteria. The reports also detail any actions taken as a result of comments received and can be accessed in Engage HQ and from the following links:

Adult Carers [Feedback Report](#) and [Local Eligibility Criteria](#)

Young Carers [Feedback Report](#) and [Local Eligibility Criteria](#)

### **Carer Involvement in Hospital Discharge – Pilot Project Launched in Grampian**

One of the duties of the Carers (Scotland) Act 2016 is to involve carers in the hospital discharge of the person they care for. A pilot project commenced in September in three wards across Grampian: Scolty Ward - Glen O' Dee Hospital in Banchory, GP Ward – Chalmers Hospital in Banff and Stephen Hospital in Dufftown for a period of six months. Surveys for staff, patients and carers at these wards were carried out prior to the pilot starting and will be carried out at the end, to measure the impact of the pilot.

### **New Aberdeenshire Young Carer Health and Wellbeing Grant**

Young carers in Aberdeenshire can now apply for a Health and Wellbeing Grant to take time out from their caring role and enjoy activities, hobbies or spend time with friends. Young carers can decide what to buy with the grant, as long as it helps to look after their health and wellbeing. The grant is a one-off payment that does not need to be paid back.

To apply for the grant, contact Quarriers Aberdeenshire Carer Support Service on **01467 538700** to ask for help to complete a Young Carer Statement. This will determine if a young carer can apply for the Grant, or if they would benefit more from an individual budget for ongoing support.

### **Carer SVQ Qualification for Aberdeenshire Carers**

Unpaid adult or young carers in Aberdeenshire can undertake a SVQ qualification whilst carrying out their caring role. There are now two internal assessors to support carers with this qualification: Anne Law, for when the cared for is an adult and Sandra Baxter, for when the cared for is a child. For more information email [carersvq@aberdeenshire.gov.uk](mailto:carersvq@aberdeenshire.gov.uk) or visit [Caring for others/training and qualifications](#)

### **Aberdeenshire Carer Support Webpages and Carer Support Literature**

Aberdeenshire Council's [Caring for Others](#) webpage contains useful links to other carer support webpages and to documents such as Local Carer Strategies, Eligibility Criteria, Unpaid Carers Information Pack, Short Breaks Services Statement and the Carer SVQ application form.

To request copies of Aberdeenshire carer support literature, or to provide feedback on carer support information please email [carersupport@aberdeenshire.gov.uk](mailto:carersupport@aberdeenshire.gov.uk)

### **National Care Service For Scotland Consultation**

Consultation on the proposed National Care Service for Scotland has been extended to 02 November 2021. The consultation sets out proposals to improve social care in Scotland and includes the proposed right to breaks from caring. More information can be found at [National Care Service For Scotland](#)

### **Next Briefing**

The next Carers Act Briefing will be circulated internally by email in March 2022. It will also be added to [Quarriers](#), [PAMIS \(Promoting a more inclusive society\)](#) and [Aberdeenshire Voluntary Action \(AVA\)](#)'s newsletters. The current briefing will be available on the Aberdeenshire Council website carer pages: [Carers Rights-and Legislation](#)

If you have any queries or feedback on our Carers Act Briefings, or would like to find out what support is available to carers in Aberdeenshire, please email us at: [carersupport@aberdeenshire.gov.uk](mailto:carersupport@aberdeenshire.gov.uk)

### **Carers Strategy Team**

October 2021