

“Caring with confidence and having a life outside of caring.”

2015-2018

Perth and Kinross Joint Strategy for Adult Carers



Introduction

This new plan will help to make carers' lives better in Perth and Kinross. We aim to help more carers to live independently at home with support, as and when it's needed.

A lot of people who are carers are people over 65 years old however, this plan is for all carers aged 18 years or over who live in Perth and Kinross.

This plan aims to help carers in the following ways:

- **Information and Awareness** - we will help carers to get the information they need faster and we will work hard to find carers in our communities who might need help and advice.
- **Early Support** - we will improve the help and support to carers in our communities before a crisis occurs and we will help people to manage their caring role while enjoying a life outside of caring.
- **Prevention** - by helping carers earlier we aim to prevent unnecessary admissions to a hospital or care home and help people to live in their own homes and local communities for longer.

Carers told us what they wanted and needed to continue in their caring role and with this mind, we have some exciting developments to take forward:

- **Carer Support Workers** - there will be more workers in our communities to help carers with information, advice and support before a crisis occurs and to support people who might not recognise themselves as a carer.
- **Carer Involvement** - we will start to involve carers in deciding where money is spent on their support.
- **Carers Hub** - carers told us they wanted one place to go for all information, advice and support, and they also wanted a person to be able to talk to. The carers hub will do this and will use different ways to provide information to carers, as and when they need it.
- **Minority Ethnic Including the Gypsy/Traveller Community** - we will increase our connections with the minority ethnic, including Gypsy/Traveller communities to support them in their own unique ways.
- **Carers Kitemark** - carers who work will be supported as much as possible in their workplace and will be helped to manage their working and caring roles.

Vision

The vital contribution through unpaid caring is fully valued, and organisations and citizens together produce solutions that best support caring and a life beyond caring.

Our Aims

Through this plan we will:

- *work with people on their terms, including identifying people who may not recognise themselves as a carer;*
- *help carers to be independent while also offering support as needed to all people in a caring role;*
- *support carers in providing opportunities for shaping and improving services as needed;*
- *support people to maintain their health, wellbeing and a life beyond their caring role;*
- *ensure fairness and equity in everything we do in Perth and Kinross;*
- *further the development of our workforce to ensure we have competent, caring and supportive workers.*

What Carers Told Us

Carers told us what is working well to help them continue in their caring role. This included the:

- *range and offer of complementary therapies;*
- *access to respite;*
- *availability and access to organisations including Alzheimer Scotland and Independent Advocacy;*
- *support of council services including housing, reablement, occupational therapy, adaptations and community alarm;*
- *various support groups and events including conferences, cafés and groups offering support, advice and information;*
- *staff who show empathy, quality in the work or service they provide, consistency of workers and those who have 'people skills' were most valued;*

- *involvement of carers in their own support plans and those of the cared for person which helped them to feel more in control;*
- *training on offer.*

Carers also told us they would like:

- *one place to go for all support, advice and information;*
- *carer support plans which better reflect their needs and outcomes;*
- *increased help and support from employers for working carers;*
- *better use of GP surgeries for carer assessments and information;*
- *a named person to help them manage their caring role as and when it's needed;*
- *staff training in the needs of carers.*

About the Strategy

This plan is a working document and it will continue to be developed throughout its 3 year life. We are always happy for your feedback and we will update the action plan on a regular basis to take account of your comments and suggestions.

We can gather your feedback through the various events, forums and meetings which we organise, or you can have your say about this plan by writing with your comments to:

Paul Henderson, Service Manager, Perth & Kinross Council

Housing & Community Care, Perth & Kinross Council,
Pullar House, 35 Kinnoull Street, PERTH, PH1 5GD
Tel **01738 475000** • Email **PHenderson@pkc.gov.uk**

Lindsey Miller, Service Manager, NHS Tayside

Pullar House, 35 Kinnoull Street, PERTH, PH1 5GD
Tel **01738 475000** • Email **lindseymiller@nhs.net**

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