

How we will do this	What will we do?	Responsibilities and timescales	How we will measure how well we are doing	National Health and Wellbeing Outcomes delivered
<p>1. Provide a wide range of training opportunities for carers to develop confidence and skills.</p>	<p>We will continue to roll out a programme of training to carers and in particular work with charities to give carers the training they identified to support the person they care for.</p>	<p><b>Lead Professional: Learning and Development Officer - Carers</b></p> <p><b>Target Date:</b> June 2023 with programme under 6-month review</p>	<ul style="list-style-type: none"> <li>• Number of carers who are accessing training opportunities.</li> <li>• Number of training opportunities made available.</li> </ul>	<p>Health and Social Care services are centred on helping to maintain or improve the quality of life of people who use those services.</p> <p>People who provide unpaid care are supported to look after their own health and wellbeing, including reduce any negative impact of their caring role on their own health and wellbeing.</p>
<p>2. Provide opportunities for carers to be active partners in planning and shaping supports that promotes better emotional/physical wellbeing and life balance.</p>	<p>Support carers to be active partners in planning supports to enhance their health and wellbeing.</p>	<p><b>Lead Professional: Wellbeing Support Team Co-ordinator</b></p> <p><b>Target Date:</b> December 2023 ongoing with annual review</p>	<ul style="list-style-type: none"> <li>• Percentage of carers who are satisfied with opportunities to maintain or improve their health and wellbeing.</li> <li>• Percentage of carers who feel they have a good balance between caring and other things in their lives.</li> <li>• Percentage of carers who feel the support they received had a positive impact on their health and wellbeing.</li> </ul>	<p>Health and Social Care services contribute to reducing health inequalities.</p>

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<p>3. Work with partners to recognise how to provide specific information and support to carers inclusive of different protected characteristics, cultural backgrounds, and communities.</p>	<p>We will continue to work alongside local community groups to ensure that culturally specific support for carers is available, as required.</p>	<p><b>Lead Professional:</b> <b>Carers Centre Manager:</b> <b>Target Date:</b> December 2023 and ongoing with annual review</p>	<ul style="list-style-type: none"> <li>• Number of carers from minority backgrounds, etc engaging with our services.</li> </ul>	
<p>4. We will work on the learning from Promoting Variety programme to develop and improve accessibility and availability of short breaks to support carers to continue to care and to develop supply of locally available, tailored short breaks that meet the identified needs of carers within Perth and Kinross.</p>	<p>We will also take learning from the programme for other projects completed across Scotland to identify proven successful new supports for carers.</p>	<p><b>Lead Professional:</b> <b>Service Manager</b> <b>Strategic Lead Carers</b> <b>Target Date:</b> December 2023</p>	<ul style="list-style-type: none"> <li>• Projects taken forward from Promoting Variety</li> </ul>	

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<p>Build on our approach to self-directed support to enable carers to meet their outcomes (what matters to them).</p>				
<p>5. Explore further opportunities for social and financial inclusion.</p>	<p>For Social Inclusion we will continue to support and develop with local community groups based on the feedback from our consultation we have identified Carers Card UK which provides a multi-functional card for carers which provides online discounts and can be developed with discounts for local businesses.</p>	<p><b>Lead Professional:</b> <b>Service Manager</b> <b>Strategic Lead Carers</b></p> <p><b>Target Date:</b> Social Inclusion - February 2024 with 6-month review</p> <p>Financial Inclusion - December 2023 with annual review</p>	<ul style="list-style-type: none"> <li>• Number of carers referred to Welfare Rights.</li> <li>• Number of “Carer Positive” awards to local businesses.</li> <li>• Number of Carers accessing short breaks through Time 4 Me and respite.</li> <li>• Number of people with caring responsibilities who are supported by Citizen’s Advice.</li> <li>• Number of discount cards taken up by Carers (Carers UK).</li> </ul>	

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<p>6. TEC – Work to promote the TEC Strategy Outcomes and improve the wellbeing of carers through use of TEC through promotion and demonstration.</p>	<p>We will continue to embed and enhance this activity to demonstrate the benefits of digital devices to support the needs of carers.</p>	<p><b>Lead Professional: Team Leader TEC Strategy</b></p> <p><b>Target Date:</b> December 2023 and 6-month review</p>	<ul style="list-style-type: none"> <li>• Number of presentations and roadshows.</li> <li>• Visits to the Smart flat/room.</li> </ul>	
<p>7. Work alongside Suicide Prevention and Mental Health services and charities to reduce the impact of caring on carers’ mental health and wellbeing.</p>	<p>We will work together with the Suicide Prevention Coordinator to reduce the impact of caring on carers’ mental health to reinforce recommendations in the National Strategy.</p>	<p><b>Lead Professional: Suicide Prevention Co-ordinator/ Senior Service Manager - Mental Health</b></p> <p><b>Target Date:</b> Plan to be in place by December 2023 with ongoing 6-month review</p>	<ul style="list-style-type: none"> <li>• Percentage of carers who feel the support they received had a positive impact on their health and wellbeing.</li> <li>• Percentage of carers who feel supported to be able to continue in caring role.</li> </ul>	
<p>8. Explore the development of a volunteer Befriending Service for Carers to support them when regulated care is not required.</p>	<p>We will explore the potential to use community volunteers to support carers.</p>	<p><b>Lead Professional: Team Leader Older Adult/Learning Disability</b></p> <p><b>Target Date:</b> March 2024</p>	<ul style="list-style-type: none"> <li>• Percentage of carers who feel the support they received had a positive impact on their health and wellbeing.</li> <li>• Percentage of carers who feel supported to</li> </ul>	

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