

**Do you provide care for someone?**

*You may be a parent, a partner, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. If you provide them with help and support to manage their life – you are also a carer.*

## What to expect when You make an adult carer support plan

### What is an adult carer support plan?

An adult carer support plan (ACSP) starts with a conversation where you discuss your caring role and what is important to you in your life. It helps plan what could help you work towards your goals.

### Why is an adult carer support plan important?

An adult carer support plan helps you to think about what support you might need if you wish to continue caring and what could help you to have a life alongside caring. The plan sets out any needs you have and how they will be met.

Making a plan also helps to decide which level you reach in the local eligibility criteria for support. This will be used to decide what support you **have a right to**.

No matter what level you are, every carer can access information and support from community organisations like your local Carer Centre and you may also be able to access other forms of support too.



### The Carers Act

As of April 2018, the Act means all adult carers have the right to an adult carer support plan. For young carers this is called a young carer statement.

Local authorities also have new duties to support carers which include

- A power to support carers and a duty to support carers who have needs that meet the local eligibility criteria
- A duty to provide an information and advice service to carers
- A duty to publish a Short Breaks Services Statement by 31 December 2018

Local Health Boards also have a duty to involve carers in discharge from hospital and a duty to prepare a local carer strategy with the relevant authority.

## How do you make an adult carer support plan?

Before you have a conversation with your worker it can help to think of a typical day helping the person you care for and make a note of your needs and concerns. If the caring situation changes a lot over time, think about what a good and bad day look like. Also think about the things that could help you cope with caring.

Your worker might talk about outcomes with you. Outcomes are a way of describing what is important to you and what your aims and hopes are. Some examples of outcomes are:

- Being as well as you can be
- Feeling valued
- Feeling informed
- Having a life outside of caring
- Being listened to

The key points of the conversation are written down with agreed actions and this becomes the adult carer support plan. You will have a copy to keep. If you wish, a copy can also be given to any other person you choose.

## How can I find out more about having an adult carer support plan?

Different arrangements are in place across Scotland for accessing an adult carer support plan, get in touch with your local Carers Centre who can advise on local information.

The Dochas Carers Centre supports unpaid carers living in Mid Argyll, Kintyre and the Isles.

## Examples of support for carers

- Information and advice
- Welfare rights and advocacy
- Carer cafes and support groups
- Short breaks or respite
- Counselling or one to one support
- Relaxation therapies, stress management sessions
- Carer training courses
- Leisure activities like walking groups, swimming, singing or art.



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**For more information,  
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