

# North Lanarkshire Strategy for Adult Carers and Young Carers 2019 - 2024

## Executive Summary



Significant new rights, improving support and recognition for unpaid carers came into force with the launch of the Carers (Scotland) Act 2016. This legislation placed a requirement on each local authority and relevant health board to prepare a local carers strategy. The provisions of the Act commenced on 1 April 2018.

Key aspects of the Act for Local Authorities, NHS and Health and Social Care Partnerships include:

- Provision of an information and advice service
- Provision of Adult Carer Support Plans (ACSP) or
- Young Carer Statement (YCS) for any carer/young carer who requests one,
- Production of a Short Break Services Statement
- Involvement of carers in hospital discharge arrangements.

North Lanarkshire Health and Social Care Partnership are committed to working in partnership with carers to help us improve the way we provide support to carers of all ages. Our strategy, developed alongside carers and the organisations that support them, outlines how we hope to do this.



# Our Shared Vision and Principles

We recognise the importance of promoting and improving health and wellbeing, providing preventative services and supporting early intervention. We acknowledge the increasing emphasis on supporting people in ways that help them to retain their ability to live within their own community, maximise their independence and give them choice and control over the services that they receive.

"thank you for listening to me today"

We understand that for many people, this will involve help and support from a carer. The strategy gives detail of what we need to do to support carers more fully. We need to recognise and meet the needs they may have in their own lives, as well as work together to address the needs of the person they are caring for. This approach is fundamental to sustaining supportive and resilient families and communities.

The key message from the strategy is that people do not have to care alone and that they can access information, advice and support to help meet their needs. This will enable them to lead healthy and fulfilled lives, balance their caring role and life outside of caring.

## Partnership Working:

*'Carers rights day was celebrated with a joint award event that brought local and national organisations together to highlight the impact of partnership working. The event highlighted the importance of employers supporting carers in the workplace through achieving Carer Positive status as well as recognising the need to address the mental health stigma and discrimination faced by unpaid carers by signing the Stigma Free Lanarkshire pledge. North Lanarkshire Carers Together and Lanarkshire Carers have both achieved Care Positive Exemplary Status.'*



# What we know about carers in North Lanarkshire

From the 2011 national census, there were over 34,000 people in North Lanarkshire providing care for another person.

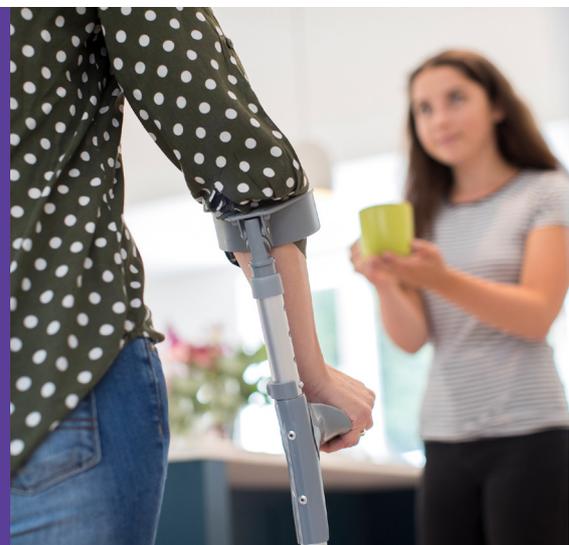
This equated to just over 10% of the population of North Lanarkshire Council

- **20,436 (59%) of carers were female and 13,957 male (41%)**
- **82% of carers were aged 35 or over**
- **5,946 (17%) of carers were over 65 years**
- **10,500 (30%) of carers provided care for more than 50 hours each week.**
- **2,817 (8%) of carers were under 24 years**
- **667 young carers were aged between 0-15 years**
- **106 young carers aged 0-15 cared for more than 35 hours every week**
- **502 (7%) people from the Black and Minority ethnic population in North Lanarkshire described themselves as carers.**
- **2,896 (8%) of carers described themselves as having very bad health**
- **56% of carers were employed or self employed**
- **22% of carers were retired**

We appreciate that the number of carers is likely to be even higher. We know that many more people are adversely affected by long term, life limiting illnesses than ever before, with those providing support not reporting or defining themselves as a carer.

## Merryn told us:

*"I am an unpaid carer, I have been a member of NLCT and have been involved with many aspects of the Organisation, firstly as an unpaid carer member, attending LPG groups, volunteering and a Forum member. Sometimes at meetings I can be a bit uncomfortable speaking out but feel completely at ease with the staff at NLCT. I feel confident and anything carer related I can turn to NLCT, they have an open door policy, expert wealth of knowledge in the field of carers and carers rights as well as having knowledge of the conditions of those we are caring for and the challenges these can bring."*



# Carers Services in North Lanarkshire

We know that there is no typical carer.

There are carers of all ages; young carers, young adult carers, parent carers of children with a disability, working age carers and older carers. Their communality is that they all look after family, partners or friends in need of help because of illness, frailty or disability. The care they provide can be physical, practical, emotional, social or a combination of all of these.

We know that carers are individuals who more often than not do not see themselves as carers, but consider themselves above all as a parent, wife, husband, partner, son, daughter, friend or neighbour. The strategy recognises this diversity.

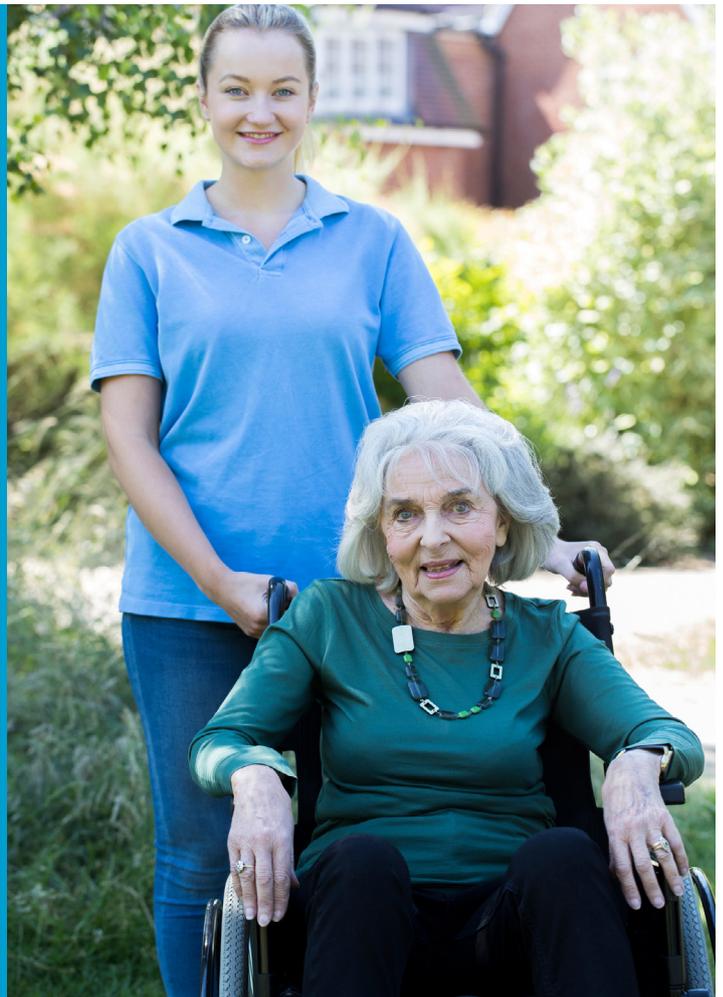
Some carers may find it difficult to keep themselves and those they care for safe and may be identified as an adult at risk if there is concern for their safety. Carers and Advocacy services are committed to the principles of the Adult Support and Protection (Scotland) 2007 Act to safeguard and protect people. Carers are represented at Committee and other planning forums, in addition to supporting individuals. More information on Adult Support and Protection in North Lanarkshire, can be found by clicking <http://northlanarkshire.gov.uk/adultprotection>

## **Lanarkshire Carers deliver Adult Carer Support Plans that identify personal outcomes and positive feedback received from carers:**

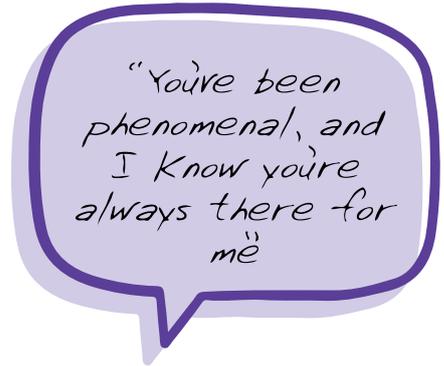
*"The Adult Carers Support Plan has been a blessing, my step is lighter and my shoulders have straightened. I cannot believe how quickly things have moved on thanks to your help.*

*Having the financial barrier removed and being able to get a regular break means I can relax and keep my batteries charged. I've also gained new friendships through engaging with sessions you arrange.*

*The information you provided has not only increased my knowledge, I can also see that support is out there for me and not just for the person I care for. I feel more supported now"*



Adult Carer and Young Carer services have been commissioned to provide direct information, advice and support services across North Lanarkshire which is community based and outcome focussed. Alongside this is a complementary service that provides information, promotes the rights of, and campaigns on behalf of carers across all ages and social circumstances. The three commissioned services that are available to provide support for carers as follows:



## Young Carers Support Services

### Action for Children Young Carers Service

<http://www.northlanarkshireyoungcarers.org>

North Lanarkshire Young Carers Project supports young carers aged 8-18 (or age 18 and still at school). They raise awareness, identify and provide direct support to children and young people who look after or help to look after someone in their family who is unwell or disabled, including children caring for parents who have mental health or substance misuse problems. The direct support they provide includes: Young Carers statements, personal support, advice and guidance, individual and group and activities during school holidays, help to access specialist services, help services such as leisure and youth services.



## Direct support for adult carers

### Lanarkshire Carers

<http://www.lanarkshirecarers.org.uk>

Lanarkshire Carers is a carer led and run organisation providing awareness raising, engagement, information, advice and direct support services to adult carers, complimented by Lanarkshire wide activity. Locality based, co-located carer support workers deliver outcome focussed Adult Carer Support Plans. Lanarkshire Carers offer a dedicated Black Asian Minority Ethnic (BAME) Carers service. Staff are able to speak four languages and can provide information in Urdu, Polish, Arabic, Punjabi, Chinese, Large Print and Braille. Lanarkshire Carers Short Breaks Bureau provides information for carers and professionals as well as access to a range of direct grants for carers. An extensive carer training programme covering condition specific workshops is also offered. A host of other services are provided, details of which can be found on our website.

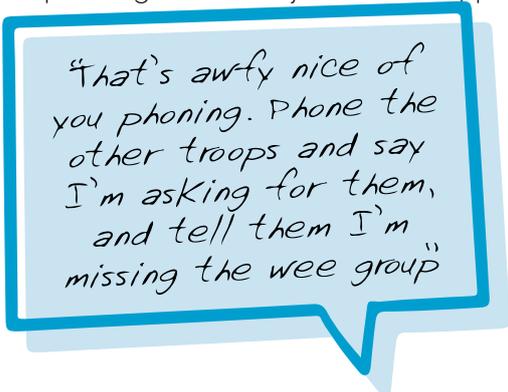


## Carers campaigning, information and representation services

### North Lanarkshire Carers Together

<http://www.carerstogether.org>

North Lanarkshire Carers Together is the overarching carer information service in North Lanarkshire, overseeing a range of information and advice services relevant to carers' needs. They work in partnership with health and social care, community and voluntary sector colleagues to identify and to support hard to reach carers. Their services include: income maximisation, advice, health and wellbeing, emergency planning, community and carer supports. The service provides a network for carers to represent individual and collective issues that influence and contribute to policy development, service provision and evaluation both locally and nationally.



## Community Solutions Programme

<http://www.voluntaryactionnorthlanarkshire.org>

This is a strategic funding programme for the community and voluntary sector managed by VANL, the third sector interface in North Lanarkshire. Health and Social Care North Lanarkshire has invested in a number of condition specific, locality based services which offer information, activities and support to carers.

# Implementation and delivery of the strategy

The aims set out within the strategy require a multi-agency and partnership approach. To achieve this, we have an established Carers Strategy Implementation Group [CISG, with responsibility for overseeing the delivery of the strategy and monitoring performance.] The CISG has representatives from a number of support organisations along with representatives from North Lanarkshire Council Health and Social Care Partnership, Community Solutions, NHS Lanarkshire and Education and Families. A carer representative who sits on this group is also a member of the HSCP Integrated Joint Board.

## How do we know if we're achieving the aims of the strategy?

The strategy is not a fixed and final plan, but a dynamic and fluid framework that sets out what will be taken forward over the next six years. Two action plans, one for adults and one for young carers have been developed. These plans detail key actions, personal and organisational outcomes, lead responsibilities, timescales, resource implications and performance measures, all of which focus on the outcomes we want to achieve.

## Consulting and involving carers, carer organisations and other stakeholders

We recognise the importance of carers having their voices heard and are consulted to ensure that their needs are being met. We acknowledge carers are our key partners in care and that their invaluable perspective can support the development of future provision.

## Finally...

The strategy is a partnership plan, with a variety of people across arrange of sectors having responsibility for working collaboratively to ensure effective implementation. We thank your all for your support and contribution. We recognise that carers are key partners in care. Their valuable perspective has informed this strategy, and will support the development of future provision.

We will regularly review the impact and benefits delivered with our stakeholders. Progress will be reported to the Health and Social Care Partnership, North Lanarkshire Council, NHS Lanarkshire and the Scottish Government.

Copies of the full Carers Strategy is available on partner websites.

If you require further information, please contact Maria Williamson, Manager, Commissioning and Quality Assurance at [williamsonm@northlan.gov.uk](mailto:williamsonm@northlan.gov.uk).



*"I didn't know any of this information - thank you for all your help"*




*Thanks so much, you are all great at your jobs!*



Lanarkshire  
Carers

