

Practical help with caring

for family members, partners and friends

VOCAL - Voice of Carers Across Lothian

August 2018

Carers can access practical support through their local carer centres and carer support groups and through the City of Edinburgh Council's Health and Social Care department.

Carer Support Plans

Under the Carers' (Scotland) Act, all carers have a right to request an Adult Carer Support Plan (ACSP) or Young Carer Statement (YCS). At time of writing this is only available to carers in a small area of Edinburgh but should be rolled out later in 2018/early 2019. The ACSP should set out your identified needs and the support to be provided to meet these needs which may include maintaining your own health and well-being and balancing caring with other areas of your life such as employment or social activities.

Short breaks for carers

Short breaks offer carers a break from daily routine, time to pursue personal interests and improve confidence, health and well-being.

Breaks can vary from a few hours to a few weeks and may be arranged on a regular planned basis, as a holiday, or to deal with an unexpected emergency. Breaks can also take many forms - you can go away or stay at home; try something new or make time for your old interests; spend time on your own or with others.

Planning and arranging a break

Short break (respite) services can be arranged through City of Edinburgh Council's Health and Social Care department. The first step is to get an Adult Carer Support Plan (see above), and the person you care for will require an assessment of their needs.

VolunteerNet

City of Edinburgh Council has a support scheme for carers called VolunteerNet.

The service has volunteers who can sit with someone while a carer goes out or carry out odd jobs such as shopping or gardening on the carers behalf. Contact Social Care Direct on **0131 200 2324**.

Stepping Out[®] weekends

Free short residential breaks which take place from a Friday afternoon to the Sunday afternoon at Low Port Education Centre in Linlithgow. Contact Care for Carers on **0131 661 2077** or visit: **www.care4carers.org.uk**

Take a Break

Take a Break is administered by the Family Fund, to fund single or ongoing breaks for families caring for a disabled or seriously ill child or young person. Email **info@takeabreakscotland.org.uk** or visit the website: **www.takeabreakscotland.org.uk**

BreakAway helps people with a learning or physical disability aged 16 to 65 who live with their family or carer to find and create the right break for them. The Council must have assessed the needs of the person you care for and agreed to an individual budget for respite care before the Break Away can help - call **0131 200 2324**.

If you are arranging a short break yourself, then there are a number of factors to consider, including cost. Shared Care Scotland provide a range of tools and resources for carers who are planning short breaks - visit their website: www.sharedcarescotland.org.uk or call **01383 622462**.

There are a number of organisations that offer support to carers to finance short breaks, including VOCAL. With funding from Shared Care Scotland's Creative Breaks Fund, **VOCAL's Short Breaks Fund** has funding available to help you take a break from your caring role. Contact VOCAL on **0131 622 6666** or visit: www.vocal.org.uk/short-breaks-fund

Direct payments for carers

The Self-directed Support Act provides local authorities with a power to support carers in their caring role. Where such support is provided, local authorities have a duty to offer the carer the same options for their support as are provided to service users. The SDS statutory guidance reinforces this message and sets out how support to carers can prevent crisis.

For more information about direct payments for carers visit: www.selfdirectedsupportscotland.org.uk or contact VOCAL on **0131 622 6666**.

Learning opportunities for carers

VOCAL runs a number of free courses for carers in partnership with NHS, social care and other voluntary organisations. As well as courses about particular conditions (eg. dementia, stroke, MS, child with additional needs), there are many other free seminars, learning and leisure opportunities designed to maintain carers' health and well-being, improve confidence and skills required in their caring role and provide the opportunity to meet other carers. Visit: www.carerevents.co.uk for more details.

Support for carers in Edinburgh

VOCAL Carers Centre

- 0131 622 6666

Edinburgh Carer Support

- 0131 536 3371

MECOPP

- 0131 467 2994

Ca(i)re Befriending Project

- 0131 446 3317

Care for Carers

- 0131 661 2077

Edinburgh Carers Council

- 0131 322 8480

Support in Mind Scotland

- 0131 662 4359

North West Carers

- 0131 315 3130

Oxgangs Carers

- 0131 445 3332

Broomhouse Carers

- 0131 455 7731

Queensferry Carer Support

- 0131 622 6666

Pasda

- 0131 475 2416

Edinburgh Headway Group

- 0131 537 9116

Lothian Centre for Inclusive Living

- 0131 475 2350