

# Clackmannanshire & Stirling Carer Support Framework

(Carers Eligibility Criteria)

2023 - 2026

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## 1. Carers Act context

**Clackmannanshire and Stirling Health and Social Care Partnership** endeavour to support all unpaid carers<sup>1</sup> in partnership with local Carers Centres, carer representatives and wider third sector partners working to support carers. The focus is on having good conversations and asking you as a carer what you need to improve your life as well as what support you require to continue in your caring role.

Health and Social Care Partnerships have a duty under the Carers (Scotland) Act 2016 to set out and publish a local eligibility criteria for carers which is determined by criteria and the impact thresholds. This outcomes focused carer support framework is Clackmannanshire and Stirling Health and Social Care Partnerships promise whereby all carers can access support who are impacted by their caring role. This is possible due to the funding provided by the Health and Social Care Partnership to the local Carers Centre to widen the scope of support available for you as a carer.

This endorses a preventative approach, while applying priorities of support from adult social care services when required, to the most impacted by their caring role. The approach also recognises the impact of a caring role which is also subject to change, therefore it is important for you as a carer to be able to contact the local Carers Centre or HSCP services of any changes in your caring role.

*Enabling people in Clackmannanshire and Stirling to live full and positive lives within supportive communities by working together and promoting wellbeing. Our aim is to ensure care and support is person-centred, based on fairness, respect, equality, dignity, and autonomy*

Clackmannanshire and Stirling Health and Social Care Partnership is committed to treating all people equally and with respect whatever their age, disability, gender reassignment, marriage or civil partnership, pregnancy or maternity, race, religion or belief, sex and sexual orientation.

We aim to design our activities, services and decision making processes specifically to encourage and support participation from people with protected characteristics and those living in disadvantaged social and economic groups

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<sup>1</sup> Unpaid carers are those that provide care to a family member, relative, friend or neighbour out with a work contract or as voluntary work regardless of whether they are in receipt of welfare benefits, pensions or income from other types of employment.

## 2. Carers rights and Self-directed Support

**Your rights** as a Carer are;

- to access local information and advice services,
- to be informed and to share your views when the person you care for is being discharged from hospital,
- to access support that meets your assessed eligible need, which may include a break from caring,
- to be consulted on services that affect you and the person you care for, and to be involved in the planning and evaluation of services that support you, including the local carer strategy,
- to have an Adult Carer Support Plan or Young Carer Statement, setting out your personal outcomes, identified needs and the support required to meet your needs.

The **Adult Carer Support Plan**, or Young Carer Statement, aims to support your health and wellbeing. Who helps you to complete your Plan is dependent on your access route which may be a self-referral to the local Carers Centre or may be suggested by an HSCP staff member at the point of assessment for the person you care for.

Each service will work with you to assess the impact the caring role is having on you, as well as identifying what support you need. Both these elements will then determine who will provide the support you require however agencies will work in partnership to achieve the appropriate supports.

**Your support** is based on an assessment of your assessed needs and will be directed by you.

In other words, where it is identified that your caring role is highly impacting on you, and support is required from adult social care services, the Self-directed Support options will be offered to you, these are detailed below and defined within the Social Care (Self-directed Support) (Scotland) Act 2013.

The local Carers Centre and third sector organisations may also offer your support in a more informal way. For example, the Carers Centre may offer a small budget to arrange what you need to give you a break from caring, or they may arrange this support on your behalf. This will be agreed by you and the person discussing your support options ensuring your care and support is person-centred.

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The four options of Self-directed Support are:

***Option 1:** the making of a direct payment by the local authority to the person requiring support for the provision of support;*

***Option 2:** the selection of support by the person requiring support, the making of arrangements for the provision of it by the local authority on behalf of the person requiring support and, where it is provided by someone other than the authority, the payment by the local authority in respect of the cost of that provision;*

***Option 3:** the selection of support for the person requiring support by the local authority, the making of arrangements for the provision of it by the authority and, where it is provided by someone other than the authority, the payment by the authority of the relevant amount in respect of the cost of that provision; or*

***Option 4:** the selection by the person requiring support of combinations of Options 1,2 and 3 and, where it is provided by someone other than the authority, the payment by the local authority of the relevant amount in respect of the cost of the support.*

*(s3, Social Care (Self-directed Support) (Scotland) Act 2013 Statutory Guidance)*

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### 3. You are a carer...

If you help to look after a partner, child, relative or friend who needs your help due to disability, illness, frailty or substance use.

**Registering as a carer** is important to enable a variety of support options that can help you to continue your caring role, should you wish to do so, please contact your local Carers centre to register (see section 7 for contact details).

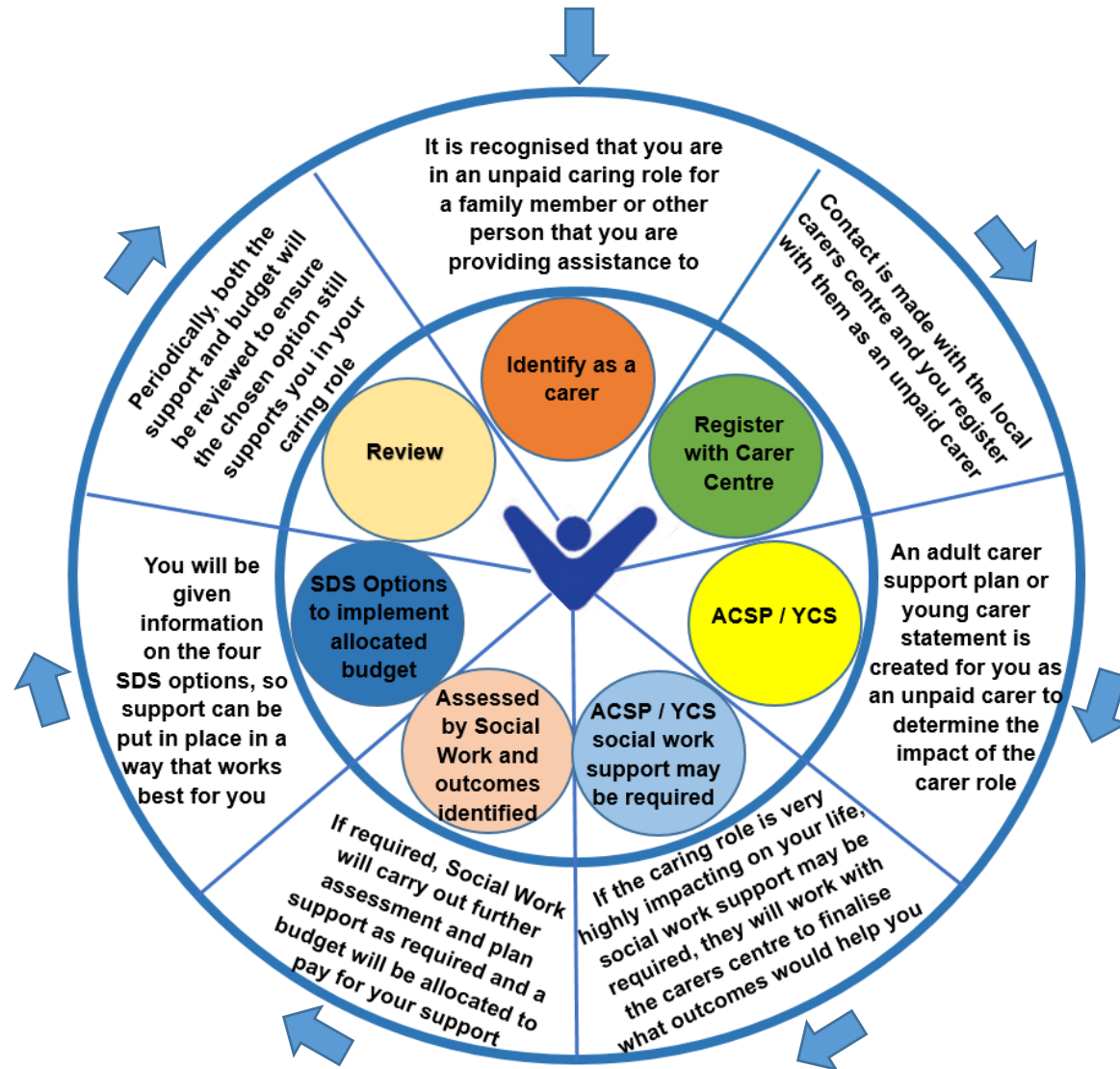
By registering you will be able to access supports such as;

- Carers support groups, peer support and making connections;
- Short breaks and respite;
- Income maximisation and benefits support;
- Hospital based carer support;
- Training and employment support;
- Access to the Forth Valley Carers Card.

As well as being an equal partner in care where your views are considered and you are more involved in decisions affecting you and the person you care for.

**Your support needs** as identified in your Adult Carer Support plan or Young Carer statement can be met in many ways with these being identified during the impact assessment and support planning process. This may include providing support or additional supports for the person you care for, in agreement with you and the person you care for. It may also require existing supports for the person you care for to be delivered differently. Many supports can be provided within the community and through community health and social care services with many interventions capable of reducing the impact the caring role is having on you.


## 4. Pathway to support

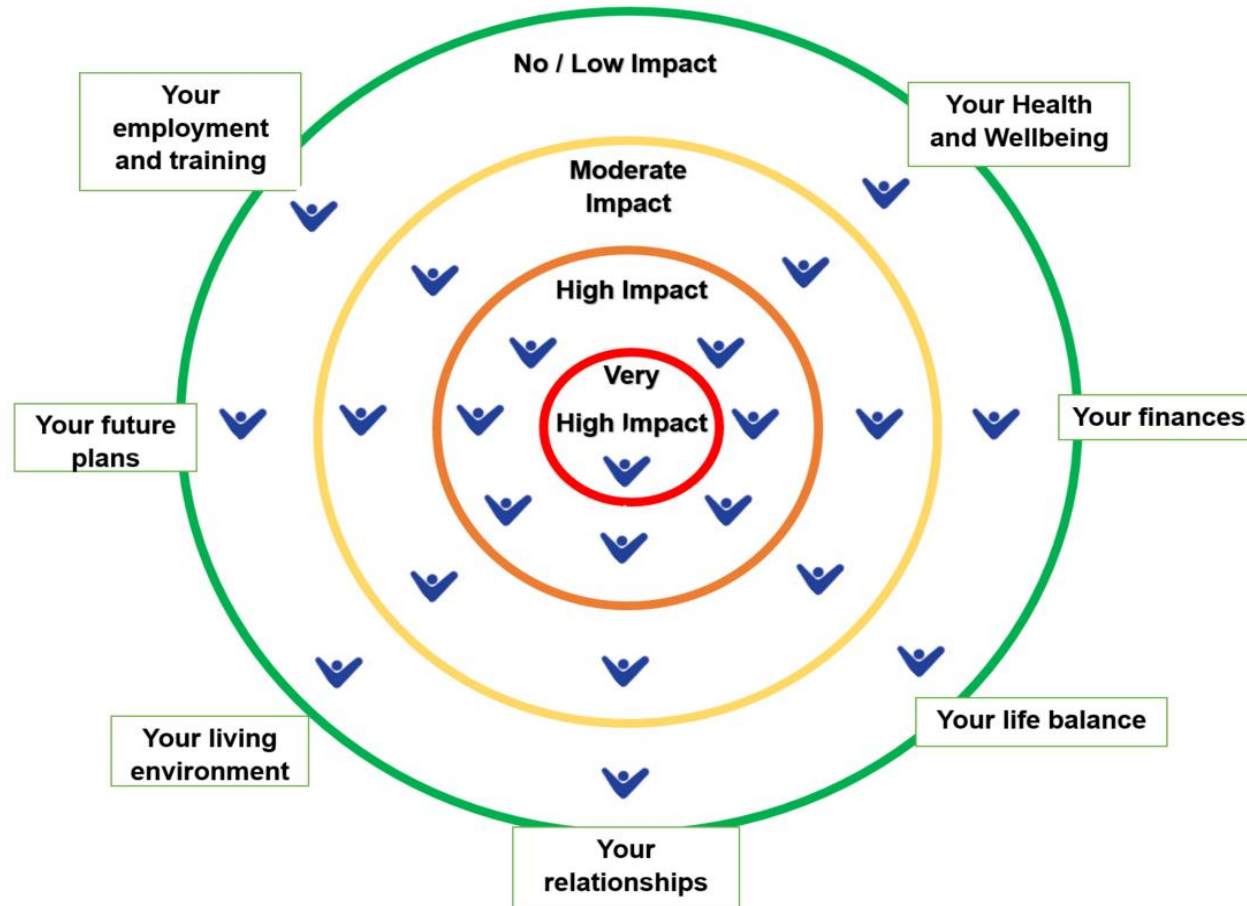


Adapted from Self-directed Support ILA Forth Valley handouts (2023)

## 5. Identifying impacts and recording your needs

To help you consider and review any impacts that you may be experiencing as a carer, the impact can be measured against key life events.

Circle the,  that applies to you and represents your current situation under each of the well-being indicators. The outer circle reflects no/low impact with each subsequent inner circle representing a further increased impact.





If you feel you are impacted by being a carer you may also wish to consider the person you care for and if you feel they are receiving sufficient care and support.

You may also be a carer for more than one person therefore the impact the multiple caring role is having on you will be considered and if the people you care for have the care and support they need. The table below may help you to consider this.

The Impact the carer role is having on you	Your thoughts around the supports in place from other services provided to the person you care for
<p><b>Very High Impact</b> (Critical)</p>	<p>The person I care for has no other supports from other services provided, I am the only support they have and I feel they need more supports from other services to assist them and reduce the impact the carer role is having on me</p>
<p><b>High Impact</b> (Substantial)</p>	<p>The person I care for has supports from other services, I feel these are adequate supports but more may be required to assist them and to reduce the impact the carer role is having on me</p>
<p><b>Moderate Impact</b></p>	<p>The person I care for has adequate supports from other services in place, these assist the person I care for and help me in providing care</p>
<p><b>No / Low Impact</b></p>	<p>The person I care for has many supports from other services in place, these assist the person I care for and enables me to provide care when I can</p>

## 6. Outcome Focused Carer Support Framework

Carer Indicator	UNIVERSAL SUPPORT You as an unpaid carer can receive support through preventative or community health and social care support and services		POSSIBLE COMBINATION OF SUPPORT	FURTHER CARE and SUPPORT from ADULT SOCIAL CARE SERVICES formal self-directed support in addition to preventative/universal support will be offered based on priority of need	National health and wellbeing outcome reference
	NO/LOW IMPACT	MODERATE IMPACT (1)	HIGH IMPACT (2)	VERY HIGH IMPACT (3)	
Your health and wellbeing	You are in good health or your health is slightly affected.  You have good emotional wellbeing or the caring role is beginning to impact on your emotional wellbeing	Your health is at risk without intervention. Some impact on your emotional wellbeing.	You have health needs that require attention. Significant impact on your emotional wellbeing.	Your health is breaking/has broken down. Your emotional wellbeing is breaking/has broken down.	1,6 & 7
Your relationships	You have a good relationship with the person you care for and maintain relationships with other key people in your life or you have slight concerns in maintaining relationships longer term	You have identified issues with your relationship with the person you care for that need to be addressed and/or you find it difficult to maintain relationships with other key people in your life.	Your relationship with the person you care for is in danger of breaking down and/or you are no longer able to maintain relationships with other key people in your life.	Your relationship with the person you care for has broken down and your role as a Carer is no longer sustainable and/or you have lost touch with other key people in your life.	3,4,7 & 8
Your living environment	Your living environment is suitable or mostly suitable posing no risk to your physical health and safety or of the person you care for or there may be a slight risk in the longer term	Your living environment is unsuitable but poses no immediate risk.	Your living environment is unsuitable and poses an immediate risk to your health and safety and/or the person you care for.	Your living environment is unsuitable and there are immediate and critical risks to your health and safety and/or the person you care for.	2
Your employment and/or education/traini	You have no difficulty or slight difficulties in managing caring and employment and/or education. You do not wish to be in paid work or education / you may however wish to be in the long term	You have some difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the medium term. You are not in paid work or education but would like to be in the medium term.	You have significant difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the short term. You are not in paid work or education but would like to be soon.	You have significant difficulty managing caring and employment and there is an imminent risk of giving up work or education. You are not in paid work or education but would like to be now.	5 & 6

Your finances	Caring is causing no financial hardship or some financial hardship e.g. none or some difficulties meeting housing costs and utilities	Caring is causing a detrimental impact on finances e.g. difficulties meeting housing costs or utilities.	Caring is having a significant impact on finances e.g. difficulties meeting housing costs and utilities.	Caring is causing severe financial hardship e.g. you cannot afford household essentials and utilities, not meeting housing payments.	5 & 6
Your life balance	You have regular or some opportunities to achieve the balance you want in life. You have access to a broad choice of breaks and activities which promote physical, mental, emotional wellbeing.	Due to your caring role, you have limited opportunities to achieve the balance you want in life. You have access to a few breaks and activities which promote physical, mental, emotional wellbeing.	Due to your caring role, you have few and irregular opportunities to achieve the balance you want in life. You have little access to breaks and activities which promote physical, mental, emotional wellbeing.	Due to your caring role, you have no opportunities to achieve the balance you want in life. You have no access to breaks and activities which promote physical, mental, emotional wellbeing.	2,4,5 & 6
Your future	You are confident about planning for the future and have no concerns or minor concerns about managing caring.	You are not confident about planning for the future and have some concerns about managing caring.	You are anxious about planning for the future and have significant concerns about managing caring.	You are very anxious about planning for the future and have severe concerns about managing caring.	6

## Impact definitions for the purposes of the above table

### Very High Impact –

You feel the caring role is having a very high impact on you. You are finding it extremely difficult to sustain your caring role unless immediate support is provided. You do not have a healthy life balance at all.

Urgent or immediate support is likely required to support you in your caring role

### High Impact -

You feel the caring role is having a high impact on you. You have difficulties in sustaining your caring role without support. You mostly do not have a healthy life balance.

Relatively urgent support is likely to be required to support you in your caring role.

### Moderate Impact -

You feel the caring role is having a moderate impact on you. You are beginning to find it difficult to sustain some parts of your caring role and would need support to prevent the difficulties from escalating.

Preventative supports to avoid the difficulties escalating is likely required to support you in your caring role.

### No/Low Impact -

You feel the caring role has little or no impact on you. Your ability to sustain your caring role is unaffected.

Information and advice, or access to some universal or preventative supports may be required to sustain this and prevent the impact of the caring role from getting worse.

## 7. How to meet your identified needs as a carer

This table provides examples of support that can be provided to meet your needs as a carer

<b>Type of support</b>	<b>Illustrative Examples</b>
General services – signposting, information and advice	Information and/or advice on: Carers’ rights including self-directed support Education and training Income maximisation Carer advocacy Health and wellbeing Bereavement support Care planning Self-management / self-care
Other general services	Leisure centres / Libraries / Art galleries Community transport Lunch clubs / Youth clubs / Gardening clubs / Walking clubs Education services Local support groups On-line supports
Services or assistance to the person you care for	Care at home Technology enabled care Equipment and adaptations Mental health services Medicine management Support to access activities for disabled children

Source: [Carers \(Scotland\) Act 2016 Statutory Guidance \(www.gov.scot\)](http://www.gov.scot)

The Independent Review of Adult Social Care in Scotland led by Derek Feeley in 2021 describes social care as a “springboard, not a safety net”. While we will always strive to help those in crisis, we want to focus on that springboard, lifting people up and supporting empowered, independent people.

*“Everyone in Scotland will get the social care support they need to live their lives as they choose and to be active citizens.*

*We will all work together to promote and ensure human rights, wellbeing, independent living and equity.”*

Source: [www.gov.scot](http://www.gov.scot) Independent Review of Adult Social Care in Scotland. Feely 2021

## 8. Additional information and contact details

**Additional information** you may find useful

[Carers \(Scotland\) Act 2016 Statutory Guidance \(www.gov.scot\)](http://www.gov.scot)

[Carers \(Scotland\) Act 2016 \(legislation.gov.uk\)](http://legislation.gov.uk)

[Social Care \(Self-directed Support\) \(Scotland\) Act 2013: statutory guidance - gov.scot \(www.gov.scot\)](http://www.gov.scot)

[Social Care \(Self-directed Support\) \(Scotland\) Act 2013 \(legislation.gov.uk\)](http://legislation.gov.uk)

[Clackmannanshire and Stirling HSCP \(clacksandstirlinghscp.org\)](http://clacksandstirlinghscp.org)

### Contact details

Clackmannanshire locality	Urban Stirling locality	Rural Stirling locality
Falkirk & Clackmannanshire Carers Centre <a href="https://centralcarers.org/">https://centralcarers.org/</a> Tel; 01324 611510 Email; <a href="mailto:centre@centralcarers.co.uk">centre@centralcarers.co.uk</a>	Stirling Carers Centre <a href="https://www.stirlingcarers.co.uk/">https://www.stirlingcarers.co.uk/</a> Tel; 01786 447003 Email; <a href="mailto:info@stirlingcarers.co.uk">info@stirlingcarers.co.uk</a>	
Clackmannanshire adult social care services <a href="https://clacksandstirlinghscp.org/find-a-service/">https://clacksandstirlinghscp.org/find-a-service/</a> Tel; 01259 452498 / 450000 Email; <a href="mailto:adultcare@clacks.gov.uk">adultcare@clacks.gov.uk</a>	Stirling adult social care services Council <a href="https://clacksandstirlinghscp.org/find-a-service/">https://clacksandstirlinghscp.org/find-a-service/</a> Tel; 01786 404040	
Self-directed Support ILA Forth Valley <a href="https://sdsforthvalley.org/">https://sdsforthvalley.org/</a> Tel; 01324 508794 Email; <a href="mailto:info@sdsforthvalley.org">info@sdsforthvalley.org</a>		
Community Learning Disability services - to be added		
Community mental health services – to be added		