

Carers Summary of the Dumfries and Galloway Carers Eligibility Criteria

Who are Carers?

A Carer provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the Carer's help due to frailty, illness, disability or addiction, whether they live with the person or not. Adult Carers are at least 18 years old. Young Carers are under 18 years old, or 18 years old and still at school

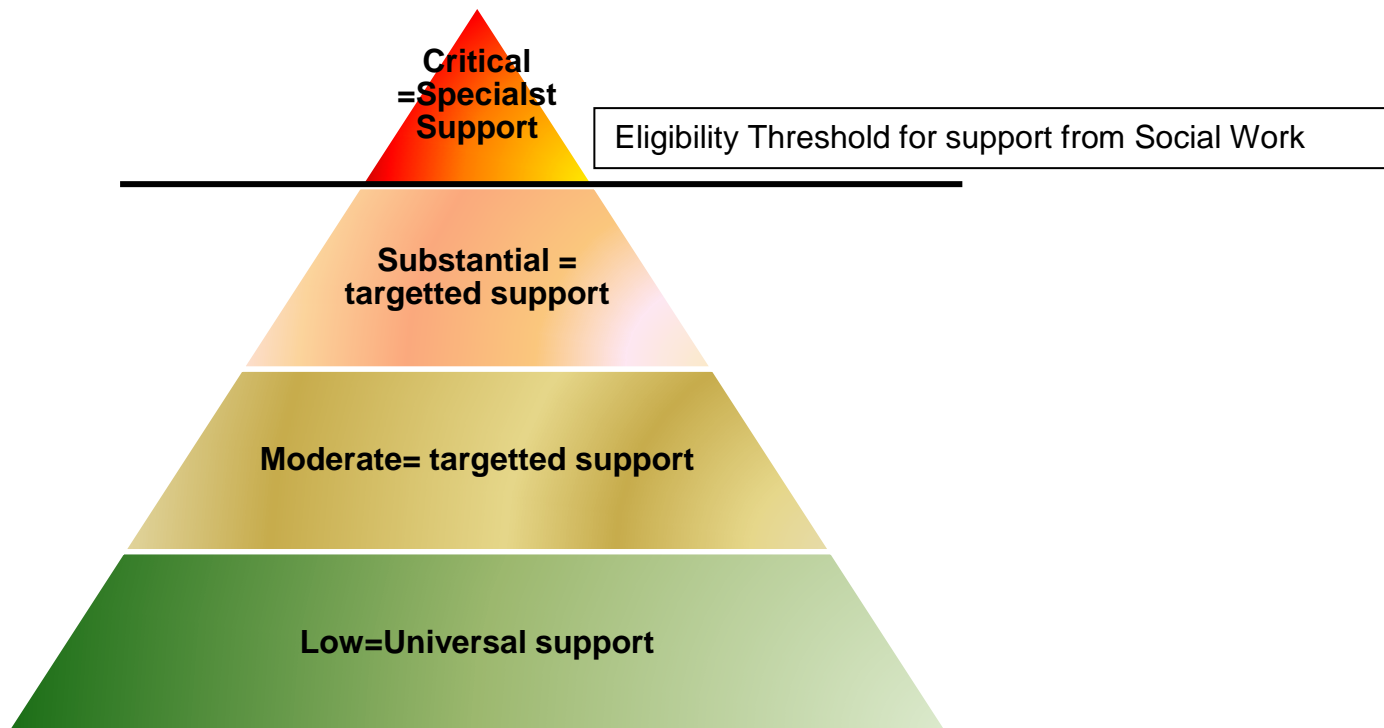
Support for Carers

The Carers (Scotland) Act 2016 places a duty on local authorities to provide support to Carers. The amount of support is based on the individual Carer's identified needs, and how these meet with local eligibility criteria (see Appendix 1).

The Guidance on Eligibility for Carers (Scotland) Act 2016 sets four levels: Low, Moderate, Substantial and Critical

All Carers in Dumfries and Galloway – including those with Low needs - are eligible to access a basic level of support (known as Universal Support) in their caring role. This support is provided via the Carer's Centre and other Third, community and Independent sector organisations. In those cases where the Carer's needs are identified as being higher (Moderate or Substantial), then Targeted Support will be available in addition to Universal Support.

In the majority of cases, Carers will be supported at Universal and Targeted levels. It is only when the caring role is having a Critical impact on their health and ability to cope that they may receive the highest levels of Specialist Support involving Social Work Services.



How are Carer's needs identified?

In order to have their eligibility assessed, Carers should contact the Carer's Centre. Adult Carers should request an Adult Carer Support Plan, and Young Carers should request a Young Carers Statement.

The Plan and Statement will help to identify how much your caring role is impacting on:

- How you feel
- Time for yourself
- Your health
- Managing at home
- Your finances
- The caring role
- Your work

If you need help with filling in the forms, this may be provided by a family member, friend, the Dumfries and Galloway Carers Centre, or other Carers organisations.

The information given will help to identify your needs and personal outcomes, and what level of support you require. Through the planning process, options of different support will be discussed, some of which (Specialist Support) may only be available through Social Work Services.

Should your circumstances change at any time, then the level of support identified may move from one level to another. This can be done by reviewing the Adult Carer Support Plan or Young Carers Statement.

How do I find out if I have eligible needs?

Contact the Dumfries and Galloway Carers Centre for more information.

You can get help with your Support Plan from:

- Your Family
- Your Friends
- The Dumfries and Galloway Carers Centre.
- Other Carers Organisations

What to do if things change?

If things are working well we will check at least once a year to find out how your support plan is going. If things change, let us know and we can look at your plan or statement again.

How do I find out more?

For more information, please get in touch with the Dumfries and Galloway Carers Centre

- 2-6 Nith Street, Dumfries, DG1 2PW Ph 01387 248600
- 4 Dashwood Square, Newton Stewart, DG8 6EQ Ph 01671 401152
- 43 Cotton Street, Castle Douglas, DG8 6EQ Ph 07902002963

By email: info@dgalcarers.org

Online: <http://www.dgalcarers.co.uk>

Appendix 1 - Criteria

Area of a Carer's Life	Stage 1 Universal Support	Stage 1 Universal Support	Stage 2 Targeted Support	Stage 2 Targeted Support	Stage 3 Specialist Support
	Caring has no impact	Caring has low impact	Caring has moderate impact	Caring has high impact	Caring has a critical impact
Health	I'm healthy enough and look after my health well	My health and lifestyle are mostly ok but there are a few changes that I need	There are no immediate concerns but I need to look after my health a lot better	My health is poor or at risk I have some support with this	My health is poor or at risk. There is no support available or it wouldn't help
The caring role	I mostly have the skills, understanding and information I need and I can plan ahead	I have a good idea about my caring role, but would still like to learn more	Things are difficult but I'm starting to get grips with my role	I'm finding it hard to cope. I get some support but am not confident it'll really help	It's hard. I don't know if I can carry on as things are or how anyone could help
Managing at home	Our/their home is suitable and we can manage day to day tasks well enough	Mostly we can manage day to day tasks at home but some areas need to be addressed	We are getting by but it is hard to stay on top of day to day tasks or changes are needed to our/their home	We're not coping with many of the day to day tasks or our/their home isn't suitable. I'm getting help to sort this out	We're not coping with many of the day to day tasks or our/their home isn't suitable. There's no support available or it wouldn't help
Time for yourself	Things are as good as they can be. I have breaks and balance caring with other things	I have some time for myself and some activities or social life outside my caring role, but things could be better.	I'm trying to get some time for myself and some activities or social life outside my caring role, but it's difficult and often doesn't work out	Caring has taken over my life but I'm getting some help to see if I can change this.	Caring is my whole life. I can't see how it could be any other way.
How you feel	I'm mostly feeling	I'm finding what helps	I'm trying things that	Stress, anxiety or	I experience high

	calm and positive enough and can deal with the pressures of being a Carer.	me feel ok or to manage stress, anxiety or difficulties in a relationship but things could be better	might help me manage stress, anxiety or difficulties in a relationship	difficulties in a relationship are getting me down but I have some support with this	levels of stress, anxiety or difficulties in a relationship and have no support with this
Finances	I'm managing financially and I know where to go if I need support	My financial situation is mostly ok, but there are some issues related to my caring	I'm trying to sort out financial matters related to caring but it's hard	There are financial problems as a result of my caring role but I have some support to address them	There are financial problems as a result of my caring role but I prefer not to discuss them.
Work	I'm a full time Carer/ or in work or training and managing well enough	I'm in work or training/volunteering as a way into work but there are some problems	I'm trying to sort things out with work or to move towards finding work but it's hard	I need to find work and I have some support with how to balance work with my caring role.	I need to find work and I can't see how due to my caring role and I have no support with this.