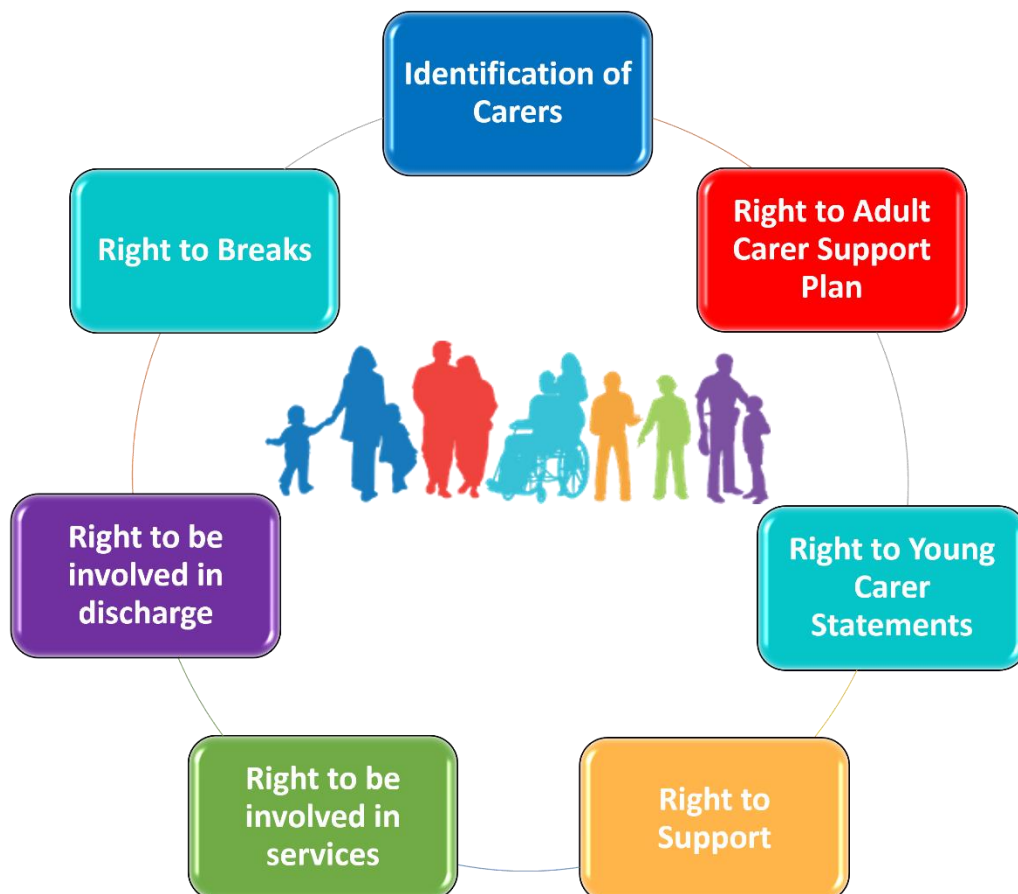


‘More of the same won’t do’

Dumfries and Galloway Carers Strategy 2025-2028





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Contents

Foreword	4
Plan on a page	5
1. Introduction	6
1.1. What is a Carers Strategy?	6
1.2. Why do we need a Carers Strategy?	6
1.3. Who are Carers?	6
1.4. Carers with protected characteristics / Caring as a protected characteristic ...	7
1.5. About Carers and the care they provide	7
1.6. The Vision for Carers in Dumfries and Galloway	9
2. Identification of Carers and why it is important	9
2.1. Identification of Carers.....	9
2.2. Impact of caring	10
2.3. The importance of early identification	11
3. Carers Rights	11
3.1. Right to an Adult Carer Support Plan	12
3.2. Right to a Young Carer Statements.....	13
3.3. Right to Support (including financial supports, information and advice)	13
3.4. Right to be involved in services	17
3.5. Right to be involved in the hospital discharge process	17
3.6. Right to breaks	18
4. Delivering this Strategy	19
4.2 Carers Strategy Delivery Plan	20
Glossary	22
Appendix 1 - References and useful links	23
Appendix 2 - Carers Survey Report	24

Foreword



Carers as a group, are amongst the most important people within our communities. They look after older people, the vulnerable and those who need help day-in-day-out. But their significance is all the greater, and often unseen, when they are unpaid Carers.

Unpaid Carers contribute hugely to the delivery of care and support. They provide over half a million hours of unpaid care every week in Dumfries and Galloway. To put that into context, that is more than double the amount of paid care, including what is provided in care homes and in peoples own homes each week.

We have a legal duty under the Carers (Scotland) Act 2016 to publish a Carers Strategy for our region. This Carers Strategy includes a range of information including what local support is available, what Carers and Carer support organisations have told us as well as a Delivery Plan.

One of the Integration Joint Board (IJB) priorities in the Strategic Commissioning Plan is that “Carers feel valued, are supported to maintain their wellbeing and enabled to achieve their potential.” This directly links to the National Health and Wellbeing Outcome that “People who provide unpaid care are supported to look after their own health and wellbeing including to reduce any negative impact of their caring role on their own health and wellbeing”.

The feedback from the Carers Survey carried out in spring 2024 provided a stark picture of what local Carers are experiencing. What Carers told us is not new. The themes that came out of the recent survey have been highlighted though national and local engagements over several years. These include

- Carer recognition – some people do not recognise themselves as Carers and care and support providers not recognising or valuing the Carer’s role.
- Access to support, advice and benefits – financial impact on Carers can be significant
- Having their voices heard – being recognised as equal partners in delivering care
- Respite and short breaks
- Reaching and supporting Young Carers

It is clear therefore that taking the same approach and providing the same support is not achieving enough. Change is required in how we support Carers in Dumfries and Galloway, that is why we have decided ‘More of the same won’t do’.

This Carers Strategy sets out how we aim to address this. We aim to uphold and respect Carers rights and meet their needs, to enable them to maintain their caring role if they wish to do so. This strategy has been developed with Carers and Carers Support organisations. It aims to accurately reflect what is important to Carers and has used their lived experience and knowledge to prioritise what actions would make the most positive impact with the limited resources available.

Andy McFarlane, Chair Dumfries and Galloway Integration Joint Board
December 2024

Dumfries and Galloway Carers Strategy 2025 - 2028

A Carer is ‘a person of any age who 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’.

(Scottish Government, 2016).

‘Unpaid care is vital to how social care is provided in Scotland, and the value of the dedication and expertise of Carers cannot be overstated’

(Scottish Government, 2022)

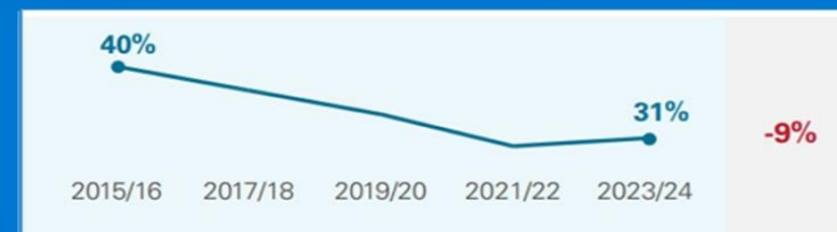
There are around 20,000 Carers in Dumfries and Galloway.

2 in 3 of us will provide unpaid care in our lifetime.



Percentage of Carers who feel supported to continue in their caring role

Source: Core Suite of Integration Indicators, Public Health Scotland



‘More of the same won’t do’

The **Vision for Carers** in Dumfries and Galloway is

‘Carers are valued, their rights are upheld and respected, and their own health and wellbeing acknowledged and supported.’

3 in 5 adult Carers provided in excess of 50 hours of unpaid care on an average week in 2022-2023



(Carers Census, Scotland, 2023)



Carers have told us that

identifying them early, acknowledging their lived experience and involving them in the way we plan and deliver care and support is most important to them.

people who deliver health and social care and support need to recognise and value Carers, their caring role and understand Carers Rights.

access to Short Breaks for respite will enable them to continue their caring role for longer

support, advice and benefits information should be readily available to people, whether they identify or register as a Carer or not.

The Delivery Plan will

describe how we will improve early identification and involvement of Carers to ensure their voices are heard.

focus on activities that raise awareness of the importance of Carers including widening the delivery of training for staff across health and social care as well as employers in the region.

include proposals to make more opportunities for respite available.

include actions to make these resources more accessible.

1. Introduction

1.1. What is a Carers Strategy?

This Carers Strategy is a document that

- Considers the needs of people who provide unpaid care and acknowledges how much care they provide
- Reflects what Carers have told us matters to them and the impact their caring role has on them
- Aligns with and provides a local response to the National Carers Strategy published by Scottish Government in December 2022
- Includes a delivery plan that describes how Dumfries and Galloway Integration Joint Board (IJB) aims to support Carers and ensure their rights are upheld/met
- Highlights the need to establish measures and indicators to monitor progress

1.3. Who are Carers?

The Scottish Government (2016) definition of a Carer is a 'person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the Carers help due to frailty, illness, *disability* or *addiction*'. For example:

Carers can be looking after someone with

- Chronic long term conditions
- Mental illness
- Addiction
- Frailty
- Physical or learning disabilities
- Short term acute illness

1.2. Why do we need a Carers Strategy?

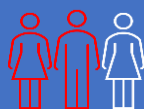
The Carers (Scotland) Act 2016 requires local authorities and health boards to jointly prepare and publish a local Unpaid Carers Strategy. This must show how they will

- support people in their caring role,
- ensure that their rights are met
- identify Carers who are not currently receiving support services

Perhaps the more important reason, is a recognition of the crucial role that Carers have in providing care and support and want to ensure that they "... are supported to look after their own health and well-being, including reducing any negative impact of their caring role on their own well-being" (National Health and Wellbeing Outcome)

Carers can be someone like you

- a husband, wife or partner
- a parent
- a son or daughter (adult or child)
- a niece or nephew
- an aunt or uncle
- a brother or sister
- a neighbour or friend



2 in 3 of us will provide unpaid care in our lifetime

1.4. Carers with protected characteristics / Caring as a protected characteristic

The Equality Act (2010) places a general equality duty on Scottish public authorities to have 'due regard' to the need to eliminate unlawful discrimination, harassment and victimisation, as well as to advance equality of opportunity and to foster good relations between people who share a protected characteristic and those who do not.

An Equality Impact Assessment (EQIA) is a process used to ensure that policies, practices, and decisions are fair and do not discriminate against any protected groups and are used to ensure that the above duty is met. An Equality Impact Assessment has been undertaken in the preparation of this strategy and will be published alongside it. Ongoing monitoring will assess whether the plan is having the desired positive equality impacts, and to determine whether any mitigating actions to minimise or are required.

The charity Carers UK is calling for the Equality Act to be updated to introduce caring as a protected characteristic. They suggest that this would strengthen Carers' rights to protection from discrimination and harassment and because the protected characteristics are well known it would further raise the profile of Carers.

In Dumfries and Galloway, we have already included Carers within in our local equality impact assessment. This means that we consider the impact of any change on Carers as a protected characteristic group.

1.5. About Carers and the care they provide

Scotland's National Carers Strategy (2022) tells us that there are approximately 700,000 to 800,000 Carers in Scotland or 15% of the entire population. Of these, 30,000 people are thought to be Young Carers in Scotland. Dumfries and Galloway accounts for 2.7% of Scotland's population, therefore it is estimated that there are approximately 20,000 Carers in Dumfries and Galloway, of which 800 are likely to be Young Carers.

Three in five Carers (60%) included in the Carers Census in 2022/23 were working age (18 -74 years old) adults. Adults aged 65 and over accounted for a quarter of Carers identifies (25%) while Young Carers (aged under 18 years) made up 15%.

This pattern is similar in the Dumfries and Galloway Survey Results, undertaken in 2022 and completed by 206 unpaid Carers and 14 people from a Carers support organisation. 76% are aged between 26 and 64 years of age, 17.2% are over 65 years. No Young Carers, under 18 years of age, completed the local survey. Appendix 1 is the Dumfries and Galloway Survey Report that sets out the results of the analysis of the responses.

Approximately three-quarters of Carers who completed the local survey (74%) identified as female and there are more female Carers in every age group. Working age females are more likely to provide unpaid care than working age men, 80% of working age Carers were female. The gender gap is narrowest for Young Carers, with females accounting for 58% of Young Carers. (See **Figure 1**)

We can estimate that (approximately) 20,000 adult Carers in Dumfries and Galloway provide approximately **562,200** hours of care per week. (See **Figure 2**)

9% of these Carers provide 19 hours of unpaid care per week = **34,200** hours per week

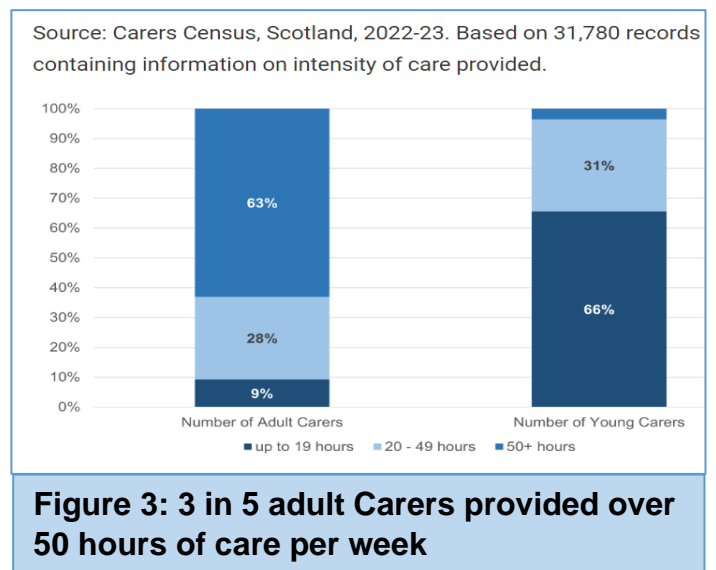
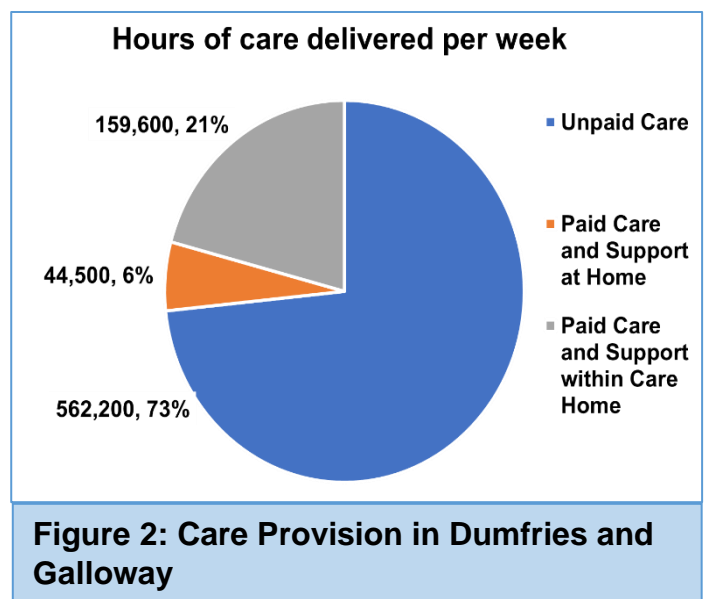
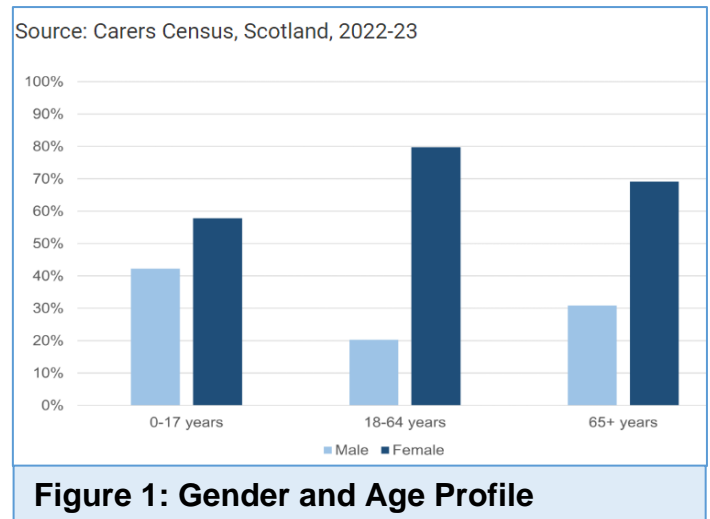
28% of these Carers provide 30 hours of unpaid care per week = **168,000** hours per week

63% of these Carers provide 50 hours of unpaid care per week = **360,000** hours per week (See figure 3.)

In June 2024, the Health and Social Care Partnership paid for approximately **44,500** hours of care and support at home each week and approximately **159,600** hours of care within **950** care home placements in a week.

The value of unpaid care estimated at £36 billion a year in Scotland. This amounts to more than twice the budget for the whole NHS in Scotland.

Given the level of care and support delivered by Carers, they should be viewed and respected as experts in caring for the person they care for, having considerable experience and insight to share.



Not only does the care they deliver contribute to efficient and effective use of resources, but their knowledge and understanding of their situation and circumstances can be invaluable when planning care and support.

1.6. The Vision for Carers in Dumfries and Galloway

Developed from a recognition of the important role that Carers have, what Carers have told us is important to them and what legislation requires. The vision for all Carers across Dumfries and Galloway is:

‘Carers are valued, their rights are upheld and respected, and their own health and wellbeing acknowledged and supported’

This Carers Strategy is structured around this vision. It combines content of the National Carers Strategy, national and local engagement with Carers, Carer support organisations and other stakeholders to set out how the IJB plan to uphold Carers rights, recognise their important role, ensures their involvement, and supports them to continue in their caring role and to look after their own health and wellbeing.

2. Identification of Carers and why it is important

2.1. Identification of Carers

There are many people in Dumfries and Galloway and across Scotland, that are providing unpaid care or support to someone. However, a significant proportion of these people are **‘hidden Carers’**, this means they do not identify as or call themselves a Carer.

There are many reasons for this, including a belief that it depersonalises their relationship with the person they care for, they may feel it is part of their duty as a family member or they may not think that the amount or type of care they provide is enough to call themselves a Carer.

The recent ‘I Care: Carers Week report on unpaid Carer identification’ states that it may take someone several months, or years for a person to identify as a Carer.

73% of people who are providing or have provided care do not identify themselves as a Carer

Some Carers do not identify as a Carer until they are no longer managing to balance aspects of their life along with their caring role. The tipping point could be in relation to their available time, finances or their own health and wellbeing.

Almost half of the respondents to the local Carer Survey made suggestions relating to identification of Carers (37 of 79 responses). These suggestions focused primarily on increasing recognition of Carers amongst people who deliver health and social care or wider communities rather than helping people to recognise themselves as Carers.

This reflects what we know from national research that the most common ways that people became aware of their identity as a Carer was through their friends and family (29%), a healthcare professional (22%) and from finding information online (14%) or through a carer organisation or charity (11%). There are a variety of other, less common routes including social workers, employers and media.

2.2. Impact of caring

In the Dumfries and Galloway Carers survey in 2023/4, people told us that caring can have a negative impact on aspects of their lives (see Figure 4.), including their

- ability to do the things they wanted to do in life
- physical health
- mental health
- relationship with the person(s) cared for
- relationships with friends and family
- feelings of loneliness or isolation

'I often feel resentful and exhausted, trapped and as though my life is passing by ...'

'It's the most challenging, isolating thing I've ever done and there is no relief'

'My life is not my own anymore'

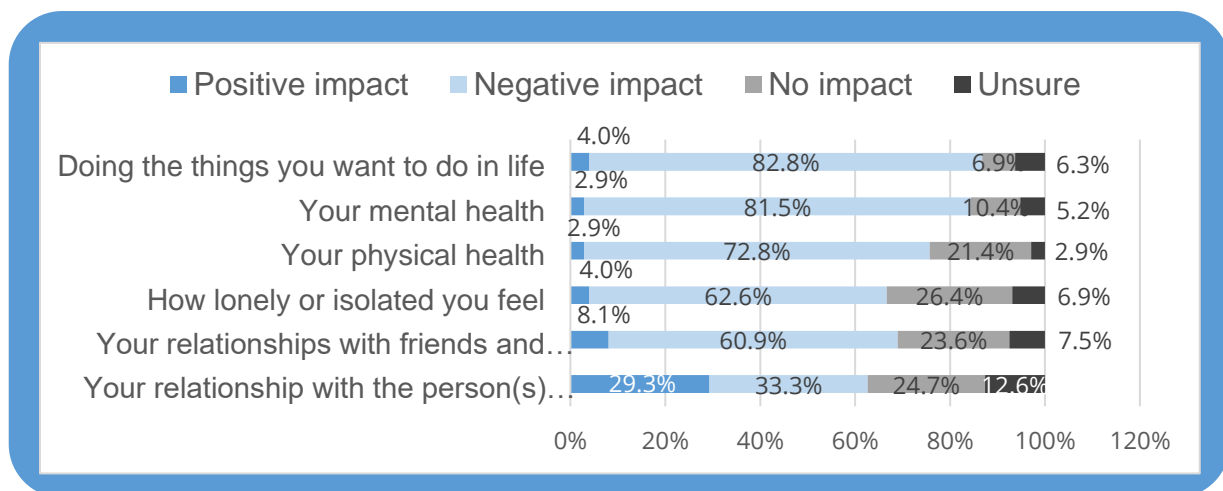


Figure 4: How caring impacts on Carers

When asked whether they agreed or disagreed with the statement 'as a Carer, I have been affected negatively by the cost of living crisis' 63% of the respondents to the local Carers survey either strongly agreed or agreed.

The impact on Young Carers will need to be explored further but, includes potential risks to their aspirations both educationally and emotionally. Carers of any age may not feel they have a choice or may have their choices restricted in respect of their academic and employment opportunities due to the dependency of those they care for, and their financial status.

Where the person being cared for does not receive the health and social care support they need, Carers feel they face increased

'It is so difficult to juggle do we eat today or heat our old drafty house.'

2.3. The importance of early identification

Given the impacts a caring role can have, it is important that people who deliver unpaid care know and understand their rights and can access the support they need.

Early identification can avoid Carers missing out on a range of supports, such as financial support, practical support, Carers breaks, support from their employers or support from family and friends.

When Carers do not receive the care and support they need, they can feel exhausted, isolated and stressed.

Identifying Carers is not only important for the wellbeing of individual Carers and the person they care for, but it is directly linked to the sustainability of the health and social care system. Early intervention is a key element of the Dumfries and Galloway Model of Care within the [IJB Strategic Commissioning Plan](#). Avoiding crisis reduces the likelihood of people requiring a hospital stay, residential care or needing additional support from paid care staff.

The National Carers Strategy states

‘Unpaid care is vital to how social care is provided in Scotland, and the value of the dedication and expertise of Carers cannot be overstated’

3. Carers Rights

The Carers (Scotland) Act 2016 came into effect on 1 April 2018. It aims to ensure that Carers have choice and control and can access preventative support to keep caring situations manageable. It includes a series of Carers' rights designed to ensure Carers voices are heard, improve consistency of support and prevent problems – helping to sustain caring relationships and protect Carers' health and wellbeing.

What Carers told us about understanding their rights

Of the 173 Carers who responded to the statement ‘I understand my rights as a Carer’ 73 (42%) gave a neutral neither agree nor disagree response and a third disagreed (33.5% either strongly disagreed or disagreed).

Dumfries and Galloway Carers Survey, 2024

The [Carers' charter](#) was published in 2018 and sets out the rights of Carers under the Act. These are:

1. Adult Carers have a right to an 'Adult Carer Support Plan'
2. Young Carers have a right to a 'Young Carer Statement'
3. Carers have a right to support to meet any 'eligible needs'
4. Carers have a right to be involved in services
5. Carers have a right to be involved in the hospital discharge process of the person they are or are going to be caring for

In the National Carers Strategy, 2022, the Scottish Government set out plans to review the Carers' Charter to reflect Carers' right to information and advice, emphasise the rights for Carers of people with terminal illness and subject to Scottish Parliament approval, the right to breaks from caring.

3.1. Right to an Adult Carer Support Plan

An Adult Carer Support Plan is an important way of identifying people's needs as an unpaid Carer. They provide an opportunity to talk about your caring role and how it affects their life, and their aspirations for the future. The plan is designed to be used to understand the needs, preferences and support requirements of Carers and their outcomes, especially in terms of Carer respite and a life outside their caring role.

Topics may include:

- Health & wellbeing
- Property/housing
- Finances/benefits
- Employment/training
- Planning for the future
- Activities/breaks

What good looks like:

'My whole focus is on my children but it's good to know that there is someone I can talk to. [DG Carers Centre] have helped so much.'

From 2018 to February 2024, **1,308** Adult Carer Support Plans were completed in Dumfries and Galloway. Although this equates to only **10%** of estimated adult Carers in the region, more Carers will have been supported by Carer Support Organisations like the organisations listed at Section 3.3.

Not all Carers feel they need or indeed want to complete an Adult Carer Support Plan. If you want to find out more or request an Adult Carer Support Plan follow this link [Adult Carer Support Plan \(D & G Carers Centre\)](#)

What Carers told us about Carers Support Plans and their experiences

72% said they had not been offered a Carers Support Plan, 61% of them said that they needed support

Half said they felt recognised and valued at least some of the time

71% of respondents said they rarely or never feel that others understand and appreciate how unpaid Carers contribute to the economy

Half felt that their views and experiences are taken into account in decisions that affect them at least some of the time

Dumfries and Galloway Carers Survey, 2024

3.2. Right to a Young Carer Statements

The information in Young Carer Statements help to identify the Carers needs and personal outcomes, and what level of support may be required. Young Carer Statements help to identify how much caring is impacting on:

- how the Young Carers feel
- time for themselves
- their health
- how they are managing at home
- their finances
- their caring role

The lack of responses from Young Carers to Local Carers Survey and Local Care Inspectorate Inquiry has prompted discussions about developing a Carers Plan specifically for Young Carers.

From 2022/23 to 2023/24, **71** Young Carer Statements have been completed in Dumfries and Galloway. This means that these are in place for approximately **9%** of the estimated Young Carers in the region and there is also much more to do to understand the needs, preferences and support Young Carers outcomes.

If you want to find out more about Young Carer Statements follow this link [Young Carers Statement \(D & G Carers Centre\)](#).

3.3. Right to Support (including financial supports, information and advice)

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

What good looks like

“the Carers Centre helped massively [...] with the forms plus speeding up the fund process for me”

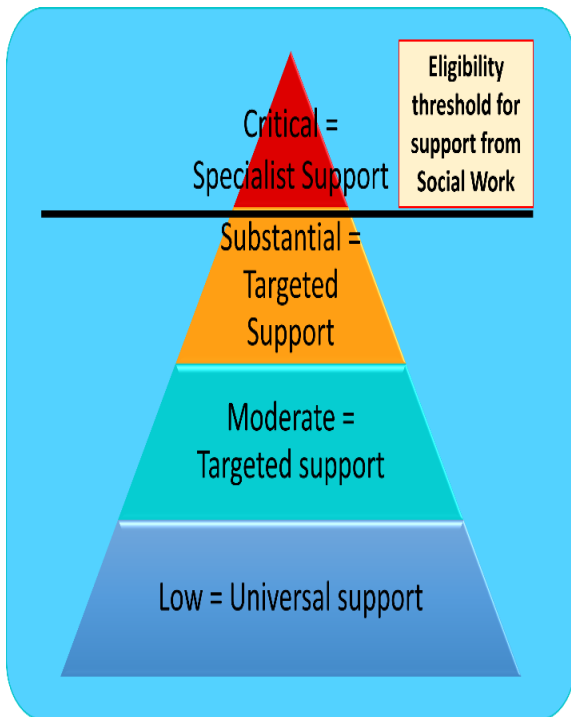


Figure 5: Pyramid of support for Carers

All Carers are eligible to access a basic level of support (known as Universal Support) in their caring role. This support includes information and advice and community activities. It is usually provided via various third sector organisations, GPs and Education Services.

Where a Carer’s needs are identified as being higher (Moderate or Substantial), then Targeted Support will be available in addition to Universal Support, as shown in **Figure 5**. This includes the addition of support groups, 1:1 support, training, health and wellbeing sessions, provided via organisations specifically commissioned to provide services to Carers.

Carers may also need independent advocacy support which is only available through independent advocacy services, see **Joint-Independent-Advocacy-Plan-2024-2027**.

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. That might be short breaks, Self-Directed Support (SDS) Packages, and/or support for the person they care for.

The Health and Social Care Partnership directly commissions Carer Support Services from five third sector organisations shown in Table 1 and works closely with them to ensure appropriate support is in place for Carers and ensure their rights are met. In addition, Carers Act Funding is used to provide grants to other organisations to provide specific areas of support including the Care Training and Consultancy CIC.

Reviewing and updating how services are commissioned and what they will be commissioned to deliver will be informed by this Carers Strategy and Delivery Plan.

Number of Carers Supported

Since 2016/17 the five commissioned services have had over 26,000 contacts with Carers, see Table 1. These figures include Carers who access support from multiple agencies or on multiple occasions. Care Training and Consultancy CIC are also funded to provide training and other supports for Carers.

“The Carers Centre is a lifeline for me and a lot of others.”

“The GP has been very supportive, has recognised me as a Carer and treated me as an individual as well as seeing my son.”

Carers Hub






The Health and Social Care Partnership established a 'Carers Hub' within Dumfries and Galloway Royal Infirmary in 2022. The Hub is open 24 hours a day, 365 days a year and provides information, advice and a listening ear. Since opening the hub has supported over 1,000 Carers. Many of these are referred to Carers Support Services and are therefore part of the figures in **Table 1**.

Table 1 – Number of contacts with Carers

Year	Alzheimer Scotland	Change mental health*	DG Carers Centre	Relationships Scotland	Quarriers	Total
2016/17			1843			1843
2017/18	4106	567	1565			6238
2018/19	1954	153	1475			3582
2019/20	225	223	1666			2114
2020/21	270	258	2581	29		3138
2021/22	289	303	2106	47	73	2818
2022/23	173	361	2380	86	220	3220
2023/24	184	398	2223	145	290	3240

*Previously Support in Mind

Table 2: List of Commissioned Carer Support Organisations and Care Training and Consultancy CIC

Organisation	Services Provided
 Alzheimer Scotland	Information, Advice and Support for Carers of people living with Dementia
 CTC	Manual Handling Training Carers Conference Enabling unpaid Carers Hope and Opinions (EuCHO) Group
 change MENTAL HEALTH	Information, Advice and Support for Carers of people living with mental ill health
 DUMFRIES & GALLOWAY Carers centre	Information, Advice and Support for Carers and Young Carers Adult Carer Support Plans Young Carers Statements
 QUARRIERS	Information, Advice and Support for Parent Carers of children under 18
 RELATIONSHIPS SCOTLAND counselling, mediation & family support across	Counselling for Carers

Given that there are estimated to be around 20,000 Carers in Dumfries and Galloway, even if counted as separate and individual interactions, we are currently only supporting between 10% and 30% of local Carers each year.

Financial supports

The Scottish Government are in the process, through Social Security Scotland, of replacing the current financial benefit 'Carers Allowance' with 'Carer Support Payment.' It is anticipated that when this change has been implemented that further improvements will also be made to Carer benefits, including extra support for those caring for more than one person and extending support for carers following the death of the person they care for.

"I am having to give up my job to care for mum full time... I have to take early retirement and have been hit with penalties. My pension won't even pay the gas and electric!"

The Young Carer Grant is a yearly payment for Young Carers.


More information on Financial Supports is available by contacting The Carers Centre. The Carers Centre also hosts several funds, including an emergency fund that can be applied for. ([The Carers Centre](#))

Self Directed Support (SDS) is the way that people who need care and support are enabled to arrange some or all of their support according to their needs and preferences. This is accessed through social work assessment. The Social Care (Self Directed Support) (Scotland) Act 2013 ensures that SDS is offered to anyone who requires support services, including Carers.

What Carers told us about their experiences of support

Nearly 7% (12) felt that local agencies work well together to support them in their caring role however, around 46% (81) 'rarely' or 'never' experienced joined up support.

49% (87) don't receive the support they [need] to continue in their caring role.

Carer experiences, of both local third sector and health and social care services received an average rating of less than three stars (out of five). 

Positive feedback related to feeling listened to, recognised, and supported, particularly by Third Sector Organisations.

Dumfries and Galloway Carers Survey, 2024

3.4. Right to be involved in services

The Health and Social Care Partnership must 'take such steps as they consider appropriate' to involve Carers or Carers representatives in the planning and evaluation of services that support Carers. This includes the preparation of this local strategy, planning of services for people being cared for or where services relate to the care that Carers provide.

In Dumfries and Galloway Carers are involved in the services in various ways including

- As a protected characteristic group within the Equality Impact Assessment process in Dumfries and Galloway consider
- Representation on the Strategic Planning Group. The Joint Working (Scotland) Act 2013 requires that group can 'shape and influence' strategy locally
- Representation on the Integration Joint Board

What good looks like

The D&G Engagement and Consultation Strategy identifies Carers as 'an essential stakeholder group.' This means that they must be involved in all engagement and consultation activities.

What Carers have told us about their experiences of being involved in services

Carers want to be heard by health and social care services so that they can work with them as equal partners

Dumfries and Galloway Carers Survey, 2024

3.5. Right to be involved in the hospital discharge process

Carers have a right to be involved in the hospital discharge process of the person they are or are going to be caring for. The Health and Social Care Partnership must ensure that, before a person is discharged from hospital, their Carer is involved in their discharge. This means that appropriate steps must be taken to

- inform the Carer as soon as possible about when the person is to be discharged
- invite Carers views about the discharge
- take the views of the Carer into account when planning the discharge (as far as 'reasonable and practical')

Carer involvement in the hospital discharge process must happen whether or not the person being cared for moves from hospital to their normal home, a care home or another hospital setting.

Carer involvement in hospital discharge is not something that is currently measured or monitored. However local care assurance activities as part of the 'Excellence in Care' Framework ([Excellence in Care Framework](#)) has recently included a theme on Carer involvement.

While, on the whole staff did know who to contact for advice and support for Carers, Carers and relatives advised that

- ‘they did not feel they had much say in what community hospital their relative would be transferred to’
- ‘staff listened to the family wishes’
- ‘they have felt they have not been informed as much as they would have liked’

What Carers told us about their involvement in hospital discharge

Three quarters felt that they were involved in decisions made about the care and treatment of the person they cared for at least some of the time (18% always, 25% very often and 35% sometimes)

Being heard and working as equal partners is especially important to them during discharge planning

They want the value of their role to be recognised and appreciated

More consideration is needed on how best to meet the needs of both the patient and the Carer before the patient [is] sent home. Particularly where there has been a change in care needs.

Dumfries and Galloway Carers Survey, 2024

3.6. Right to breaks

Short Breaks or breaks from caring can provide a release from the demands of caring providing ‘respite’ for the Carer. Paid workers have regular holidays and there is legislation to regulate working hours, for some Carers it can be difficult, or near impossible to take a break from their caring role, plan a holiday or even undertake regular tasks like shopping or even attending health appointments for their own wellbeing.

Short breaks are essential for Carers to maintain and improve their wellbeing and that of the people they care for. They can also reduce the likelihood of people reaching crisis enabling them to continue in their caring role for longer.

“Having always be available to support my daughter has meant being able to take time out to keep fit, eat properly or even sleep at regular times is difficult.”

The right to breaks is not currently part of the Carer legislation in Scotland. However, within the National Carer Strategy Scottish Government states that there is potential for the addition of ‘right to breaks’ to the Carer Charter.

There are several ways that breaks from caring are supported in Dumfries and Galloway, including

- Short Breaks Funds – there are several funds that Carers can apply to for a short break, including Better Breaks, Creative Breaks, Time to Live, Take a break fund
- Self Directed Support (SDS) – the way that people who need care and support are enabled to arrange some or all of their support according to their needs and preferences. The Social Care (Self Directed Support) (Scotland) Act 2013 ensures that SDS is offered to anyone who requires support services, including Carers
- Respite – a model of short breaks that connects Carers to organisations within hospitality, tourism and leisure sectors who can provide short breaks. Often the breaks, such as a meal or overnight stay, are donated by the organisation.
- Residential breaks, respite – the recently commissioned flexible bed based intermediate care within care homes (and housing with care and support in the future) is to facilitate respite for Carers

What Carers told us about Short Breaks

Two thirds (64%) said that they could rarely (22%) or never (42%) access a break

There is a need for more, and better funded respite care

Carers should be informed of the respite that is available and supported to access it

More creative and flexible provision is needed

Dumfries and Galloway Carers Survey, 2024

4. Delivering this Strategy

Scottish Government allocate funding to local authorities each year specifically to support delivery of the Carers (Scotland) Act 2016. For Adult Carers Dumfries and Galloway Council receive approximately £2m per annum. The breakdown of how that is spent, along with other spend for Carers is shown in **Figure 5**.

This is the current budget for delivering the Carers Rights and priorities described within the Delivery Plan. It is not known or anticipated that this will increase in the short term therefore it may be necessary to consider other potential sources of funding for the Carers agenda.

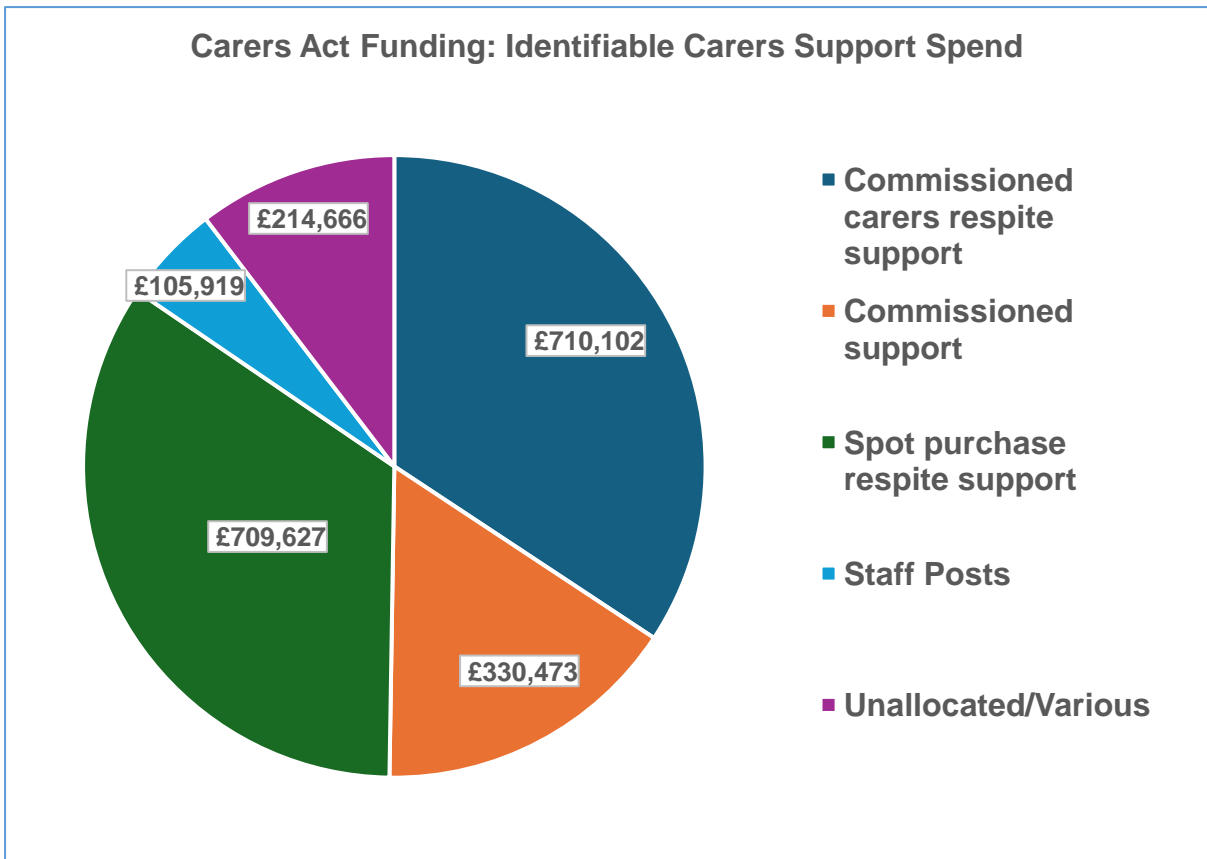


Figure 6: Use of Carers Act Funding, 2023/24

Individual budgets through Self Directed Support (SDS) can also be used to fund support for Carers on an individual level for adult Carers. Financial info regarding Young Carers will be included in a separate Young Carers Plan.

4.2 Carers Strategy Delivery Plan

A fully funded Delivery Plan has been developed to support The Health and Social Care Partnership to deliver on the IJB Vision that ‘Carers are valued, their rights are upheld and respected, and their own health and wellbeing acknowledged and supported.’

Actions have been developed from what Carers and Carer Support Organisations have told us. To prioritise the actions, we have worked with Carers to understand what they believe will have the most positive impact for them and their caring role.

Carers have told us that	The Delivery Plan
identifying them early, acknowledging their lived experience and involving them in the way we plan and deliver care and support is most important to them.	describes how we will improve early identification and involvement of Carers in current practice to ensure their voices are heard.
people who deliver health and social care and support need to recognise and value Carers, their caring role and understand Carers Rights.	focuses on activities that raise awareness of the importance of Carers including widening the delivery of training for staff across health and social care as well as employers in the region.
access to Short Breaks for respite will enable them to continue their caring role for longer	includes proposals to make more opportunities for respite available.
support, advice and benefits information should be readily available to people, whether they identify or register as a Carer or not.	includes actions to make these resources more accessible.

The Delivery Plan includes detailed actions and key activities as well as the funding allocated to deliver them.

Glossary

Care and support - is the phrase used to describe all aspects of health and social care and support. It includes diagnosis, treatment, personal care, practical, financial and/or emotional or social supports and can take place in a person's home, community or bed based setting such as hospital or residential care.

Carer - When we use Carer (with a capital C) in this document we are talking about people who provide unpaid care and support to a family member, neighbour or friend. There are **Adult Carers**, **Young Carers** aged under 18 and **Young Adult Carers** aged 16 – 29.

Equality Impact Assessment (EQIA) – Is a process used to make sure that policies, behaviours, and decisions are fair and do not discriminate against any protected groups. An EQIA is carried out to ensure protected characteristic groups have been considered and anything that might have a negative impact on them is minimised or avoided.

Health and social care inequalities - unfair and avoidable differences in access to health, social care and support that can negatively impact on people's health and wellbeing.

Hidden Carers - People who do not identify themselves as a 'Carer'.

Integration Joint Board (IJB) - is a partnership between the Local Authority and Health Board that has shared/joint responsibilities for the planning and oversight of the delivery of functions delegated to them by the Scottish Government through the Scheme of Delegation.

Protected characteristics - The Equality Act 2010 describes age, disability, sex, race, religion or belief, pregnancy and maternity, marriage and civil partnership, sexual orientation and gender reassignment as protected characteristics.

Respite - Is where unpaid Carers can access a short break through local hospitality, tourism or leisure businesses. Providers supply families with accommodation (sometimes with meals, and entertainment), while respite is provided for the cared for person in their own home or in an out-of-home setting.

Third Sector - The Third Sector is a collective term for a range of not for profit organisations such as charities, social enterprises, voluntary organisations, co-operatives, credit unions and development trusts. The types of services and the opportunities they provide include health and social care support, information, advocacy and volunteering.

Wellbeing - is a combination of spiritual, mental, emotional, physical and social health. Wellbeing is strongly linked to happiness and must include a person having a sense of control, hope, optimism, and satisfaction in life.

Appendix 1 - References and useful links

[Adult Carer Support Plan](#)

[Ageing and frailty standards – Healthcare Improvement Scotland](#)

[Carers \(Scotland\) Act 2016 \(legislation.gov.uk\)](#)

[Carers Census, Scotland, 2022-23 - gov.scot \(www.gov.scot\)](#)

[Carers' charter - gov.scot \(www.gov.scot\)](#)

[Equality Act 2010](#)

[Getting it right for every child \(GIRFEC\) - gov.scot \(www.gov.scot\)](#)

[I Care, Carers Week Report, June 2023](#)

[More Than Equal \(alliance-scotland.org.uk\)](#)

[Protected characteristics | EHRC \(equalityhumanrights.com\)](#)

[United Nations Convention on the Rights of the Child](#)

Appendix 2 - Carers Survey Report



Appendix 2 - Carers
Survey Final Draft Rep

This is a holding page – the report will be online when the plan is published so a link can be added