



Fife Health
& Social Care
Partnership



Supporting the people of Fife together



Carers Strategy for Fife

2023 – 2026

Helping unpaid carers in Fife to have a life alongside caring, and to protect their health and wellbeing

www.fifehealthandsocialcare.org

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Acknowledgement

Thank you to everyone who contributed to this strategy, particularly the unpaid carers who took valuable time to provide us with their views.

The support we offer to carers could not be delivered without our partners. Thanks to every one of them, their staff and management boards, for their support in delivering this strategy, and for supporting Fife’s unpaid carers.

Want to know more

This strategy is supported by delivery plans, risk, and equality assessments as well as easy read and large print versions. All these documents are openly available on the carers section of our website <https://www.fifehealthandsocialcare.org/carers>.

Foreword

Since 2018 when we last published our Carers Strategies for Fife (separate strategies for adult carers and young carers), we have made significant investments and improvements to support unpaid carers. Every year since the introduction of the Carers Act, we have commissioned more support specifically to help unpaid carers, each time aiming to make caring experiences a little easier and balance caring with the rest of life's demands. However, we have also experienced major challenges in the form of the coronavirus pandemic and more recently, the cost-of-living crisis.

Early in the pandemic carers demonstrated more than ever the resilience and fortitude they are famous for. We celebrated the role of unpaid carers, together with workers in the NHS, social care services and many other key workers. And while recognition and a word of thanks is appreciated, our role through this strategy is to make a difference by offering practical help and information, to lighten the load when possible, and to listen and act when support is needed.

Through this new combined carer strategy, we will further increase our investment in some of the key supports for young and adult carers which they have told us helps them most. Breaks from caring, to rest, play, and enjoy life's other pleasures are among the highest priorities carers have. The planned introduction of a new National Care Service includes a commitment to give more opportunities to carers to take a break from their caring roles. Additionally, the Scottish Government's new Carers Strategy outlines the approach to supporting unpaid carers at a national level; the national and local strategies complement each other, and together will ensure carers needs are once again at the forefront of our actions. For these reasons our focus in this strategy is on what we will do in Fife to expand the range and types of support that will be available to carers, including short break support. The outcomes noted in this strategy have a direct link to both what carers have told us are priorities in Fife, and they also dovetail with research undertaken at a national level.

In advance of preparing this strategy Fife Health and Social Care Partnership adopted a statement of intent of support for unpaid carers. This statement laid out our commitment to *“ensuring that unpaid carers are fully supported to have a life alongside caring, in order to protect their health and wellbeing and better sustain caring roles.”*

This local strategy also links to our Short Breaks Service Statement, and to the statement of intent both of which aim to give carers, and those who support them, a clear understanding of our commitment to the support and investment we will continue to make.

And finally, we want to say a big thank you to unpaid carers across Fife. Thank you to everyone who has contributed to the production of this strategy, from the carers who responded to our call to get involved, to our voluntary sector partners who have made such a positive difference to carers' experiences, and to our own staff who work hard every day to support the people of Fife and their carers to live their best lives. Most importantly we extend our thanks, recognition, and appreciation to all the unpaid carers in Fife who continue to play such a vital role in supporting others in our communities. We are indebted to carers whose number increases every year as well as those people who may not identify with such a role but who also play an increasingly important part in society.

Fiona McKay

Head of Strategic Planning, Performance and Commissioning

Lead for Carers Strategy.

Executive Summary – our strategy on a page

Since the Carers (Scotland) Act 2016 was introduced, we have made significant improvements in the scale and scope of the support we offer to unpaid carers. We know there is more we can, and we will do. Here we are pleased to publish our refreshed Carers Strategy for Fife for the period 2023 - 2026. The strategy outlines, at a high level, the outcomes we aim to achieve over the next three years as we continue to delivery robust and high-quality support for unpaid carers. This single strategy gives the direction for carers support for all carers, young and adult. It is aligned with the Strategic Plan 2023 to 2026 for Fife Health and Social Care Partnership, the National Carers Strategy for Scotland, and a range of supporting strategies within the Partnership.

Carers' views at the centre of our action

The involvement of carers was central to the development of this strategy. We held 11 engagement events for carers and made available a consultation questionnaire where we heard carers' experiences of caring for others. We asked and carers told us what works and what more we need to do, as well as where we could improve. We heard the views of over 111 unpaid adult carers and 100 young carers, as well as the view of our commissioned third sector partners who work with carers.

Clear themes quickly became apparent, were often repeated, and reinforce our prior understanding of carers' needs for support. Carers views have been analysed together with other information we have collected to prepare this strategy. The key themes from carers are:

- **Information** – some carers don't know what support is available or who to ask for help. They don't know their rights and want us to improve the ways we communicate with them.
- **Coordinated support** – carers find it difficult to navigate our health and social care systems and want help to coordinate their caring role, particularly at the start of their caring journey.
- **Breaks from caring** – carers find it difficult to take a break from caring for a range of reasons including availability of opportunities. They want a wider variety of breaks to prevent carer crisis.
- **Early/upstream identification** – carers don't always recognised their caring role or feel that they are recognised as a carer when they meet professionals. They want colleagues to have a better understanding of carers' needs.
- **Young carers** – young carers take on a caring role often uninvited. They have the right to be a child or teenager first and foremost. They want more help to make this happen in school and in their social life.

Our approach to supporting unpaid carers

Our last strategy, which was successful in raising the profile of unpaid carers and introducing a wide range of new services to help them, focused mainly on investing in universal support, helping the many unpaid carers who need a little help. This strategy builds on a solid foundation with more free-to-access help for any carer, and significantly invests to support those unpaid carers in greatest need. While our focus will remain on preventing carer crisis, we will also refocus on de-escalating crisis by earlier intervention through information and support, helping carers to live well alongside their caring role, and providing help to coordinate carer support particularly in the earliest times of a new caring role.

Context – the strategic need

Since our last strategy was published the need to support carers has been greatly emphasised, partly through the work we have done to raise the profile of unpaid caring, and partly through the demands placed on carers during the pandemic.

Fife Health and Social Care Partnership's Strategic Plan¹ includes a high-level Strategic Needs Assessment. This highlighted an increased level of health deprivation, a decreasing working age population and an overall aging population. The longer-term strategic context in Fife is very challenging. With the likelihood of needing care increasing as we age, the decreasing population means the pool of people who are willing and able to be carers is likely to decrease while the demand for carers increases. This is already seen by the number of unpaid carers in Fife, and in Scotland.

Between 47,698 and
53,650 unpaid carers
in Fife

Between 12.7% and
14.5% of Fifers
provide unpaid care

In 2018 we reported that the proportion of people in Fife (and in Scotland) who provide care on an unpaid basis was about 10%. The 2021 national census has been delayed meaning we do not have up-to-date data comparative data. We last reported approximately 34,828 unpaid carers in Fife based on the 2011 census. We believe this number underestimates the actual number of carers due to some people choosing not to identify themselves as an unpaid carer.

It is likely that this has increased as more people become aware of what an unpaid carer is and does, and as the need for unpaid carers in general society became clearer during the pandemic. The national Carers Strategy 2022² estimates a carer population of between 700,000 and 800,000 people; this is approximately between 12.7% and 14.5% of Scotland's population. Applying this to Fife's population results in an estimate for the number of unpaid carers in Fife between 47,698 and 53,650 or a jump of additional unpaid carers in Fife between 37% to 54%.

Nearly half of
respondents care for
50+ hours per week

Independent evidence from Carers UK's State of Caring 2022³ makes suggest that carers with certain characteristics (e.g., gender and age) continue to be over-represented. This research is supported by the most recent carers census data⁴ from 2021 which reports

¹ Fife Health & Social Care Partnership Strategic Plan 2023 – 26, [Fife-Strategic-Plan-2023-to-2026.pdf](https://www.fifehealthandsocialcare.org) (fifehealthandsocialcare.org), accessed 11th March 2023.

² National Carers Strategy, 21st December 2022, <https://www.gov.scot/publications/national-carers-strategy/>, accessed 12th March 2023.

³ State of Caring 2022, November 2022, Carers UK, <https://www.carersuk.org/media/p4kblx5n/cukstateofcaring2022report.pdf>, accessed 12th March 2023.

⁴ Carers Census for Scotland 2021/22, Carers Census, Scotland, 2021-22 - gov.scot (www.gov.scot), accessed 13th March 2022

middle aged to older people, women and, people from more deprived social groups are more likely to be carers. There is also strong evidence that the number of carers who care for longer amounts of time is increasing and this has a detrimental impact on carers' financial security and personal health. This is likely to be the case in Fife too with a significant number of communities (97) in Fife featuring in the Scottish Index of Multiple Deprivation (SIMD) 20% of most deprived.

Taken together, these factors all suggest the position for the future will be challenging, with fewer people available to provide care, either in a paid or unpaid capacity, and greater demand caused by an ageing population. It is for this reason we need to ensure carers are supported well and enabled to continue to their role for as long as they are willing to.

**Fewer people available, able, and willing to provide unpaid care
+
ageing population in need of more care (paid and unpaid)**

Vision and mission for the Carers Strategy

The Fife Health & Social Care Partnership adopted a statement of intent about supporting unpaid carers in Fife in autumn of 2021. This statement was endorsed by the Carers Strategy Group which provides guidance and direction to the planning of Carer Support Services in Fife. This statement laid out our commitment to *“ensuring that unpaid carers are fully supported to have a life alongside caring, in order to protect their health and wellbeing and better sustain caring roles.”*

The statement of intent includes a mission statement that was included in the previous Carers Strategy. This refreshed and revised mission statement continues to guide our strategy and actions and has been informed following our engagement with unpaid carers as we developed this strategy. We have listened to carers views and their expressed needs for support, considered and confirmed that this mission remains current, and amended it to:

“All carers will have access to high quality information and support at a time and place that best meets their needs, which enables them to make positive choices to thrive and flourish as a carer for as long as they want to, and to help them live a happy and fulfilling life alongside their caring role”.

The story so far – what we have done already

As we publish our refreshed strategy for carers it is important to reflect on the journey, we embarked on in 2018 and on our achievements. In 2018 we asked carers what their priorities for support were. This resulted in five strategic outcomes for each group of unpaid carers:

Adult carers⁵	Young carers⁶
Carers have information, advice, and guidance they need.	Sharing responsibility – access to appropriate support and information.
Carers have access to meaningful practical support.	Making connections – able to access activities important to them and develop friendships and relationships.
Carer feel they have social support from a variety of sources.	Balancing time – to balance their caring role and time for themselves, including breaks from caring.
Carers can take breaks from caring to live their own active life.	Being involved – access to high quality information about their role ... and seen as a valued expert in this caring role.
Carers experience is positive, involved, and balanced.	Emotional wellbeing – access to correct support to help them deal with emotional side of caring and build resilience to cope.

In summary, we have achieved a great deal; we have much still to do, and we are committed to achieving our overall mission to support carers. The figure below provides a quick view of our combined achievements. A summary table of the achievements against our last set of agreed outcomes has been reported in the appendix to this new strategy.

Much of the focus was on early intervention and crisis prevention. We made significant investments in the range of universal services that are available to any carer, free at the point of access, and aimed to provide a benefit to the greatest number of carers. This preventative approach will continue with an additional focus on de-escalating crisis where it has already occurred. The services below will continue while we invest in new, fresh, and innovative ways of working to help unpaid carers.

⁵ Carers Strategy for Fife, 2018 – 2021, [Carers-Strategy-for-Fife-2018-2021-FINAL-V2.3.pdf](#) (fifehealthandsocialcare.org), accessed 11th March 2023.

⁶ Getting it Right for Young Carers in Fife, 2018-21, [Young-Carers-Guide-2018_V4.pdf](#) (fifehealthandsocialcare.org), accessed 11th March 2023.

Despite the challenges of the coronavirus pandemic toward the end of the strategy delivery period, in common with others, we have achieved a great deal which we summarise below:

Easier access to help through locality based support for carers in every locality

Figure 1 - Carer support we have invested in since 2018.

Each year we commission over £2.5millions of support for carers from our partners in the voluntary sector. In the years ahead we will continue to commission more significant support for carers through a range of different supports from within the Health and Social Care Partnership and through our partnership arrangements with voluntary sector organisations. Most of our investment was free to access for any and every carer who requested it. Our focus will remain on supporting carers in greatest need and promoting early intervention and crisis prevention through a wide range of universally available supports.

Additionally, we set aside £500,000 per year to support unpaid carers whose needs cannot be met from the universal services and whose caring circumstances meet local eligibility criteria, in order that they are able to achieve their personal support goals through self-directed support options.

Link to the Partnership's Strategic Plan

Fife Health and Social Care Partnership has a three-year 'Strategic Plan 2023 to 2026' that sets out the future direction of all health and social care services across Fife. This includes how the nine National Health and Wellbeing Outcomes for Health and Social Care will be delivered locally, along with the six Public Health Priorities for Scotland.

The Partnership's Strategic Plan 2023 to 2026 is available in the publications section of our website: www.fifehealthandsocialcare.org/publications.



The Partnership's Strategic Plan 2023 to 2026 sets out the health and social care vision for Fife and includes these five strategic priorities.



The Carers Strategy is one of the transformational strategies that support the implementation of the Partnership's Strategic Plan 2023 to 2026. It works with several other strategies to deliver the Partnership's vision:

'To enable the people of Fife to live independent and healthier lives.'

The Carers Strategy for Fife 2023 – 2026 links directly to several strategic priorities within the Fife Strategic Plan for 2023 to 2026. Specifically, by delivering on the outcomes listed below we will contribute to the Sustainable theme, making "a Fife where we will ensure services are inclusive and viable", where there are five specific commitments relating to unpaid carers. These are:

To complete a review of our short breaks service statement and commission a significant increase in the number, variety, and availability of breaks from caring for unpaid carers.

To encourage and enable carers to look after their own health and well-being including through social connections, locality and community-based support and sports and leisure activities.

To review and update our local eligibility criteria and seek to establish a new approach to preventing crisis through earlier intervention, learning from others' experiences, and adopting the premises within the National Carers Strategy published in November 2022.

Ensure that our health and social care workforce have the skills, knowledge and confidence to identify, support, and involve, carers in accordance with legislative requirements and current best practice.

To commission a full independent audit and impact assessment of our approach to inform our plans for investment and improvement.

In developing this strategy, we have considered fully the five outcomes within the National Carers Strategy:

- Living with COVID-19
- Valuing, recognising, and supporting carers
- Health and social care support
- Social and financial inclusion
- Young Carers



Carers, localities, and participation

The purpose of locality planning is for partners from different sectors, at all levels to come together with people and communities who use services to improve health and wellbeing outcomes. Carers play an active role in this through locality planning groups and our evolving approach to participation and engagement. Separate plans are in place for approach to locality planning and participation and engagement and are available in the publications section of our website: www.fifehealthandsocialcare.org/publications.

Part of our locality planning includes 'The Well'; a place where carers can drop in, both in their locality and online, to find out information and receive general advice to help with their caring role, and stay well and independent in their local community. Wells are held across Fife on a regular basis. Information about the time and place of each local Well is available on our website: <https://www.fifehealthandsocialcare.org/your-community/the-well>.

Carers voice and views are important at the local level as they know best what support they need. Their involvement in the development of this refreshed strategy was an important aspect of making sure we understand their needs.

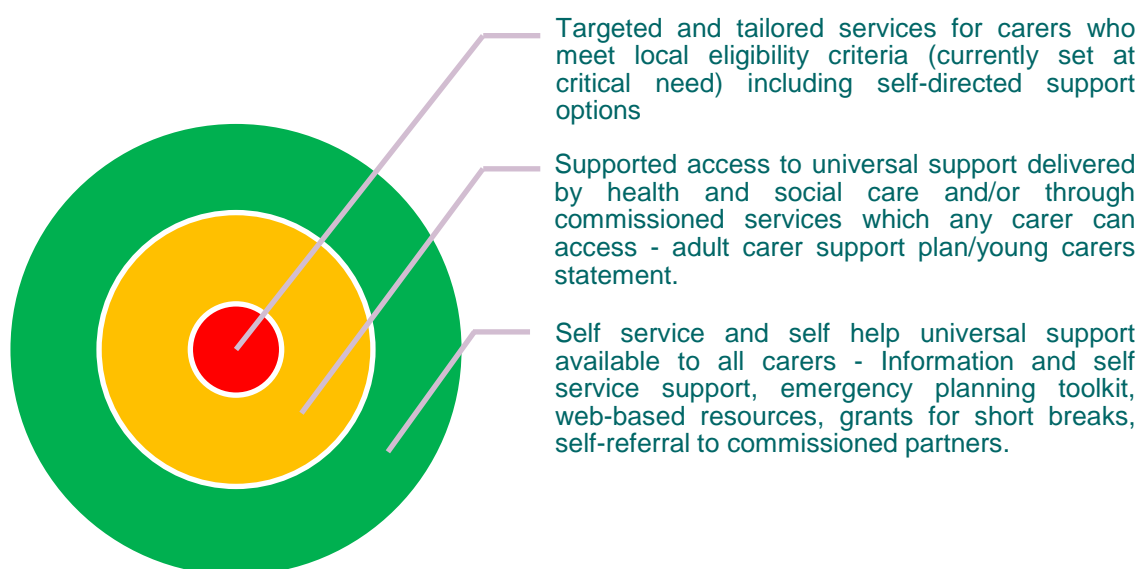
The evidence from the engagement and consultation with carers does not suggest their needs for support are any different depending on where they live or care in Fife, except for difficulty of transport in rural areas. This strategy recognises this challenge. Through the review of commissioned universal services, we will require that our partners take carers' location and special travel requirements into account when making their services available.

Through the engagement processes, through which over 200 carers participated, and which is summarised in the appendix, we confirmed five overarching themes that will act as the priority outcomes for this strategy:

Theme	Description
Information	Some carers don't know what support is available or who to ask for help. They don't know their rights and want us to improve the ways we communicate with them.
Co-ordinated support	Carers find it difficult to navigate our health and social care systems and want help to coordinate their caring role, particularly at the start of their caring journey.
Breaks from caring	Carers find it difficult to take a break from caring for a range of reasons including availability of opportunities. They want a wider variety of breaks to prevent carer crisis.
Early/Upstream identification	Carers don't always feel they are recognised as a carer when they meet professionals. They want colleagues to have a better understanding of carers' needs
Young Carers	Young carers take on a caring role often uninvited. They have the right to be a child or teenager first and foremost. They want more help to make this happen in school and in their social life.

Our approach to supporting unpaid carers in Fife

Our last strategy focused primarily on investing in universal support, helping the many unpaid carers who need a little help. This strategy builds on the solid foundation we have created, with more free-to-access help for any carer regardless of their age or stage of their caring journey. We will also invest in a wide range of support to help those unpaid carers in greatest need. Central to our approach is early intervention and prevention, future planning, and de-escalating risk. This applies equally to the broad service planning and the individual support we offer to carers.



During the period of this strategy, we will review the eligibility criteria as it relates to carers.

Where possible, and when financial resources allow, we will introduce more specialist support on a universal basis to help carers avoid reaching a crisis point.

We will promote the support for unpaid carers on our website and in community venues. We will improve what information is available, and where it is available, in order that carers can access the information they need whenever they need it. In many cases this will meet a carer's immediate need for information, so they are able to help themselves and their families. Where this is not the case, we offer a range of services through a mixed economy including commissioning support from voluntary sector partners which carers can access without a referral, i.e., directly by the carer.

While our focus will remain on preventing carer crisis, we will also help carers to de-escalate a crisis by earlier intervention; through information and support; helping carers to live well alongside their caring role; and providing help to coordinate carer support particularly in the earliest times of a new caring role. Much of this will be provided by our partners in the third, voluntary and independent sectors who deliver the support we have identified as needed and wanted by carers in Fife. Each partner brings their own set of skills and expertise to this work which collectively we approach in a collaborative effort to meet carers' needs for support in a holistic manner. Some of the support is specialist in nature whereas others provide a more general set of supports; but all have working to help carers as one of their core values and principal aims. Our partners are listed in the Appendix.

Carers can access the support they need in a range of ways including making direct contact with our partners. They can also access support directly through the Health and Social Care Partnership through our Contact Centre or through the Wells Information about the time and place of each local Well is available on our website:

<https://www.fifehealthandsocialcare.org/your-community/the-well>.

We are creating a group of staff within the Partnership who will support carers. Their support will be in the form of providing an Adult Carer Support Plan (ACSP) or Young Carers Statement (YCS). This new staff group will provide the capacity to take a proactive approach to identifying carers and providing earlier intervention to support their caring role. It will also enhance the quality of the conversation that helps to establish the outcomes-based plan for individual carers. The staff will help carers to access the support they need either through referral to an existing universal offer, or through additional funded support where the carers meet the local eligibility criteria.

We will offer every carer who wants one, an ACSP or YCS. These will focus on the carers situation, their needs for support and how these outcomes will be met. They are available from Social Work Services and schools, and from a select group of our partners, particularly Fife Carers Centre and Fife Young Carers.

During the period of this strategy, we will review the timelines for preparing an ACSP and YCSs. Currently the timescale for offering a conversation is:

Critical/Intensive Within 10 working days (*Young carers - 1 week*)

Investing in support for unpaid carers in Fife

The financial position for public services continues to be challenging and the partnership must operate within significant budget restraints and pressures. The financial resources available to support this strategy are finite and limited to the additional funding made available by the Scottish Government.

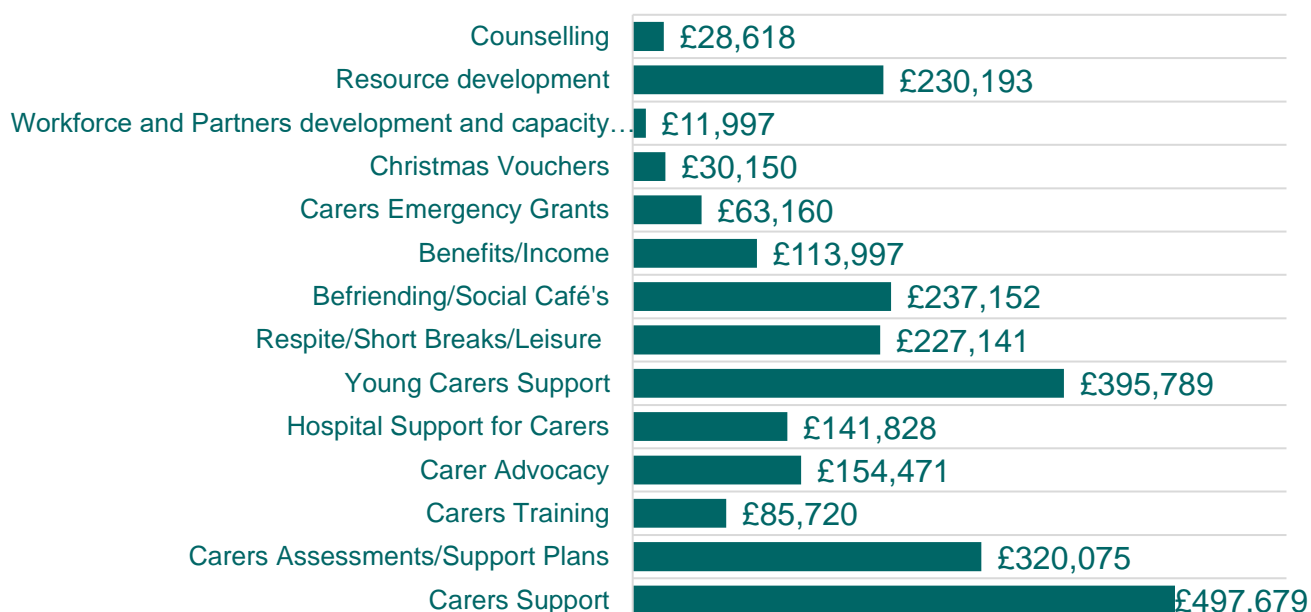
It is therefore critical that our resources are targeted appropriately and to support this the partnership have developed a Medium-Term Financial Strategy which sets out the resources available and ensures that they are directed effectively. The plan is available in the publications section of our website: www.fifehealthandsocialcare.org/publications. The Medium-Term Financial Strategy will inform decision making and actions required to support financial sustainability, including in support of this Carers Strategy.

The Scottish Government’s financial memorandum that accompanied the introduction of the Act set out the funding expectations for each of the first five years after the Act’s introduction. It states a national budget for supporting unpaid carers in 2023/24 will be £88.4millions. Fife’s share of this is £5.2millions in 2023/24. We do not have confirmation of future budgets to support carers and our plans are based on reasonable assumptions that this level of funding will at least continue at the same level. The financial settlement from Scottish Government means the first year of this strategy is fully funded. We will review our commitments for each of the remaining years of the strategy once budgets settlements are known to ensure the funding available meets the commitments made. A reduction in funding levels will necessitate a review of the services we are able to commission and deliver.

In recent years the Cabinet Minister for Health and Sport wrote to Chief Officers to advise of the Government’s expectations that the element of the local authority financial settlement that was identified to support the implementation of the carers act should be used to “*deliver a significant expansion in local carer support*”. Our commitment to do so is expressed in the statement of intent.

Approximately £2.6millions has already been committed to support carers through voluntary sector partners.

Committed spend to voluntary sector support for unpaid carers



As well as the funding for voluntary organisations that we commission to support carers we have committed the following within the Health & Social Care Partnership, ensuring carers' voice and views are considered, they are directly supported, and they receive help to access support in their localities:

- £497,359 – 10 Social Work Assistants specifically supporting unpaid adult carers.
- £140,000 – 3 staff supporting the Wells and localities.
- £406,156 – 8 staff supporting public engagement and participation service.
- £500,000 – self-directed support for carers meeting local eligibility thresholds.
- £75,000 – 2½ staff to support self-directed support for unpaid carers

The Carers Strategy also aligned with the Partnership's supporting Commissioning Strategy. Through this, and through the planned service reviews, we will continue to promote and secure the best possible value for money that will deliver excellent support for carers.



Strategy Outcomes

Through consultation with carers, practitioners, and professionals we have identified five key outcomes that we will deliver during the period of this strategy, subject to the resources being available from the annual financial settlement.

The outcomes focus on prevention and early intervention where possible; building personal and community resilience; de-escalating risks and crisis to enable carers to cope with the minimal necessary support; promoting locality-based solutions where possible; and always providing positive opportunities for carers that provide the best value for the public purse.

They five high level outcomes are:

Outcome 1: information

Carers will have access to information, in a range of formats, that helps them to manage their caring role in their community, where and when they want it.

What benefits will this have for carers?

- Carers will have easy access to good quality information online and in their community.
- Carers will know who to ask for help, and how to access this information.
- Carers will be aware of the wide range of support and services they can access directly.

What carers said...

Our engagement and consultation exercise with carers reminded us that carers:

- Don't know what they don't know – we need to help them plug the information gap.
- Are time poor and often don't have the time, skills, or resources to seek out the best information to meet their needs.
- Are not always recognised or supported by professionals, partly because those professionals do not know what support is available to how to access it.



What we will do and how we will measure the success of our ambitions.

- 1.1 Prepare and deliver an awareness raising campaign that reaches every part of Fife.
- 1.2 Invest in the appropriate resources to help carers, practitioners, and professionals access information where and when they want it, and in formats that meet their needs.
- 1.3 Create an information service to host all sources of information from our partners.
- 1.4 Reinforce our approach to carer involvement at the local and organisation wide levels to ensure they have a voice that is recognised, well regarded, and used in decision making.
- 1.5 Measure carers' perceptions of the support we offer and commission.

Strategic Priority	Measure	Target 2026
Carers will have access to high quality information at a time and place that best meets their needs and enables them to make positive choices regarding their caring role.	Carers advise that they have access to high quality information.	80% of carers who respond to the annual survey report they have access to high quality information.
	Number of carers responding to the annual carers experience survey.	At least 350 ⁷ respondents per year.
	Carers who feel recognised as a carer by their health and social care professionals including GPs.	80% of carers who respond to the annual survey report they are recognised as carers by their GP.
	Carers who say communications have improved.	80% of carers who respond to the annual survey report that communications have improved.

⁷ Target based on a compound 10% annual increase of the number of carers responding to the annual carers experience; baseline 72 in 2020.

Outcome 2: coordinated support

Carers will have support to coordinate their caring role, including help to navigate the health and social care systems as they start their caring role.

What benefits will this have for carers?

- Carers will have confidence that they are supported to manage the care they provide, and the support they receive, without the need to repeat their situation time after time.
- Carers will have support to access other identified support outcomes within their ACSP or YCS.

What carers said...

- Carers don't understand why professionals are not sharing information about a person they are supporting together which leads to carers often repeating the same issues.
- "Ensure care packages are organised to commence, and medication is ready, when the patient is being discharged from hospital".
- Not all parts of the system work well. For example, "the admissions process works well when professionals communicate with each other. So should the hospital discharge".

What we will do and how we will measure the success of our ambitions.

- 2.1 Create a dedicated resource of 10 Social Work Assistants whose role will be to identify, assess and support carers through an Adult Carers Support Plan.
- 2.2 Invest to create and commission a wider range of opportunities for unpaid carers to look after their own health and well-being.
- 2.3 Review of all commissioned support for adult carers.
- 2.4 Develop a local commissioned carers organisation collaborative to improve cross organisation working and delivery a holistic approach to supporting carers in Fife.
- 2.5 Support all commissioned partners to achieve Carer Positive status.
- 2.6 Support the *Getting it Right for Everyone* (GIRFE) review as it relates to early intervention and managed transitions for carer based on their age and stage and needs for support.
- 2.7 Expand the commissioned independent income maximisation support for carers within the local 'Wells' model.

Strategic Priority	Measure	Target 2026
Improved outcomes for carers, and a reduction in any negative impact of their caring role on the carer's own health and wellbeing.	A wider range of opportunities is available for unpaid carers to look after their own health and well-being.	80% of carers who respond to the annual survey report that a wider range of support opportunities are available.
	Number of carers accessing income maximisation service through the Wells	At least 750 carers per year.
	Number of grants available to support carers in financial crisis linked to their ACSP outcomes.	80% of carers who respond to the annual survey report that access to grants is available if required.
	Number of ACSPs offered, accepted, and completed.	At least 2000 ACSPs per year are offered, accepted, completed, and recorded by the Health & Social Care Partnership.



Outcome 3: breaks from caring

We will help carers to take a break from caring when, where and how they want to, so they are rested and able to continue in their caring role

What benefits will this have for carers?

- Carers will have access to the breaks and rest from caring to recharge their batteries and live a positive life alongside their caring role.

What carers said...

- Breaks from caring was the highest priority for all groups – and mentioned at every engagement event by most carer.
- “Arranging respite for my loved ones to allow me to go was a bit of a nightmare. Very stressful”.
- “I haven’t had a break because I can’t arrange overnight care at the same time for the two people I care for”.
- Carers want a wider range of breaks from caring including weekend, overnight and 2 -3 hours on a more regular basis.



What we will do and how we will measure the success of our ambitions.

- 3.1 Invest to increase significantly the range of micro-breaks that are available to carers with an Adult Carer Support Plan.
- 3.2 Ensure commissioned services include travel assistance to help unpaid carers who lack transport, are time poor, or live or care in a rural area which affects their ability to access the support they need.
- 3.3 Commission a voluntary sector partner to deliver a ‘*Respitality*⁸’ short breaks service for carers in Fife, as previously agreed.
- 3.4 Review our Short Breaks Service Statement to include a market stimulation and local capacity building plan.

Strategic Priority	Measure	Target 2026
Our approach to short breaks is fully aligned to the duties within the Carers Act, National Carers Strategy, and National Care Service and other aligned strategies and policies.	Number of micro-breaks that are available to carers with an Adult Carer Support Plan.	A net increase of at least 4,361 hours of micro-breaks offered per year to carers with an Adult Carer Support Plan.
	Number of commissioned services which include providing travel assistance in their service standards.	80% of new services commissioned include a requirement to facilitate and assist with travel access when required.
	Number of ‘ <i>Respitality</i> ’ short breaks services provided for carers.	At least 100 short breaks in the hospitality sector offered per year.
	Carers who access a break say their quality of life is improved after a short break.	80% of carers who respond to the annual survey report that their quality of life has improved because of a short break.

⁸ ‘*Respitality*’ is a project, led by Shared Care Scotland, that aims to provide a short break for unpaid carers in Scotland when they need it most by connecting carers and carers’ organisations with hospitality, tourism and leisure businesses who are willing to donate a break free of charge.

Outcome 4: early/upstream identification

Developing the skills of practitioners and professionals to identify and support carers at the earliest possible point in time

What benefits will this have for carers?

- Carers will be supported from the earliest opportunity through more proactive recognition of their role as a carer.
- Carers will experience a seamless service through the transitions between services, including early referral and access to supports that help them to manage their caring roles effectively, preventing crisis by developing coping strategies that help carers thrive.

What carers said...

- “We are not always involved in the care decisions for the person we care for.”
- Doctors don’t always know, or ask, if they are a carer or what support the carer might need
- Want more interaction from doctors so that they know who they are caring for.

What we will do and how we will measure the success of our ambitions.

- 4.1 Invest up to £500k per year to offer a £200 grant to carers who don’t meet eligibility criteria and whose identified support needs cannot be met from the universal support.
- 4.2 Support the continuous professional development for practitioners and professionals to support carers by encouraging all colleagues to complete Equal Partners in Care training.
- 4.3 Proactively identify carers from service users reviews to offer support to the carers.
- 4.4 Incorporate recommendations in the National Care Service as they relate to early intervention to support carers.
- 4.5 Introduce specialist carer support to older carers, carers in need of postural support (including support for safe moving and handling), carers of people with life-threatening chronic illness such as cancer or stroke, carers' palliative support and to access bereavement support.
- 4.6 Enhance the support already in place for carers to secure a Power of Attorney for the person they care for to include grants of up to £500 per case to help with legal costs, where this support is an identified personal support outcome for the carer.
- 4.7 Commission a proactive, early intervention and coordination service to identify and support carers in hospital settings at the point of admission of the person they care for.
- 4.8 Review the local Eligibility Criteria to ensure it meets best and common practice with a view to increasing opportunities for earlier intervention that is also fully aligned to national Carers Strategy and National Care Service.
- 4.9 Review the timescales for ACSPs and YCSs.

Strategic Priority	Measure	Target 2026
An improvement in people's experience of support for carers in Fife, as evidenced by positive feedback and increased user satisfaction.	Number of carers offered grants to meet their needs for support.	At least 2500 carers per year are offered a small grant to meet their identified needs for support
	Carers are supported to secure new Powers of Attorney.	At least 200 carers per year are supported to secure new Powers of Attorney
	Number of employees within the health and Social Care Partnership who have completed Equal Partners in Care (EPIC) training.	100% of employees have completed Equal Partners in Care (EPIC) within the last 3 years.



Outcome 5: Supporting young carers in Fife

Ensuring young carers in Fife feel they have the right support at the right time in the right place to balance their life as a child/teenager alongside their caring role

We understand that young carers' needs for support will be different to the needs of adult carers. With the help of Fife Young Carers and schools across Fife, we asked young carers what support would be most helpful to them. About 100 young carers gave their views that the included:

- Breaks from their caring role.
- Help to study for with school work.
- Time for themselves and with friends, and their own quality time with their parents.
- Better awareness and understanding about their care role including from school.
- A safe space to talk about their own needs.

What benefits will this have for carers?

Young carers will have improved access to a wide range of services and support that help them to meet their personal caring, social and learning goals. They will benefit from specific financial support where this is needed to meet these identified outcomes where financial hardship impacts on their quality of life and education because of their caring role.

What carers said...

Our engagement and consultation exercise with young carers confirmed that young carers:

- Feel caring impacts on their studies and they need additional support to keep up.
- Want more carer awareness raising in schools, understanding of their caring role, and more help with schoolwork.
- Need more opportunities to have time away from their caring role including quality time with parents and friends.
- Greater opportunity to talk to someone about their caring role, its impact and support to develop individual coping strategies to help their own mental health.



What we will do and how we will measure the success of our ambitions.

- 5.1 Pilot young carers' access to additional study support on an individual basis or by providing replacement care.
- 5.2 Expand the young carers education support service to all 152 schools in Fife thereby ensuring no young carer is left behind.
- 5.3 Support digital connectivity for young carers by contributing to the costs and ensuring deprivation and financial hardship are not a barrier to learning and social connections.
- 5.4 Invest in a range of young person focused mental health and well-being services.
- 5.5 Review our approach to proactively identifying unpaid carers (young and adult) at the school entrance to ensure all carers are being offered support to meet their needs.
- 5.6 Invest in an appropriate range of Short Break Options specifically for young carers.
- 5.7 Ensure commissioned services include travel assistance to help young carers to access the support they need.
- 5.8 Support the befriending service for young carers to increase volunteer support and ensure they are adequately supported, resulting in more opportunities for young carers.
- 5.9 Expand the capacity of the one-to-one support for young carers to ensure the service is available Fife wide and without delay.

Strategic Priority	Measure	Target 2026
An improvement in young carers experience of support as evidenced by positive feedback and increased user satisfaction.	Number of young carers accessing study support.	At least 200 young carers accessing study support per year.
	Education support is available to young carers in all Fife schools.	All 152 schools in Fife can provide education support to young carers.
	Number of young carers enabled to access school and social activities who otherwise would not be able to access this at a time and place of their choosing.	At least 60 young carers per year are enabled to access school and social activities.
	Number of commissioned services available to young carers.	At least 40 additional young carers per year receive one-to-one support including YCSs.
	Number of young carers responding to the dedicated young carers experience survey.	At least 100 respondents per year.
	Young carers who access a support say they feel better supported.	75% of young carers who respond to the annual young carers experience survey report that they feel supported in their role as an unpaid carer.

Monitoring and Review

We will monitor our delivery towards this strategy through a range of activities including:

- An annual carers' experience survey.
- Quarterly performance and monitoring reports through the Health and Social Care Partnership's leadership, board, and committees.
- An active contract management process for all commissioned partners.
- Internal quality checks which will be incorporated into the partnership's evolving performance and quality monitoring to inform continuous professional development, workforce support and the carers' experience of the service.

This collection of information, plus other appropriate information, will inform an Annual Report. In turn this will inform our future service planning.

In addition to the internal monitoring and review, the Scottish Government requires that we provide an annual return of information relating support for unpaid carers – the carers census.

Finally, this strategy includes a specific recommendation to undertake an independent audit of our support for unpaid carers. This will identify the progress, continuous improvements, and experience of unpaid carers. The audit will inform the next carers strategy and service planning, and other associated service plans as they relate to unpaid carers. The independent audit will include the involvement of unpaid carers in its planning and deployment and will report in 2026.



Appendices

- Glossary of Terms
- Legal Requirements and Key Guidance.
- Summary of engagement activity taken place and a sample of feedback.
- Our partners
- Summary delivery plan outcomes
- Summary of achievements from 2019 – 2022 carers strategies

Want to know more

This strategy gives readers the highest level of information to aide their understanding of our commitment. The strategy providers readers with information about the range of activities we aim to achieve. It is supported by delivery plans, risk, and equality assessments.

An easy read version of this strategy will be available from the partnership's website www.fifehealthandsocialcare.org/carers.

Versions will also be available in large print and Braille for those with sensory sight loss.

All these documents are openly available on our web-site pages, www.fifehealthandsocialcare.org/carers dedicated for carers.

Glossary of terms

“The Act” or “Carers Act”	The Carers (Scotland) Act 2016 and any regulation passed after this which relate to the Act.
Carers or unpaid carers	Section 1 of the Act defines a carer as any individual, save for certain exceptions, who provides or intends to provide unpaid care for another individual. This does not include paid caring work.
Young Carers	Section 2 of the Act defines a young carer as under 18 years old or has attained the age of 18 years and remains a pupil at school.
Adult Carers	Section 3 of the Act defines an “adult carer” as a carer who is at least 18 years old but is not a young carer.
“ACSP”	Adult Carer Support Plan
“YCS”	Young Carers Statement.
“FHSCP”	Fife Health and Social Care Partnership.
“IJB”	Integration Joint Board.
“GIRFE”	Getting it Right for Everyone - a proposed multi-agency approach to health and social care support and services from young adulthood to end of life care.



Legal requirements and key guidance

The preparation of this strategy is governed by specific duties as laid out in various sections within the Carers Act. These include the following duties which have shaped the process of developing the strategy:

- Part 4 of the Act places a duty on the authority to involve carers in carer services. This includes planning services, the development of this strategy and the review of services and policies as they relate to the discharge of duties laid out in the Act.
- Sections 31, 32 and 33 within part 5 of The Act requires local carer strategies to be developed across Scotland. These set out plans to identify carers, provide support and services to adult and young carers and provide information about local support. This duty is delegated to integration joint boards. Section 31(2) of the Act sets out the specific requirements for inclusion in the local carer strategy with subsection (4) detailing who the authority must consult including carers and their representatives.
- Additional consideration has been made to the Statutory Guidance relating to the Act and the National Carers Strategy of December 2022.

Summary of engagement activity undertaken to inform this strategy

Our engagement exercises took place in late 2022. They were promoted through our partners, online using social media, and by word of mouth. We held 11 engagement events, one in every locality (two each in the more rural localities for northeast Fife and southwest Fife), plus two online sessions. A consultation questionnaire was also made available online and in paper form. Separate consultations were held with young carers. Carers also contributed through separate opportunities to other strategies including the partnership's Strategic Plan, Home First Strategy and Dementia Strategy.

There were 111 participants to the engagement exercise plus around 100 young carers. The conversations at the locality events provided a rich seam of information with common themes quickly emerging through the separate events and consultation feedback. Through the exercise we sought carers' views on five broad themes:

- Your Caring Journey – carers' experience of caring
- Information, Advice and Guidance
- Practical Support – Support as a Carer
- Balancing Your Caring Role – Having a Life Alongside Caring
- Physical, Emotional and Mental Well-being

At the engagement events and through the consultation questionnaires three key themes were repeated often (plus workforce development interlinking them all). These themes will be used to inform the future strategy and include:

- **Information** – Carers don't know what they don't know, and therefore don't know what help to ask for or who to ask.
- **Coordinated support** – Carers feel they would benefit from greater coordination of the support for themselves and the persons they care for.
- **Breaks from caring** – Carers advised that they are seldom able to take a break from their caring role due to a range of issues including lack of available options.

Inevitably when asking for carers' views there were some that were less positive. We understand that these comments are carers' reality and personal experience and therefore we must consider them as opportunities to learn and improve. Here are some direct comments made by unpaid carers:

"I feel like a hamster on a wheel not able to get off"

"The massive change to becoming a carer had an impact on my relationships, the time for myself, personal health, life choices like holidays"

"Recognition of the pressure and stress of the caring role"

"Carers are in stress. They are in survival mode"

"It is always difficult to access carers. Every experience is different and so many people do not recognise themselves as carers."

"So far I manage but worried about the person getting worse and needing more support"

"GPs also don't know about Carers Centre or the support available to carers"

Balanced against these comments were carers who applauded and celebrated the help they had received, particularly from our third sector partners, such as:

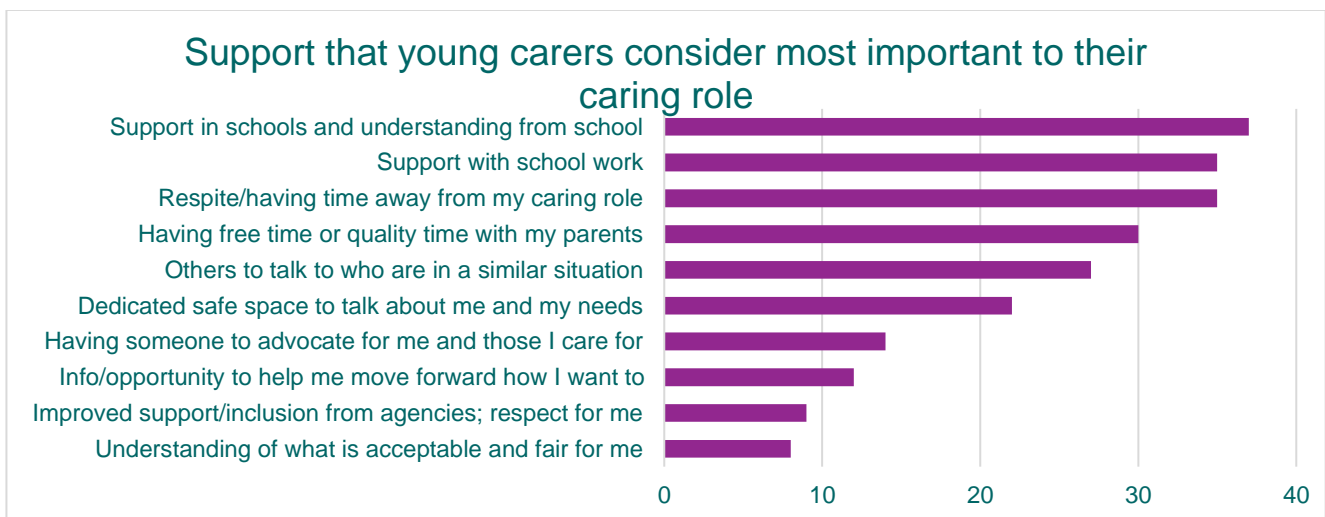
“I was able to access Creative Breaks through Fife Carers Centre. This provided me with a much-needed break from my caring role. However, arranging respite for my loved ones to allow me to go was a bit of a nightmare.”

As well as the direct comments from carers we used the consultation questionnaire to assess carers perceptions of the support we have made available. Notwithstanding the low number of responses (66) carers told us the following:

- Too few of the carers who responded to the consultation had been offered and accepted an Adult Carer Support Plan. Of those who did over 71% felt it met their support needs, 70% agreed it helped them consider their personal goals and a similar number confirmed it was developed through a conversation.
- 43% of respondents felt information and advice is easy to access; 66% said the information and advice they received was quite or very helpful.
- 61% of carers said they had experienced some financial difficulties in the past year; 39% in a great deal of difficulty.
- 88% of carers say they do not have enough time to do things they value and enjoy.
- Nearly 32% of carers had little or no social contact and feel socially isolated.
- 25% of carers feel they are not able to look after their own health; 45% say they sometimes can't look after themselves well enough.
- Only 14% of carers feel emotionally well and have good coping mechanisms; 23% feel helpless and unable to cope; nearly 63% sometimes feel unable to cope.
- 68% of carers do not feel recognised, valued, and supported in their caring role by professionals.

Young Carers

Separate engagement activities took place with young carers through an online survey issued to secondary school pupils with 81 responding, and 20 primary aged young carers sharing their experiences in focus groups supported by Fife Young Carers. The young carers were aged between 11 and 17 and came from every locality in Fife. Their priorities include:



Young carers experience difficulty in the following areas:	
Socialising and making friends	23%
Finding time for homework and studying	25%
Supporting the mental health of the person I care for	18%
Time management	5%
General caring duties	13%

Conclusions and recommendations

The analysis of the engagement conversations and responses to the consultation questionnaires led us to make a range of improvements and investments proposals including:

- **Information** – an information and awareness raising campaign across all localities, supported by additional link officers, with the aim to improve carers’ and professionals’ understanding of carers’ rights and the support available to carers, and our duties to them.
- **Coordinated support** – an improvement to the approach to support carers with dedicated case worker support to help carers navigate the support available, establish and thrive in their caring role, and become self-reliant. This will be linked to the GIRFE work.
- **Breaks from caring** – to invest significantly in the type and variety of break caring including easy access to very short/micro-breaks as a measure to prevent carer crisis.
- **More early/upstream work** – work with the widest possible range of professionals and practitioners such as GPs, nurses, hospital admission staff, ward staff and social workers, teachers, and teaching assistants, to raise awareness of their role in identifying carers and referring for appropriate support.

Other specific considerations made by carers include the following improvements:

- Support for carers of people with stroke or cancer – like dementia support and other neurological conditions
- Moving and handling training support for carers
- Funding to help carers with more efficient travel/time management
- Increase support for young carers in school – a study-help and tutoring support service

When asked what one thing would make a difference to support you as a carer, as well as comments that fed into the conclusions above, carers made the following comments.

“Provision of more care to allow me to pursue my life without continual worry”

“Information at the start regarding services”

“More social support for my mum therefore giving me more time for myself”

“Respite, care and befriending”

“For H&SC teams to communicate with each other”

“Being able to get a good night's sleep”

“A Key worker to oversee all aspects of my son's care and the sharing of information between professionals”

“Actual hands-on support”

“More respite”

“Financial support”

“Mental Health support”

Our partners

Below we list the partners who deliver each of the services we offer.

Fife Carers Centre	Fife Young Carers	Fife Voluntary Action	Circles Network
Citizens Advice & Rights Fife	Deafblind Scotland	https://www.fife.gov.uk/kb/social-care	Carers UK Free access code DGTL6234
Change Mental Health	https://www.fifehealthandsocialcare.org/your-community/the-well	Fife Sports & Leisure Trust	Nourish
Link Living	Crossroads Fife	Homelands Trust	Respite Fife
Fife Forum	Kindred Advocacy	Autism in Fife	PAMIS

Figure 2 - Our partners in supporting carers.

To find out more information about each of our partners, including specifically what support they offer to unpaid carers and how to access this support, visit <https://www.fifehealthandsocialcare.org/carers> or the partners' own web-site.

Summary of delivery plan outcomes

Strategic Priority	Measure	Target 2026
Carers will have access to high quality information at a time and place that best meets their needs and enables them to make positive choices regarding their caring role.	Carers advise that they have access to high quality information.	80% of carers who respond to the annual survey report they have access to high quality information.
	Number of carers responding to the annual carers experience survey.	At least 350 respondents per year.
	Carers who feel recognised as a carer by their health and social care professionals including GPs.	80% of carers who respond to the annual survey report they are recognised as carers by their GP.
	Carers who say communications have improved.	80% of carers who respond to the annual survey report that communications have improved.
Improved outcomes for carers, and a reduction in any negative impact of their caring role on the carer's own health and wellbeing.	A wider range of opportunities is available for unpaid carers to look after their own health and well-being.	80% of carers who respond to the annual survey state that a wider range of support opportunities are available.
	Number of carers accessing income maximisation service through the Wells	At least 750 carers per year.
	Number of grants available to support carers in financial crisis linked to their ACSP outcomes.	80% of carers who respond to the annual survey report that access to grants is available if required.
	Number of ACSPs offered, accepted, and completed.	At least 2000 ACSPs per year are offered, accepted, completed, and recorded by the Health & Social Care Partnership.
Our approach to short breaks is fully aligned to the duties within the Carers Act, National Carers Strategy, and National Care Service and other aligned strategies and policies.	Number of micro-breaks that are available to carers with an Adult Carer Support Plan.	A net increase of at least 4361 hours of micro-breaks offered per year to carers with an Adult Carer Support Plan.
	Number of commissioned services which include providing travel assistance in their service standards.	80% of new services commissioned include a requirement to facilitate and assist with travel access when required.
	Number of ' <i>Respitivity</i> ' short breaks services provided for carers.	At least 100 short breaks in the hospitality sector offered per year.

Strategic Priority	Measure	Target 2026
	Carers who access a break say their quality of life is improved after a short break.	80% of carers who respond to the annual survey report that they feel their quality of life improved because of a short break.
An improvement in people's experience of support for carers in Fife, as evidenced by positive feedback and increased user satisfaction.	Number of carers offered grants to meet their needs for support.	At least 2500 carers per year are offered a small grant to meet their identified needs for support
	Carers are supported to secure new Powers of Attorney.	At least 200 carers per year are supported to secure new Powers of Attorney
	Number of employees within the health and Social Care Partnership who have completed Equal Partners in Care (EPIC) training.	100% of employees have completed Equal Partners in Care (EPIC) within the last 3 years.
An improvement in young carers' experience of support as evidenced by positive feedback and increased user satisfaction.	Number of young carers accessing study support.	At least 200 young carers accessing study support per year.
	Education support is available to young carers in all Fife schools.	All 152 schools in Fife can provide education support to young carers.
	Number of young carers enabled to access school and social activities who otherwise would not be able to access this at a time and place of their choosing.	At least 60 young carers per year are enabled to access school and social activities.
	Number of commissioned services available to young carers.	At least 40 additional young carers per year receive one-to-one support including YCSs.
	Young carers who access a support say they feel better supported.	75% of young carers who respond to the annual young carers experience survey report that they feel supported in their role as an unpaid carer.

Summary of achievements from 2019 – 2022 carers strategies

Since this strategy was agreed in summer 2018, we have achieved a great deal in truly exceptional circumstances. The impact of the pandemic cannot be measured formally although it clear had a deep and costly effect on unpaid carers’ resilience while significantly raising the role of carers and the issue of support for them.

Not all the commitments made were fully delivered because of the pandemic, but many additional measures to support carers were introduced and delivered concrete benefits.

In summary, we have achieved a great deal; we have much still to do, and we are committed to achieving our overall mission to support carers. Below is an update on the actions we have completed over the last three years.

Adult Carers Strategy	Young Carers Strategy	We did
Carers have information, advice, and guidance they need.	Being involved – access to high quality information about their role and seen as a valued expert in this caring role.	<p>Produced a suite of leaflets about carers’ rights.</p> <p>Created new content specifically for adult carers on our website.</p> <p>Improved information available for young carers on-line.</p> <p>Purchased access for all carers in Fife to Carers UK’s Digital Resources.</p> <p>Invested in staff for the Wells to provide carers with information and support.</p> <p>Commissioned a range of new advocacy and information services.</p> <p>Commissioned training for staff and partners.</p> <p>Created a new public engagement team to better hear carers’ views.</p> <p>Commissioned capacity building support for all commissioned partners.</p> <p>Additionally, we have commissioned to increase the capacity of partner organisations to identify and support young carers in schools and elsewhere, to offer and complete Young Carers Statements.</p>
Carers have access to meaningful practical support.	Sharing responsibility – access to appropriate support and information.	<p>We have significantly increased the independent support for carers through new commissions in the following ways:</p> <ul style="list-style-type: none"> • New support in every locality increasing ease of access to ACSP • New support for carers of people with mental health • New support for carers of people with sensory loss • New independent advocacy. • New support for carers of people with neurological conditions

		<ul style="list-style-type: none"> • New help for carers to secure Power of Attorney. • New income maximisation advice. • Doubled the support available to carers of people with dementia • Quadrupled the hospital discharge support for carers - now in every hospital in Fife. <p>Provided access to ENABLE Scotland's Emergency Planning toolkit.</p> <p>Digital support for young carers.</p> <p>Provide coordinated access to PPE throughout the pandemic.</p>
Carers feel they have social support from a variety of sources.	Making connections – able to access activities important to them and develop friendships and relationships.	<p>Promoted the wide range of commissioned support, including contact details for self-referral.</p> <p>Commissioned therapeutic and peer supports specifically for carers with specific mental health support needs, and for young carers.</p> <p>Invested in a range of befriending services for all carers.</p> <p>Commissioned Link Living to run a social carers café in northeast Fife.</p> <p>Hosted the first carers gathering during Carers Week.</p> <p>Raised profile carers' rights through social media campaigns.</p>
Carers can take breaks from caring to live their own active life.	Balancing time – to balance their caring role and time for themselves, including breaks from caring.	<p>Matched the funding for Creative Breaks for adults.</p> <p>Reintroduced the Time for Me breaks for young carers.</p> <p>Invested to increase capacity of the short breaks team specifically to support unpaid carers.</p> <p>Allocated £0.5M for carers' self-directed support options.</p> <p>Increased financial support for young carers breaks.</p>
Carers experience is positive, involved, and balanced.	Emotional wellbeing – access to correct support to help them deal with emotional side of caring and build resilience to cope.	<p>Offered learning and self-advocacy support through Carers UK's Digital Resource.</p> <p>Invested in digital support for young carers.</p> <p>Created a Carers Community Chest to provide support for carers to create meaningful breaks and support in their locality.</p> <p>Commissioned support to help carers to express their voices in planning and decisions.</p> <p>Re-introduced access to health and fitness clubs through a partnership with Fife Sports and Leisure Trust.</p> <p>Offered carer emergency grants, crisis travel support and Christmas voucher schemes.</p>



“All carers will have access to high quality information and support at a time and place that best meets their needs, which enables them to make positive choices to thrive and flourish as a carer for as long as they want to, and to help them live a happy and fulfilling life alongside their caring role”.

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