



Carers Strategy 2023 – 2026

Easy Read Version





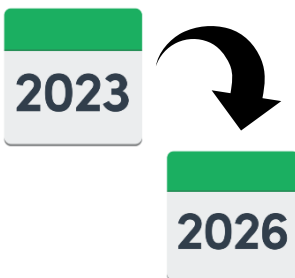
A **strategy** is a high-level plan. It sets out what an organisation wants to do over a few years.



This is the **plan** that **Fife Health and Social Care Partnership** has to support carers.

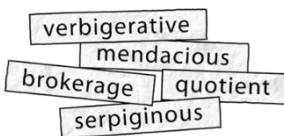


A **carer** is someone who gives care to someone else without being paid for it.



This **strategy** covers the outcomes that we want to achieve from 2023 until 2026.

There may be some words you don't know in the document. When you see them for the first time they will be in **bold**.



There is a word list with their meanings at the end of the document.



It was important to involve the points of view of carers in making this plan.



Nearly half the people who took part care for more than 50 hours a week.



Over 111 unpaid adult carers and 100 young carers took part in 11 engagement events and a questionnaire.



They told us what they think is working for carers and what could be done better.



There are between 47,698 and 53,650 unpaid carers in Fife



There are less people who are able to be carers than there used to be.



This affects carers' personal health and financial security.



There is a need to make sure that people are supported to be carers as long as they want.



The **Partnership** wants all carers to have access to:

- high quality information
- support which enables them to thrive
- breaks from their caring role
- help to live a happy and fulfilling life



Earlier work has focused on helping carers through:

- early intervention (doing things early)
- crisis prevention (stopping things going wrong)
- helping with crisis that is already happening



Staff will support carers through an **Adult Carer Support Plan** or **Young Carers Statement**.



They will:

- make it clear what support is available
- show who to ask for help

- make sure carers know their rights
- improve the way the **Partnership** communicates with carers



Locality planning is when local people work together to decide what is important in their area. Sometimes they help to write a local plan for their area.



Carers play an active role in this through **locality planning** groups and community events.



Carers can get more information about the help available at **The Wells** in their area.



This is a local and online drop-in that gives information and advice to carers.



Outcome 1 - Information



Carers can get information in many different ways. This will help them manage their caring role.



This will be at a time and place that best meets their needs.

This includes local places in their area and online.



To do this the Partnership will:

- deliver an awareness raising campaign across Fife
- create a carers information website
- use carers' points of view in decision making



Outcome 2 - Coordinated Support



Carers will have help to find and access the health and social care systems that will affect them.



They will be supported to manage the care they give without having to repeat their situation.



Social Work Assistants will be hired to assess and support carers through **Adult Carers Support Plans**.



This should help with many carer issues. This includes good communication and planning when leaving hospital.



Outcome 3 - Breaks From Caring



Chances to have short breaks helps carers live a happy life and continue their role.



Breaks for carers can be accessed through an **Adult Carer Support Plan.**



Travel assistance can be included to help carers.



This might be helpful for carers in rural areas.

This will help stop things becoming too hard for carers.



Outcome 4 – Spotting and Supporting Carers Early



Carers do not always feel that they are recognised as a carer when they meet professionals.



Professionals need to understand carers' needs better. They need to complete **Equal Partners in Care Training**.



Carers should get support as early as possible.



Carers will be supported when they move to different services. They will get help to find things that help them to be healthy and happy.



Outcome 5 - Supporting Young Carers



A young carer is a person under 18 years old who regularly provides care for a family member who:

- is disabled
- is physically or mentally unwell
- misuses substances



Young carers:

- have different support needs to adult carers
- do not often choose to become carers
- have the right to be a child or teenager



This plan gives young carers:

- help to complete their homework/schoolwork
- awareness and understanding from their school about their caring role
- a safe space to talk about their own needs
- support to take breaks from caring
- financial support in their caring role



One to one support for each person means that no young carer is left behind.

What the words mean.

Adult Carer Support Plan	The Adult Carer Support Plan is a list of the things that are important to you. It includes the things you would like to do.
Carer	Someone who gives care to someone else without being paid for it.
Equal Partners in Care Training	Equal Partners in Care is a learning resource for staff which will help them support carers in a positive way.
Health and Social Care Partnership	When the local council and local NHS work together to deliver services.
Locality planning	Locality planning is when local people work together to decide what is important in their area. Sometimes they help to write a local plan for their area.
Plan	A list of things that we are going to do. It might include how much time it will take to do these things.
Strategy	A strategy is a high-level plan. It sets out what an organisation wants to do over a few years.
The Well	The Well is an advice and information service. People can go to the Well and ask for advice or find out about local services. They can also contact the Well online.
Young Carers Statement	The Young Carer Statement is a list of the things that are important to carers who are under 18 years old. It includes the things you would like to do.