



Edinburgh Health and Social Care Partnership

Carer Champion Training

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Working together for a caring,
healthier, safer Edinburgh

NHS
Lothian

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL

Outline for today

- Introductions
- Teams etiquette
- Interactive session
- Write issues and questions through the chat function
- Enjoy & Look after yourself
- Stick with us!



Learning Outcomes



Understand:

- who carers are & how to identify them
- the impacts a caring role has on individuals
- the benefits of supporting carers

Demonstrate:

- a basic understanding of the Carers (Scotland) Act 2016 and the key duties for health and social care partnerships
- a basic knowledge of local carer organisations and their services
- connecting carers to appropriate services



The EPiC Principles



"It's everyone's job to identify and support carers"



Equal Partners in Care

Working together to achieve better outcomes for carers and young carers



says the Scottish Government in Caring Together 2010-15 (the carers strategy for Scotland).

Please score your **overall confidence** in identifying and supporting unpaid carers on a scale of 1 to 5



I dread supporting unpaid carers- I won't know what to say or do



I am confident in supporting carers- I know what to say and how to connect them



**Equal Partners
in Care**

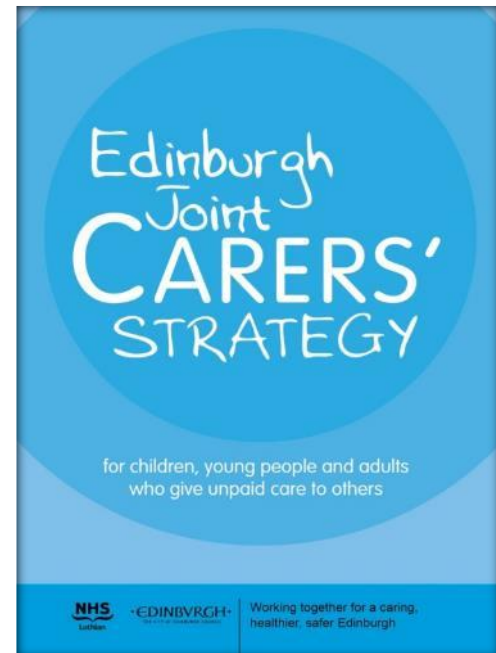
Working together to achieve better outcomes for carers and young carers



Edinburgh Carers' Strategy



- Legal requirement
- NHS Lothian and The City of Edinburgh Council recognise the crucial role that carers contribute to their communities across Edinburgh
- **Carer identification and information is seen as a key way of improving outcomes for carers and the lynchpin for accessing other forms of support**
- A range of good quality support needs to be available to carers at the right time and place



Supporting Working Carers within NHS Lothian



[Link to Intranet Page: Supporting Working Carers](#)

<http://intranet.lothian.scot.nhs.uk/HR/About/equalityanddiversity/carers/Pages/Carer-Passport.aspx>

<http://intranet.lothian.scot.nhs.uk/Directory/NursingMidwifery/SupportingCarers/Pages/default.aspx>



“It’s everyone’s job to identify and support carers”

says the Scottish Government in Caring Together 2010-15 (the carers strategy for Scotland).

Who are “Carers”?

- “carer” means an individual who **provides or intends to provide care** for another individual (the “cared-for person”).
- ...does not apply... to the extent that the care is or would be provided (i) under or by virtue of a **contract**, or (ii) as **voluntary work.**”
- “Young Carer means a carer who is **under 18 years old** whether or not they are still at school”

Carers (Scotland) Act 2016

This means....

...carers can be **anyone:**

Partner
Family
Neighbour
Friend

...caring for **any condition:**

Physical illness
Mental illness
Disability
Frailty

...for any **length of time.**

Intermittently
Months
Years
Decades

Am I a Carer?



In Scotland-
56% of carers
took **over a
year** to
recognise their
caring role*

26% took **over 5
years** to identify
themselves as a
carer*

Some groups of carers
such as, **Parent carers,
mental health carers
and distance carers** ,
take longer than
average to identify
their role*

*Carers Scotland, Missing Out- the identification challenge.
Report published in November 2016



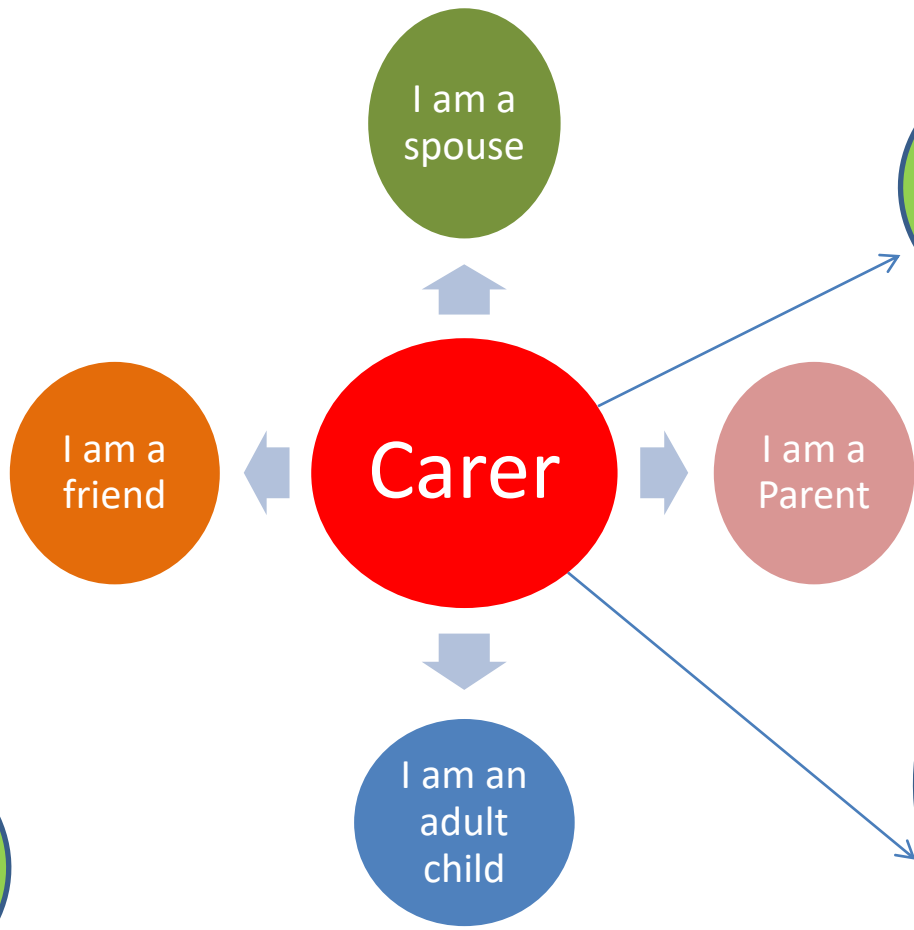
Carer Identification is Key



Key Identifiers..
Primary Care Staff
Social Workers
OT's
Pharmacists
Hospital Staff
YOU!!



"We can help you with this, let me refer you for support..."



"Isn't this what I am supposed to do?"

"Please help me..
I am in pain...
I can't sleep...
I feel Stressed...
I can't cope..."