

Carer Champion Training



VOCAL Voices of Carers Across Lothian

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About VOCAL



VOCAL provides support and services for unpaid carers in Edinburgh and Midlothian.

We have been around for almost 30 years.

We deliver Think Carer Training for healthcare professionals and students.

We deliver Think Carer Training for employers to support carer friendly workplaces across all sectors.





This session aims to highlight:

- The impact of caring in Scotland
- The vital role that carers play in the delivery of our health and social care.
- An overview of the support that VOCAL offer in Edinburgh and Midlothian.







Unpaid carers have £13.1 billion economic value



Approximately 800,000 people providing care in Scotland

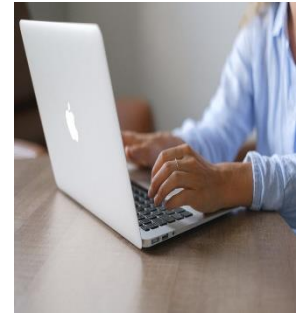
Who cares?



There are more older carers



41% of carers are in employment



Increasing numbers of carers are looking after more than one person



Average of 2 years before people identify as a carer



State of Caring 2022

83% of carers in Scotland are female

40% carers on carers allowance struggling to make ends meet

62% of carers are not involved in hospital discharges

12 % carers offered an adult carer support plan

Two thirds of carers struggle with sleep

39% carers have not had a break in 12 months

Less than 1 in 5 carers were asked if they were willing and able to provide care



Stress

Satisfaction

GUILT

Tiredness

Burnout

Resentment

Loss of Identity

Financial Hardship

Debt

Reduced career prospect

Social Isolation

Deterioration in Mental Health

Sleep Deprivation

Loss

Issues at work

Time consuming



Poor Diet

Low self esteem and lack of confidence

Poor Self Care

Alcohol and Drug Misuse

Struggle to balance life

Poor Health

Anxiety

Fulfilment

Unemployment

Loneliness

Worry for their health and the cared for person

Loss of relationships

DEPRESSION



Power of collaboration with carers

“I am really lucky with Jim’s psychiatrist..... I can phone her up if I am worried about him...and tell her what’s happening and she can say ‘yes, lets get him in’ so that’s sort of indirect support for me, just knowing I can speak to her “

“Without including the person that cares for them most often you will be doing a disservice to both parties. This should include medication changes, changes in staffing, final decision making on care planning”

Better outcomes for carers and the people they care for

Can help reduce stress and some of the impact of caring

Supports carers to continue caring for as long as they wish



EPIC

Equal Partners in Care



Triangle of Care



Equal & Expert partners in Care

Cared for Questions

- Are you receiving any support from your family members or friends?
- How did you get here today, did anyone bring you?
- Do you need me to let anyone know about these changes?
- Is there anyone you would like me to include in your plan?

Carer Questions

- How are you managing?
- What would help you?
- Do you feel you have enough information?
- Would you like to know more about the support available?
- Who keeps you well?



Creating carer friendly services

Information
about
conditions

Information
about
treatments

Information
about
discharge and
care planning

Carer service
introduction
pack

Information
about out of
hours

Offer an
appointment to
listen

Carer notice
board

Signposted to
benefit advice

Information
about VOCAL
and carer
centres



VOCAL Services

What can carers expect?

Access to information, advice, guidance and counselling

Peer support and mentoring

Welfare rights, income maximisation & access to grants

Legal surgeries for wills, power of attorney & long term care

Dedicated Family Supports
Addiction Service

Carer training and events

Access to breaks

Complementary Therapies



Carer Events & Training

Edinburgh and Midlothian

[What we do](#)[Events](#)[Groups](#)[My Account](#)

Courses, events and activities for unpaid carers.

All events are free of charge for carers living or caring for someone in Edinburgh or Midlothian.

Book online or contact providers directly by telephone or email.

View our full events and activities programmes for Edinburgh and Midlothian.

The courses, events and activities listed on this website are free of charge and provided by **VOCAL** (Voice of Carers Across Lothian) and a number of other training providers.

The courses aim to meet the needs of unpaid carers through weekly courses, events and one day seminars with expert speakers and professionals.

If you would like more information about a course or event listed, please contact the course training provider using the details provided to get more information.

For more information about this website please contact VOCAL on **0808 196 6666** or email carerstraining@vocal.org.uk

Upcoming Events

MAR Thu 9 March, 2023 @ 11:00 am – Thu 20 April, 2023 @ 12:00 pm

14 Tai Chi for dementia carers (Craiglockhart Leisure Centre) – fortnightly sessions

MAR 10:30 am – 11:30 am

14 Fire Safety and understanding smoke alarm regulation in Scotland

MAR 1:00 pm – 3:00 pm

16 An introduction to teenager anxiety

MAR 10:15 am – 11:15 pm

17 Anxiety Support Group for unpaid carers

MAR Mon 20 March, 2023 @ 10:30 am – Mon 5 June, 2023 @ 10:30 am ↻

20 Crafty Carers



<https://weebreaks.com>

Wee Breaks

About us News Hawthorn Brae Carer stories Contact

Time off from caring!

Where to Start Community Support Breaks Available Plan your Break Funding your Break Donations & Partnerships



Treasure Tree - VOCAL



TreasureTree

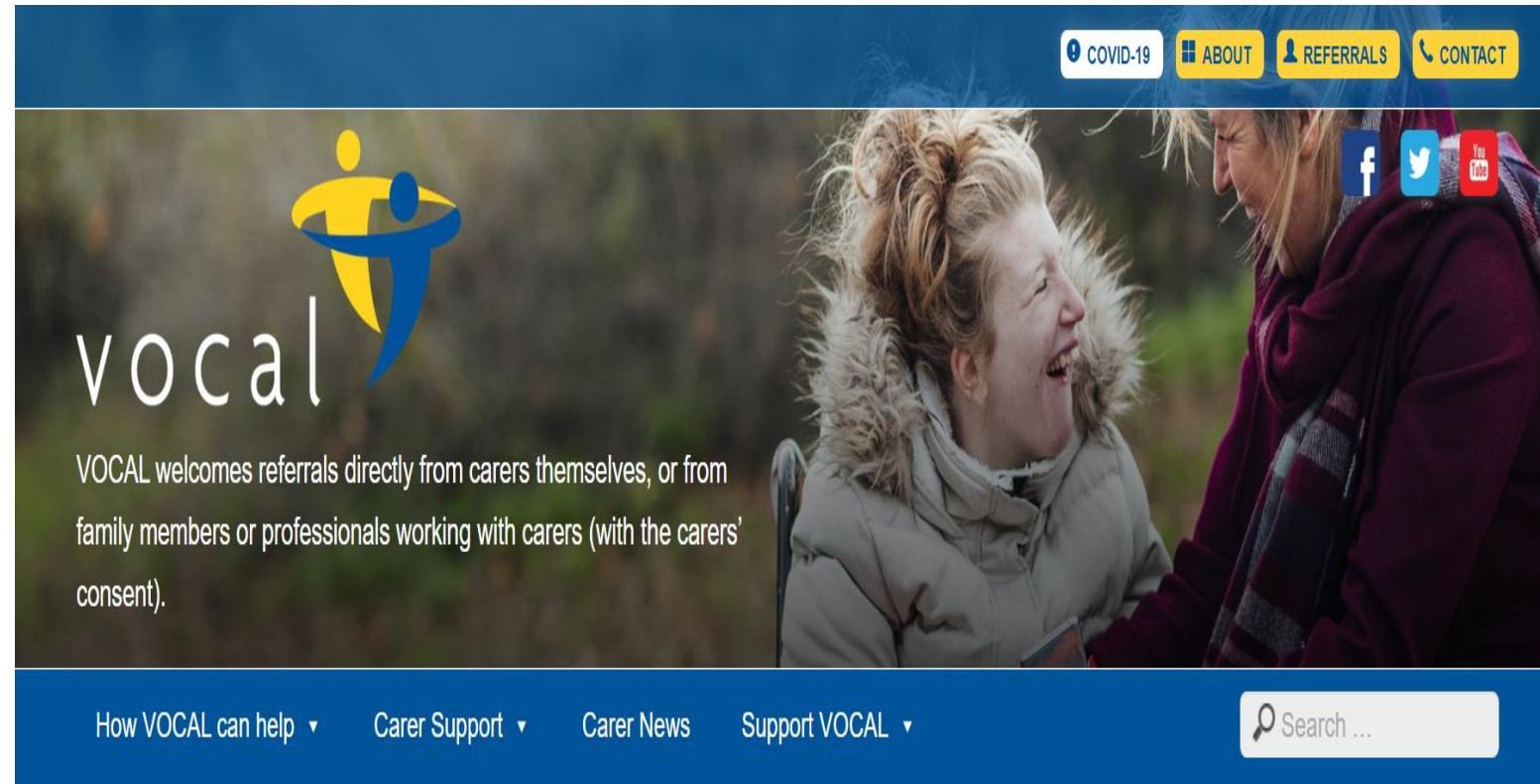
Keep it local. Sell through VOCAL



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The screenshot shows the VOCAL website homepage. At the top right, there are navigation buttons for 'COVID-19', 'ABOUT', 'REFERRALS', and 'CONTACT'. Below these are social media icons for Facebook, Twitter, and YouTube. The main content area features the VOCAL logo (a stylized figure in yellow and blue) and the text 'vocal'. Below the logo, it says 'VOCAL welcomes referrals directly from carers themselves, or from family members or professionals working with carers (with the carers' consent)'. At the bottom of the page, there are menu items: 'How VOCAL can help', 'Carer Support', 'Carer News', and 'Support VOCAL', along with a search bar.

Refer yourself as a carer or someone else (with their permission) to VOCAL for support





Think Carer

Training from VOCAL

Helping professionals identify and support unpaid carers



Free training offer for teams

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Key Messages



Early identification is key to the health and wellbeing of unpaid carers.



Make Carers aware of their right to an adult carer support plan.



Reflect on your ways of working to look at how your team can be more inclusive for carers.



Strive to involve carers in planning and decisions about the person they care for.





vocal.org.uk



VOCAL - Voice of Carers Across Lothian
Scottish Charity: SC020755 | Company Registration: SC183050

