

Carer Champion Training



VOCAL Voices of Carers Across Lothian

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

We have been around 30 years this year.

We deliver Think Carer training for healthcare professionals and students.

We deliver bespoke 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

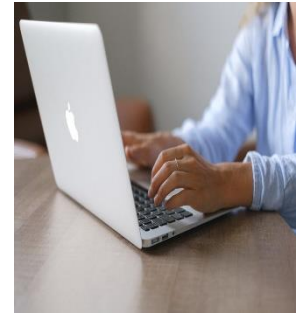
Trends in unpaid caring



61% carers are between the age of 45-64



45% of carers are in employment



Increasing numbers of carers are looking after more than one person



Average of 3 years before people identify as a carer



State of Caring Scotland 2023

81% of carers are female, 18 % male

3 in 5 of us are expected to become carers at some point in our lives

35% of carers haven't had a break in 12 months.

Only 9% of carers have been offered an adult carer support plan.

42% carers caring for over 90 hours per week

1/3 of carers are receiving support from formal social care services.

1 in 10 carers don't know where to go for information and support.

54% carers health suffers due to their caring role.



Stress

Satisfaction

GUILT

Tiredness

Burnout

Resentment

Loss of Identity

Financial Hardship

Debt

Reduced career prospect

Social
Isolation

Deterioration in
Mental Health

Sleep Deprivation

Issues at work

Time consuming

Loss



**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

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

“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”



EPIC

Equal Partners in Care



Triangle of Care



Caring conversations

Unpaid Carer Questions

- What would make things easier for you?
- Do you feel you have enough information?
- How are you managing?
- What is already in place and working and what isn't?
- What would help you balance your life and caring responsibilities?
- Would you like to know more about the support available?



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?



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

Access to information, advice, guidance

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

Treasure Tree

Adult Carer Support Plans

Counselling

Free training for healthcare practitioners



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

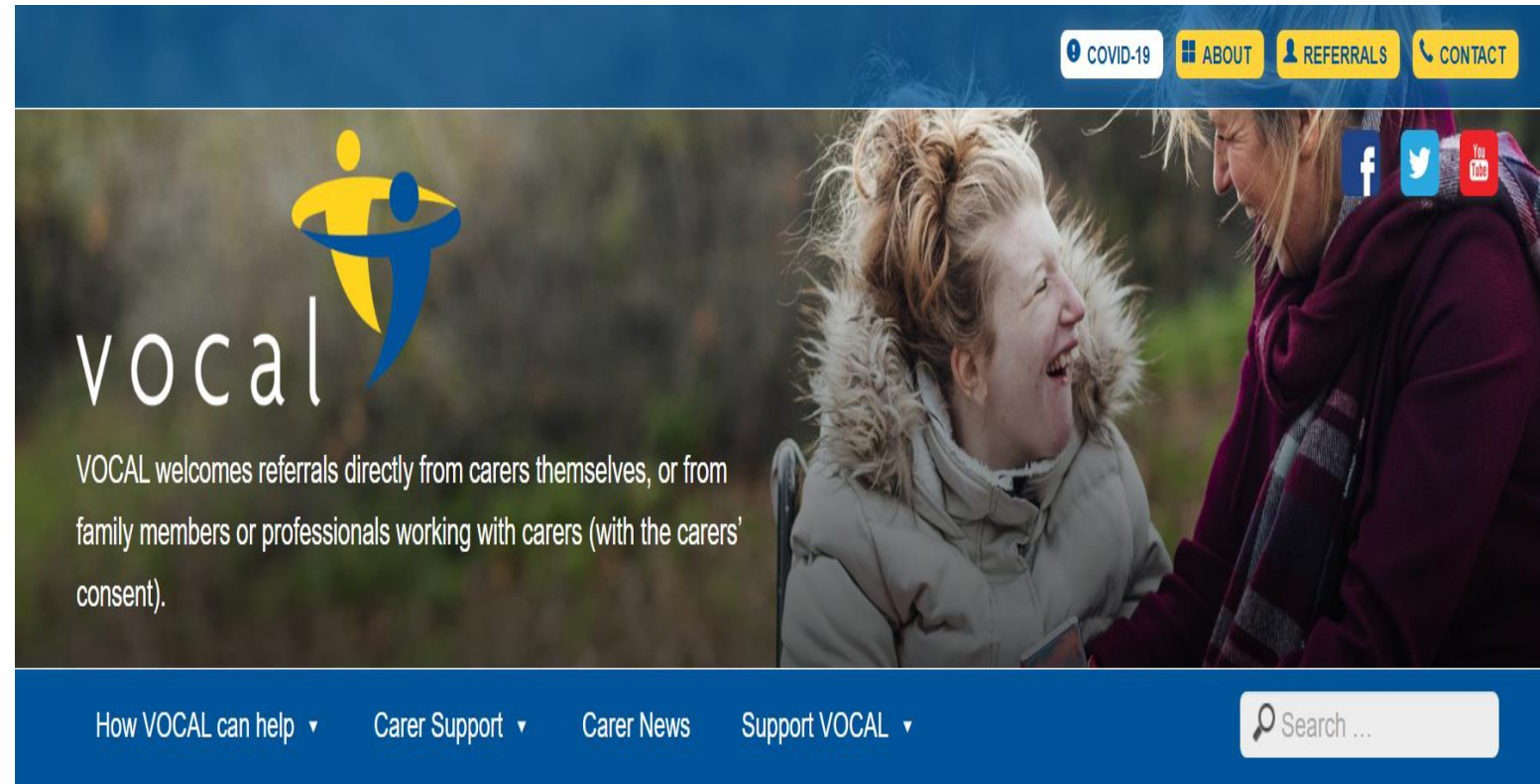
Keep it local. Sell through VOCAL



vocal.org.uk

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E: centre@vocal.org.uk
VOCAL Edinburgh Carers'
Hub
60 Leith Walk
EDINBURGH
EH6 5HB

T: 0131 663 6869
E: midlothian@vocal.org.uk
VOCAL Carer Centre
Hardengreen Estate
30/1 Dalhousie Road
Dalkeith EH22 3NX



COVID-19 ABOUT REFERRALS CONTACT

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vocal

VOCAL welcomes referrals directly from carers themselves, or from family members or professionals working with carers (with the carers' consent).

How VOCAL can help ▾ Carer Support ▾ Carer News Support VOCAL ▾

Search ...

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



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.



Resources

Emergency planning toolkit:

<https://www.enable.org.uk/get-support-information/families-carers/future-planning/emergency-planning/>

Carer information pack (you can print this out for carers)

<https://www.vocal.org.uk/wp-content/uploads/2016/04/CarerInfoPack.pdf>

Carer Training website:

[Carer Events & Training Carer Events & Training - courses, events and activities for unpaid carers \(carerstraining.co.uk\)](http://carerstraining.co.uk)

Wee breaks website:

[Wee Breaks - breaks for unpaid carers in Edinburgh and Midlothian](#)

Treasure Tree

[Treasure Tree – VOCAL](#)



References

Carers Act Scotland 2016

[Carers \(Scotland\) Act 2016: statutory guidance - updated July 2021 - gov.scot \(www.gov.scot\)](#)

Carers Charter

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

National Carer Strategy 2022

[National carers strategy - gov.scot \(www.gov.scot\)](#)

Equal Partners in Care EPiC

<https://learn.nes.nhs.scot/22660/person-centred-care-zone/carers/equal-partners-in-care>

EPiC : self-assessment and learning guide

[EPiC : self-assessment and learning guide | Turas | Learn \(nhs.scot\)](#)

Triangle of Care

<https://carers.org/downloads/resources-pdfs/triangle-of-care-scotland/triangle-of-care-a-guide-scotland.pdf>

Carers & confidentiality

[Guidance & advice | Mental Welfare Commission for Scotland \(mwscot.org.uk\)](#)





vocal.org.uk



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

