



The Carers Strategy for Scotland

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Outline of Presentation

- Aims of Strategy
- Processes
- Connections
- Carer Training

Aims

Carers

- To improve outcomes for unpaid carers in Scotland, recognising the specific needs of different groups of carers.
- identification/raise profile/address need for services, support, information, **training** etc

Young Carers

- While recognising that caring can bring positives and benefits, young carers require to be identified and supported, to be relieved of inappropriate caring responsibilities and enabled to be children and young people first and foremost.

Processes

- In partnership with CoSLA
- Informed by work of Steering Groups:
Carers and Young Carers
- Carers' Reference Group
- Engagement
- Consultation
- Publication
- Review and monitoring

Connections

- Reshaping Care for Older People
- Shifting the Balance of Care
- Dementia Strategy
- Quality Strategy
- Learning Disabilities
- Long-term conditions
- Etc, etc

Priorities

- Build on Care 21
 - address carer health issues
 - **training for carers**
 - improvements in short breaks
 - specific needs of young carers

Away Day: Training (1)

- ***Carer training*** is needed to assist carers with dealing with particular medical conditions or caring requirements, but some carers also need personal development such as training with assertiveness, confidence building, networking and even lobbying.

Away Day: Training (2)

- In relation to *carers' training*, the Group identified the following:
 - Carers should get the same opportunities for training as the paid workforce in recognition of the key role they play in providing care. Better informed unpaid carers provided better care.
 - Training should address both practical issues such as lifting, managing medication, and personal development.
 - There was concern that while there are good examples of local effective training there were real risks that the short-term funding coming to an end will mean that the experience and learning will be lost. Pilots have been evaluated so evidence of their effectiveness is available.
 - Short term objective should be to find ways to extend the existing pilots.

Carers Reference Group

- 13. It was agreed that the value of training is twofold. Firstly, there is the information and skills gained via the structured training, and secondly the informal discussions between carers after the formal training.
- 14. It was agreed that training provides the carer with a valid reason to go to the Carers Centre and it can encourage the cared-for person to accept respite which can have long-term benefits for both. ... Training offers a structured input with clear benefits which are seen by carers as a more effective use of time.

(Extract from minutes)

Carers Information Strategies

- Training in specific conditions (eg dementia, mental illness, cancer, diabetes, brain injury, learning disabilities)
- Moving and handling; administering medication; challenging behaviour
- Rolling programme for carers' training

Learning from pilots and CIS

- Good practice in strategy
- Benefits of, and outcomes from, carer training
- Dovetail with Carer Information Strategies
- Equalities issues

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