

Morning Session

'Living with a Long Term Condition & the Self Management Agenda explained'

There are an estimated two million people living with long term conditions in Scotland. Long term conditions, such as heart disease, diabetes, cancer and mental illness can affect people physically, mentally and emotionally. Many people with long term conditions rely on the support of unpaid carers to look after them and help to manage their condition.

- 10.30am **Registration, refreshments**
- 11.00am **Welcome & introduction to the day**
- 11.10am **Christine Hoy, Long Term Conditions Unit, The Scottish Government**
Christine will outline the government's strategy for long term conditions
- 11:25am **Kevin Geddes, The Long Term Conditions Alliance**
Kevin will outline the work of the Long Term Conditions Alliance, including:
- The Self Management Strategy for Long Term Conditions in Scotland
 - The Self Management Fund for Scotland. This is a £2 million fund which will be distributed over the next two years to projects furthering the self-management agenda.
 - The Hub - A resource in the centre of Glasgow providing computer access, desk facilities and meeting rooms
- 11:45am **'Looking to the Future' Donald's Story**
This short digital story illustrates how receiving the right support can help people manage their condition and improve their quality of life.
- 11.50am **Ross Grieve, Thistle Foundation, Self Management Training**
How does self management work in practice? This session will provide a best practice example of a voluntary organisation working with people with long term conditions to assist them in managing their condition.
- 12:00 **Question, Answer and Discussion Session**
- 12:20pm **Lunch and Networking**

Afternoon Session **'Carers Rights'**

For over a decade the carers movement in Scotland has fought for greater recognition and improved support. Unpaid carers contribution to health and social care delivery has been acknowledged by government and carers have achieved recognition as 'Partners in Care'. Is it now time to look beyond recognition to establishing rights for carers in law?

1.20pm

Sebastian Fischer, VOCAL Carers Centre

Seb will put forward the case for increased rights for carers, by outlining:

- What rights do carers currently have in law
- Is there a place for carers rights in Scotland's new Carers Strategy
- With the new Patients Rights Bill currently going through parliament, should carers receive the same recognition in law
- What rights should carers have

1:40pm

Question, Answer and Discussion Session

2:00pm

Discussion Groups

This is your chance to give your views on what rights carers should have and how they should be implemented.

This information will be submitted to the Carers Strategy Working Group