

- Findings from engagement events and surveys
 - Right to short breaks
 - National Care Service and local reform
- Focus on Principles – back to Feeley
- Agree – Key messages for submission

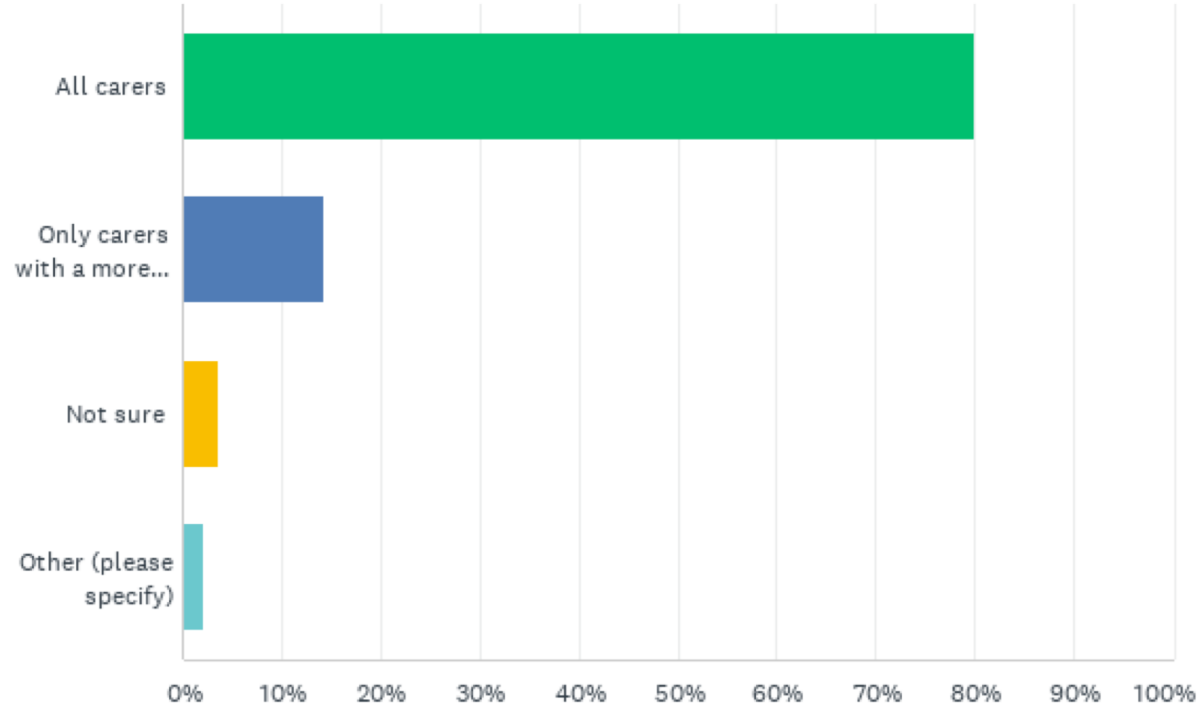
COCIS Engagement Events

- Facilitated **15** engagement sessions
 - 10** with groups of carers
 - 5** with groups of staff
 - 9** with other organisations

Surveys

- **997** responses to a right to breaks from caring
- **424** responses to the National Care Service

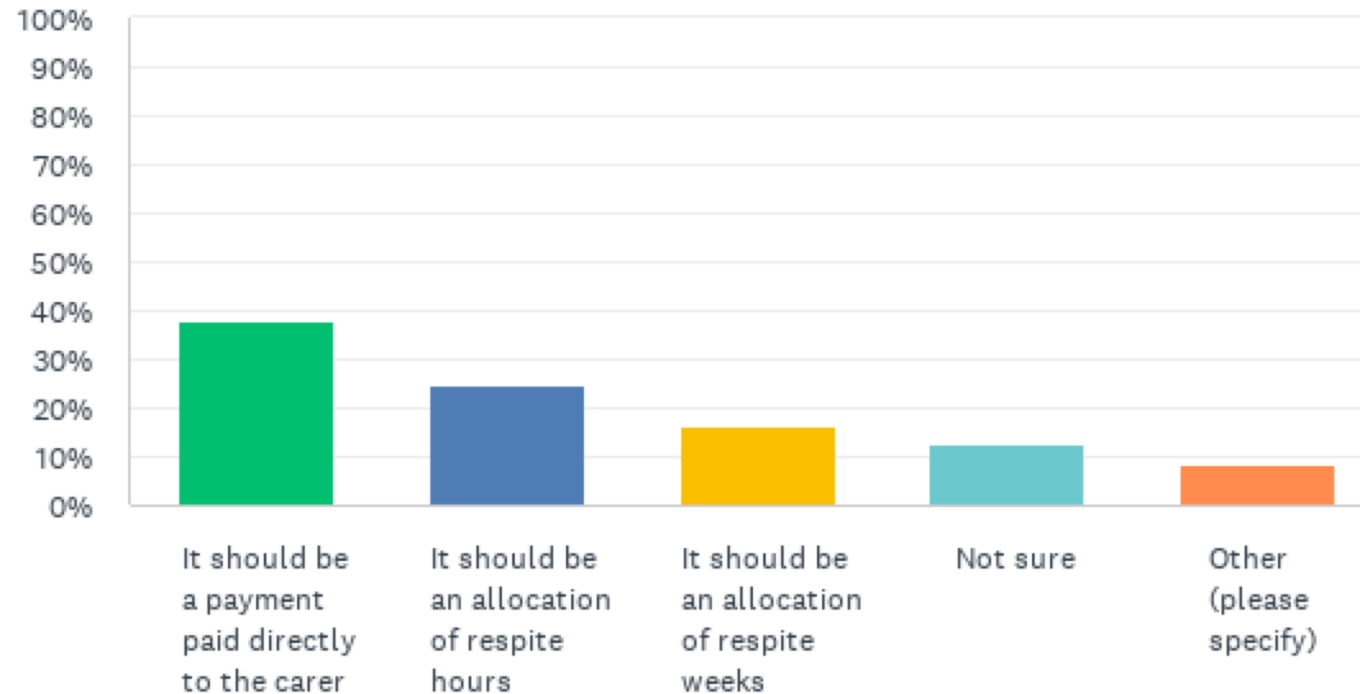
Q4 The Scottish Government would like to introduce a 'Right to Respite' for carers. Who do you think should be entitled to this Right to Respite?



How should the amount of respite a carer receives be decided?

▼ All carers should be entitled to the same amount of respite	15.55%	155
▼ The amount of respite a carer receives should be decided on an individual basis, depending on needs of carer.	24.27%	242
▼ All carers should receive a minimum entitlement, with carers who have a more intensive role receiving an additional amount, according to need.	38.82%	387
▼ The amount of respite that a carer receives should be on a scale, so that carers with a more intensive caring role receive more respite - with the amount clearly being set out.	19.26%	192
▼ Not sure	1.40%	14
▼ Other (please specify)	Responses	0.70% 7
TOTAL		997

Q6 What should a Right to Respite look like for carers?



110 carers said: There needs to be a mix of respite options, providing adequate provision and catering for different needs.

“The local authority shouldn't dictate to carers about what they do with the money. All carers are different and what one would like to do, others might not!”

“Respite must be suitable for the person being cared for. There's no point in allocating respite hours or weeks if the appropriate care cannot be provided. Having a 'right' and having 'access' to care are two completely separate things.”

84 carers said that social care is inadequate and does not meet people's needs. Many carers have budgets they cannot spend, due to lack of provision. The deficits in the system will need to be addressed before a right to a break can become law .

“We have had 2 hours off caring in the last 3 years. As carers this is very hard but we have been turned down by the local council for any support. A car can only run on fumes for so long.”

43 carers said breaks need to be regular and consistent. Carers need breaks in the same way the paid workforce requires regular breaks

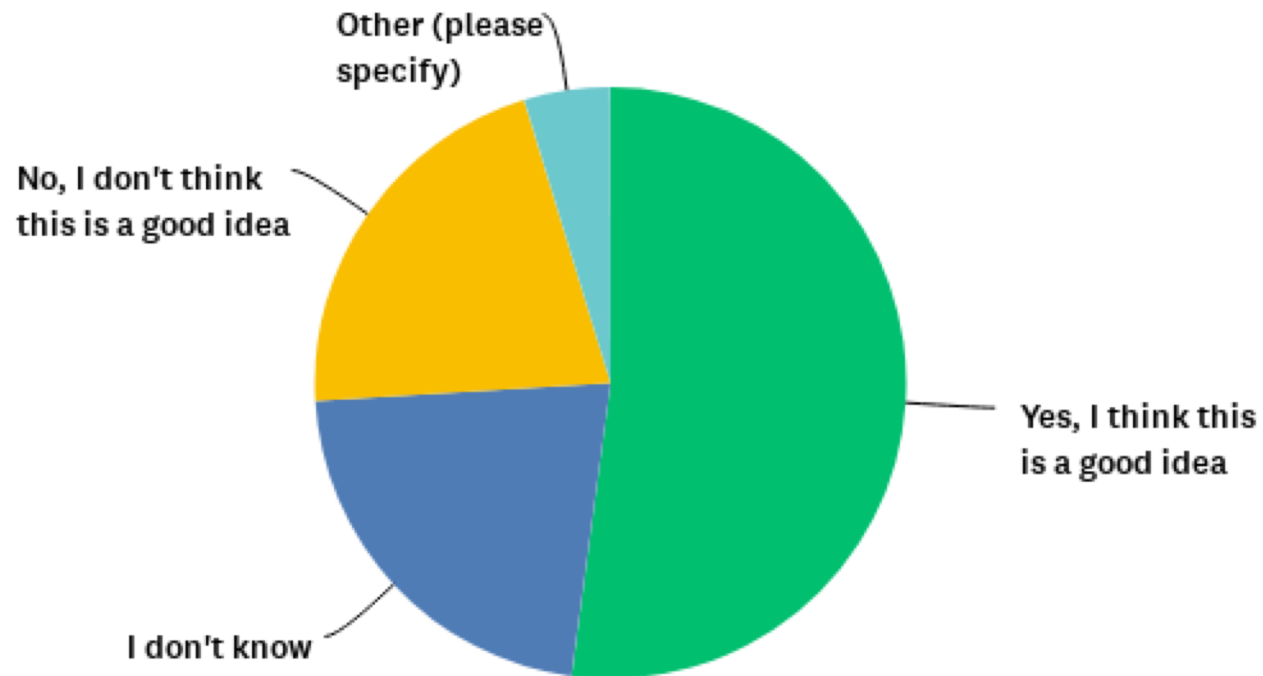
“All we would like access to is regular, consistent hours each week where our children can be supported by caring adults in accessing something of interest to them outside the family home.”

“I think it's vital that carers have a legally protected right to respite . We don't get to leave our place of "work" but we absolutely need time to recharge ourselves mentally and physically”

41 carers said they are exhausted and at breaking point. Their health and wellbeing has been impacted. This was the case pre-Covid and has been exacerbated by the pandemic

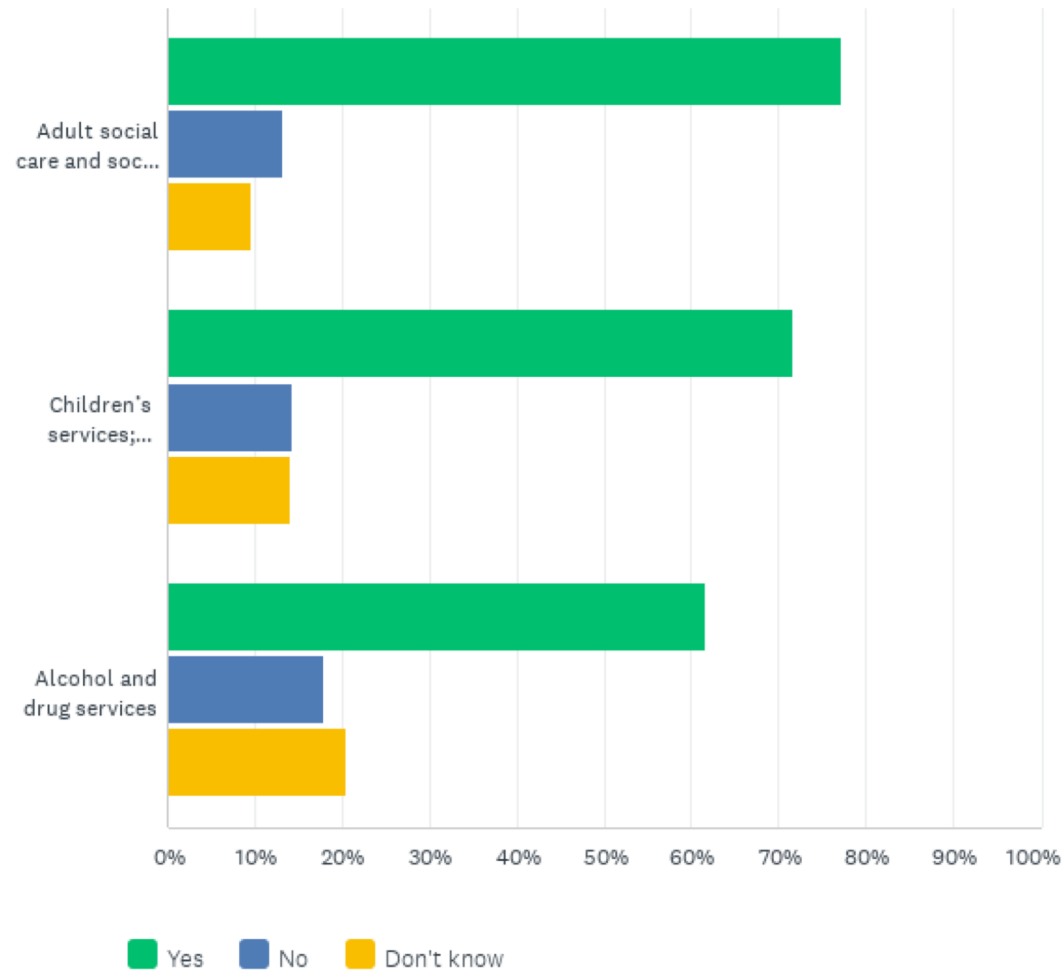
“Carers tend to put everyone before themselves until they are so unwell they fall apart. We hide our feelings and our exhaustion so not to let people think we can't cope. Authorities don't want to see the strains so they don't have to do anything to help and even when they have to help it's a battle carers are not fit to fight”

Q2 As part of the plans for a National Care Service, the Scottish Government would like responsibility for social care to shift from local authorities to Scottish Ministers. What do you think about this proposal?



National Care Service – Views

Q4 Do you think that the National Care Service should have responsibility for the following areas?



55 carers said they would prefer that responsibility for social care shift to national government

“LA’s have had ample to time to address issues in social care, part of the issue is lack of funding but I do believe that it’s time social care was removed from their remit. As funding for this is not ringfenced I believe the only reason they are fighting so hard to retain this is because it’s their go to pot of cash to siphon off to other projects.”

“Will be good to stop Scottish Government shifting blame for under-funding local authorities”

25 carers said they would prefer that responsibility for social care remains with local authorities.

“I think the social care works better and is more accountable and accessible at a local level. National services are too remote and do not reflect local needs”

“The National care service should be publicly run and democratically accountable locally. It should not be the responsibility of one Government minister who is not elected to do the role.”

Other Messages

Short Breaks

- The process for accessing a break must be simple, fair and transparent.
- A right to short breaks would enable and encourage carers to take regular breaks and this will have a positive impact on their health and wellbeing
- Many carers can't afford a break. Eligibility must not be linked to Carers Allowance or a person's income
- The needs of specific groups must also be considered, including working carers, carers from BaME communities, young carers and carers from rural areas

National Care Service

- It needs adequate funding
- Carers must be equal partners
- There needs to be a balance between centralisation and localism
- There are too many questions to form an opinion

Getting Back to Principles – The purpose and value of social care

“We are preventing a tsunami of need from overwhelming public services. That comes with costs to us, to our families”

- The person must be at the centre and the principles of independent living and self-directed care must be at the heart of future health and social care support
- A Human Rights approach must be central to the delivery of social care and apply both to people with care needs and carers
- Resources should be determined by need, rather than need being determined by resources. Any unmet need should be recorded
- Eligibility Criteria should be removed and there should be a preventative approach to the provision of social care and carer support

Getting Back to Principles - Carers

“We’ve made choices as a country pre and post covid which have made our lives smaller, harder and more difficult. Until our families are at the heart of shaping these policies, nothing will change”

- Carers must be viewed as equal partners in care and providers of care, not users of services. Like paid care workers, they require the resources to support them in their caring role and protection to have a life outside of caring
- All carers who require a short break should be able to access one
- Carers must have choice and control in relation to the breaks from caring they access and breaks must be a positive experience and of mutual benefit for both carer and cared-for
- Carers must have access to training to support them in their caring role and to protect their health and wellbeing.

Getting Back to Principles – All social care recipients

“Respite by right would make such a difference to the lives of carers and in turn would benefit the cared for, by improving the quality of the care their carers are able to give. Better quality of life all round.”

- People should know their rights and have the right to rapid recourse and redress when rights are not met
- Needs of rural and island communities must be given specific consideration
- Needs of hard to reach communities, including Black and Minority Ethnic Communities must be addressed
- Social Care should be Universal, available to all and free (same as health service)
- Good transitions from Child to Adult services must be an integral part of any system

Getting Back to Principles – the system overall

“We need a system that is controlled nationally, that delivers locally, has the person at the centre, that does not cost the earth”

- Processes should be simple, fair and transparent (It’s about trust)
- Focus should be on outcomes (not impact)
- Localism must not be lost to centralisation. Decisions must be taken as close to the person and their community as possible
- The structure should be bottom-up – community led, not top down and centralised
- Any new legislation must be fully funded and implemented

What next.....

Hear from Marion McCardle, carers on Social Covenant Group

Discussion and Polling