

Participants will have the opportunity to attend two groups and can pick from the following themes

Group 1: Imagining the future of breaks from caring

Facilitated by Kate Hogarth and Ailbhe Hendry Shared Care Scotland

What might breaks from caring look like in the future? In this session we will consider what breaks from caring need to look like for different carers, how a right to a break from caring might work and what needs to happen to make this a reality.

Group 2: Self-Directed Support – From rights to reality

Facilitated by Kayleigh Hirst and Mark Han-Johnston, Self-Directed Support Scotland

The principles of Self-Directed Support include delivering Choice and Control to supported people and carers. This session will explore what is working well and what supports people's access to SDS. We will look at the latest developments around SDS and how these could make a difference. And we'll explore what you think needs to improve to make SDS work better for more people.

Group 3: Employing family members- one solution to the workforce crisis?

Facilitated by Jess Wade, Carers of East Lothian

Through Self-Directed Support people can employ a family member as a Personal Assistant in some circumstances. In this session we will hear from a carer who employs a family member and will look at the Pros and Cons of this approach. Given the challenges of accessing other forms of support, could this be an option for more people?

Group 4: The Middle Way – learning from Sweden and Slovenia

Facilitated by Claire Cairns, COCIS, Elizabeth Hanson and Ana Ramovš of Eurocarers

How does social care and carer support in Scotland compare with the care systems in Sweden and Slovenia? We will hear from colleagues working in both countries and will ask – what can Scotland learn from their approach?

Group 5: The cost of caring – The Scottish Women's Budget Group

Many carers receive very little or no financial support to help them with the additional costs of caring. In this session we will be looking at what more could be done at local and national level (e.g. changes to social security system, abolishing care charges) to help carers with the cost of caring.

Group 6: Will there be robots? - The use of technology in care provision

Elizabeth McDowell, Leuchie House

Leuchie House has been providing unique short breaks to people with neurological conditions for over 60 years. In this session Elizabeth will demonstrate how they use technology to support them in providing care

Group 7: Carers Can't Wait - Your messages to the Scottish Government

Facilitated by Jaynie Mitchell, COCIS and Albi Taylor

What message would you like to give to the Scottish Government about improving social care and carer support? In this session we will be producing posters and placards to take to the Scottish Parliament. Albi and Jaynie will help you to find your creative skills and to describe what you think Carers Can't Wait for.....

