

# Carers (Scotland) Act 2016



The Carers (Scotland) Act 2016 introduces new rights for unpaid carers and new duties for local councils and the NHS to provide support to carers.

## No.1

An "Adult Carer Support Plan" is a conversation that identifies personal outcomes and any needs a carer may have.

The Plan may highlight any support that should be provided to an adult carer to meet their needs. From 1 April, 2018 the Act entitle all carers in Scotland to an Adult Carer Support Plan.

### Duty to prepare adult carer support plan



## No.2

### Duty to prepare young carer statement

A "Young Carer Statement" is a plan that sets out a young carer's personal outcomes and identifies any needs a young carer may have.

The Statement may highlight what support could be provided to a young carer to meet those needs. From 1 April, 2018 all young carers in Scotland will be entitled to a Young Carer Statement.

## No.3

The local eligibility criteria is a framework used to identify whether an adult or young carer should receive support from Highland Council and NHS Highland to meet their identified needs.

If a carer meets the eligibility criteria support may take the form of self-directed support (SDS). In Highland the National Eligibility Framework will be used.

### Duty to set local eligibility criteria



## No.4

### Duty to provide support

Carers who are not eligible for SDS will still receive help and support and can access services such as information and advice from Highland Council, NHS Highland and local carer support services, Connecting Carers. Carers may also be offered support such as breaks from caring.



## Who is an unpaid carer?

A Carer is someone who provides unpaid support and care for another individual. They may care for someone who is disabled, has a long-term condition, mental health challenges or is affected by alcohol or drug misuse.

### Who is an unpaid carer?

A Carer is someone who provides unpaid support and care for another individual. They may care for someone who is disabled, has a long-term condition, is elderly or frail, suffers mental ill-health or is affected by substance misuse.

The significant change resulting from the Carers (Scotland) Act 2016 is the right to an Adult Carer Support Plan or a Young Carer Statement.



**Connecting Carers**  
A better life for unpaid carers in Highland

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**No.5**

Highland Council and NHS Highland have a duty to consult with carers about shaping services that impact on their caring roles. NHS Highland have a duty to involve carers in hospital discharge planning, ensuring that before a cared-for person is discharged from hospital, carers are involved in the process.

When NHS Highland or Highland Council are preparing a cared-for persons' assessments, carers' views should also be taken into account.

## Duty to involve carers in carer services



**No.7**

Connecting Carers deliver an advice and information service for carers on behalf of Highland Council and NHS Highland. The service provides information and advice about carers rights, education and training, health and well-being (including counselling) care planning and future care planning.

Highland Carers Advocacy can be accessed through Connecting Carers. Income maximisation and bereavement support will be delivered by partner organisations

## Information and advice service for carers



**No.6**

## Duty to prepare local carer strategy

Highland Council and NHS Highland, working together, will prepare a local carer strategy. This sets out how they plan to deliver services for carers.



**No.8**

## Carers' Charter

The Scottish Ministers must prepare a Carers' Charter setting out the rights of carers in the Act.

