

# Supporting unpaid carers to achieve positive outcomes

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Welcome to our SDS Scotland  
National Voice workshop

We will start at 12pm/3pm



# Supporting unpaid carers to achieve positive outcomes

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# Welcome

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- Legislative framework
- Adult Carer Support Plan pathway
- Independent Support in our areas
- Carer Support Outcomes
- Key messages

# Legislative Framework supporting unpaid carers

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## Carers (Scotland) Act 2016

*Duty to provide Adult Carer Support Plan*

*Identify personal outcomes*

*Identify needs (if any)*

*Provide support to meet identified needs (if any)*

*Local eligibility criteria for unpaid carers*

*Duty to support and consider provision in form of breaks from caring*

Self Directed Support (Scotland) Act 2013 includes unpaid carers



Referral made to Social Work

Initial assessment of carer's needs

Full assessment (ACSP) carried out

Eligibility for statutory support established



Support needs & services reviewed

Support services put in place

SDS options explored

Carer budget & support plan agreed



# Independent Support

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What independent SDS support is available to carers?

At what stage can unpaid carers access independent SDS support?

What SDS Options can we support with?

# Positive outcomes for unpaid carers

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Outcomes are the **goals** for support

Range of outcomes that cover different aspects of effects of caring

What personal outcomes might unpaid carers have?

# Positive outcomes for unpaid carers

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## Examples:

- ❖ Less stressed
- ❖ Improved health and wellbeing
- ❖ Improved connection with family and friends
- ❖ Opportunities to participate in hobby or leisure interest
- ❖ Opportunities for a break from caring
- ❖ Confident about the future
- ❖ Confident that loved one is safe and supported
- ❖ Improved financial security



# Support activities for unpaid carers

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What support activities might they use their SDS budget for?

# Support activities for unpaid carers

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## Examples:

- ❖ Respite or replacement care
- ❖ Practical help with housework, dog walking, gardening or driving lessons
- ❖ Equipment e.g. tumble dryer
- ❖ Short break, with or without the person you care for
- ❖ Leisure and wellbeing activities
- ❖ Counselling or emotional support

# Impact of independent support

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- ❖ Timely and accessible information
- ❖ Opportunities to discuss SDS Options
- ❖ Opportunities to ask questions and provide a sounding board
- ❖ Knowledge of local resources and services
- ❖ Support to prepare for assessments and/or reviews
- ❖ Practical help e.g. sourcing PA's, understanding paperwork
- ❖ Sharing good practice

Supports unpaid carers to be more informed, prepared and confident in accessing the support they need

# Useful Resources

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Carers Act Statutory Guidance:

<https://www.gov.scot/publications/carers-scotland-act-2016-statutory-guidance-updated-july-2021/>

Carer Support Planning Toolkit

[Carer Support Planning Toolkit | Pilotlight - Self-directed support](#)

Self-Directed Support: A guide for carers

<https://www.gov.scot/publications/self-directed-support-guide-carers/>

SDS Handbook:

<https://handbook.scot/>

Carers Scotland:

<https://www.carersuk.org/scotland/>