

Strictly Carers

ISSUE 1. APRIL 2017

STRICTLY CARERS IS
**YOUR
GUIDE**

to information on local Carers
in South Ayrshire



**Young Adult
Carers**
Support from
the Carers Centre

SELF-DIRECTED SUPPORT
Helping people get the most out
of their community



Your guide to
the new Carers Act
Autism Support

WORKING WITH PARTNERS
AND COMMUNITIES TO
MAKE LIFE BETTER

Welcome.

»» To the first edition of Strictly Carers.

Your guide to the new Carers Act

The Scottish Parliament passed the new Carers (Scotland) 2016 Act in April.

This is a highly important piece of legislation for carers. Key parts of the Act (which is due to be implemented over the next 18 months) include:

- Health and Social Care are to move from a Carers Assessment to an Adult Carer Support Plan for Adults and a Young Carers Statement for Young Carers. These must include emergency/

future planning and support the carers own personal outcomes

- There is particular reference to supporting carers of someone with a terminal illness
- Authorities need to set eligibility criteria to determine carers that are eligible for support and a recognition that authorities need to provide support if these criteria are met
- Consideration whether support might include 'short breaks'

- Emphasis on support for carers at point of hospital discharge
- Ensuring information and advice is accessible to carers
- Involvement in carers and young carers in the planning of service
- Development of local Carers and Young Carers Strategies

South Ayrshire Health and Social Care Partnership will be developing its own Carers and Young Carers Strategy with full involvement from carers and young carers and partners such as the Carers Centre.

Alzheimer's Scotland

Alzheimer's Scotland runs a Carers Support Group for carers of people with dementia on the first Wednesday of the month, 11am – 1pm at St Quivox Church Hall, Prestwick. (Lunch is provided for which there is a suggested donation of £5.00.) The group regularly have guest speakers. The group doesn't meet in January, June and December.

For more details please contact: Jenni McKeand, Dementia Advisor: 01292 318005 www.alzscot.org



Foreword

South Ayrshire Health and Social Care Partnership recognises the major role that unpaid carers play in supporting the health and care of local people.

Nationally, this significant contribution has been reflected in the development of the Carers Scotland (2016) Act which puts supporting carers at the heart of Scottish Government policy and priority.

The Act also reflects the diverse group of people who are carers including young people – young carers.

Locally, we know that people providing this care, maybe don't know where to go for help and support so that they can maintain their caring role. Quite often they might not even have considered themselves as 'carers'. Many are not known to statutory services.

There is a range of local services and support in place to offer advice – such as those run by our local Carers Centre – and we want Strictly Carers to highlight the important work they carry out.

Strictly Carers seeks to build on the format of our successful Strictly Seniors magazine, and offer a short guide to the information, advice and support that is in place in South Ayrshire to support adult and young carers to sustain their caring role.

Self-Directed Support for carers

Carers often require support in their own right because although caring can be very rewarding, it can also be very difficult at times. Poor health and wellbeing can be associated with a demanding caring role and often carers feel isolated because a large majority of their time is spent caring for another individual. Support is available for carers from a carers' centre or carers' service and often this is enough to manage the challenges faced.

When a carer does require additional support to maintain their caring role they can access self-directed support (SDS). Carers can have choice and control about how they access support in the same way as the individual they look after. Since the introduction of SDS in April 2014, the Council will offer the SDS options to carers if they have eligible needs following the completion of a carer's assessment.

The four SDS options are:

- a direct payment
- the individual service
- traditional services
- and finally a mixture of any of aforementioned.

The detail of what each option offers will be fully explained and all four options are available to carers.

Ayrshire Independent Living Network are a service that can offer free information and independent advice about SDS. **They can be contacted on 01294-475685/6 or you can access them online at www.ainn.org/**

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Contents

Carers Act – your guide	2
Self Directed Support	3
Carers Centre	4
Have your say	4
Caring for carers	6
Young Adult Carers	6
Young Carers	6
Ayrshire Hospice Cafe	7
South Ayrshire Dementia Support	7
Autism – 'The One Stop Shop'	BP
Connecting up	BP

- »» Are you an unpaid carer?
- »» Do you live in South Ayrshire
- »» Provide more than 30 hours care per week?
- »» Do you care for someone over the age of 21?
- »» Do you want £300?

If you are answering YES to the questions above then you should contact south Ayrshire Carers Centre about their new Time for Me project funded through Shared Care Scotland's Creative Break fund.

The £300 could be used to attend a dance class, get some much needed pampering or pursue a hobby or interest.

For more details contact: South Ayrshire Carers Centre. 43 Sandgate, Ayr 01292 263000



Do You Look After Someone?

"An unpaid carer is someone who looks after a family member or friend, by providing either physical or emotional care."

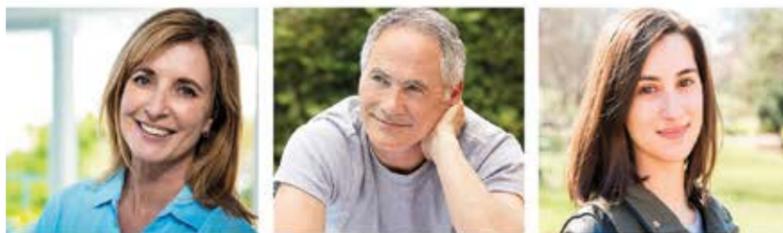
UNITY
ENTERPRISE

You Don't Have to be Alone



SOUTH AYRSHIRE CARERS CENTRE CAN HELP YOU WITH:

- Information & Advice
- Relaxation & Social Activities
- A Listening Ear
- Benefits



Tel: (01292) 263000

South Ayrshire Carers Centre
43 Sandgate, Ayr, KA7 1DA

[f/SouthAyrshireCarersCentre](https://www.facebook.com/SouthAyrshireCarersCentre) [t/SA_CarersCentre](https://www.twitter.com/SA_CarersCentre)

www.unity-enterprise.com

Carers Centre

» The Carers Centre in South Ayrshire supports over 600 Carers every year, below is one such Carer.

Anne's experience of the Centre:

"I first had contact with the centre when my son was four and I was at crisis point and needing support. I had no one else, I was alone and dealing with the most difficult thing that had ever happened to me. I walked into the centre not knowing what I wanted; support, help; and answer to a question or a magic wand. They couldn't provide a magic wand but they did listen. I said all the words that were in my head, they all just came tumbling out and it was such a relief, to speak all my thoughts out loud and not feel stupid or judged.

Not only did they support me emotionally, but they also helped me with the practical things that needed attention, the filling in of endless forms and sourcing other types of help for my son".



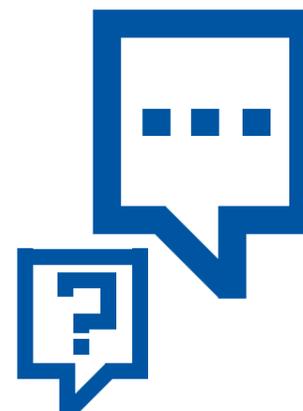
The Centre can provide information and advice, advocacy work, benefits maximisation, emotional support, counselling, pampering and even a short respite break.

The service is open to anyone who provides care, this can be a family member, friend or neighbour who lives in South Ayrshire and is aged between 8 onwards.

If you would like more information about the Carers Centre: please call 01292 263000. Pop into the centre at 43 Sandgate, Ayr, or check out their Facebook page on www.facebook.com/southayshirecarerscentre

“ I said all the words that were in my head, they all just came tumbling out and it was such a relief, to speak all my thoughts out loud and no feel stupid or judged.

Do you want to have your say on services which affect carers?



The Carers Reference group is the opportunity for you to shape services within the centre and comment on strategy and statutory services for Carers and the people you care for.

It is also the ideal place to meet with the Carers Representatives for the Integration Joint Board and Strategic Planning Groups, the panels who shape service delivery for the Health and Social Care Partnership.

The Group meet on the third Thursday of every month from 10.30-12 noon. All Carers are welcome to join the group even if you are not registered with the service.

For more details
Please contact Deborah Robertson on 01292 263000. Deborah is available Thursdays and Fridays.

Caring for carers

» At Crossroads. The stress of caring for someone full-time can take its toll on people who sometimes just need a little break to help recharge their batteries.

Young Adult carers

Everyone has life goals, but perhaps they are more pertinent as we move into adulthood.

People want their independence, their own house, they want to go to college or university, to find a job, have a little cash in their pocket and enjoy life.

But for some Young Adult Carers these goals can seem unattainable.

That is why South Ayrshire Carers Centre has started a new Young Adult Service, the group for 18-25 year olds to help young carers enjoy life.

They can get support from dedicated workers who can support them with CV building, preparing for college interviews; give them advice on housing, benefits and budgeting. But also they provide an understanding ear, and a place that can also help with their caring role.

The service also provides the opportunity for the Young People to enjoy social activities, and plan events together allowing them to shed their care responsibilities for 4 hours every week, be young and have fun.

If you are a Young Adult Carer or would like more information about the service, contact Marie Doran on 01292 263000 or email marie.doran@unity-enterprise.com



Young carers

The groups help young people have fun and get a well earned break from their daily routine and be young people for a few hours and forget about the pressures of their caring role.

Our new Young Adult Carers group supports Young people with the transition into adulthood and helps them with education, employment and housing skills. It also gives them a chance to enjoy age relevant social activities make friends and have fun.



The stress of caring for someone full-time can take its toll on people who sometimes just need a little break to help recharge their batteries. At Crossroads we aim to give carers the freedom to do whatever they need to do, knowing that the person they care for is in safe hands.

Our clients might need someone to be with them, or to help with a meal or medication. Our attendants do a lot of talking, listening, laughing, as part of their role. Often they become a friend to both the carer and their normal

care giver, with their work providing an invaluable lifeline.

David became a full-time carer for his wife Janet, after she fell and broke her hip. In time, Janet's mobility worsened and David began to feel isolated before their social worker referred them to Crossroads. David says that from then his life greatly improved and he now lives something like a normal life. Janet found friends too – her Crossroads attendants – people she could talk to and connect to the wider world.

For more information contact:
Tel: 01292 671 331
Email: managers@crossroads-sa.org.uk
www.crossroads-sa.org.uk/

“What a wonderful team you are. Thank you so much for all your care and kindness. You will never know what it meant to me.”

The Ayrshire Hospice carers' café



Since being launched in October 2014, the Ayrshire Hospice carers' café has gone from strength to strength. The café meets every Friday from 2-4pm at 35 Racecourse Road, Ayr and is open to anyone caring for someone with a life-limiting illness across Ayrshire and Arran.

Manager, Lynne Carmichael explains “We did a lot of consultation with carers before opening our café. They told us that they often feel isolated and out of their depth when caring for a loved one and our café was designed to try and address those needs. Carers meet with others who are also caring for someone and have the opportunity to share, pick up some information or just have some time out and be themselves. Within the café we host

talks about different subjects of interest to carers. Recent talks have included power of attorney, the emotions faced when caring and how to manage medication. Topics and guest speakers are guided by requests from carers who attend the café”.

The carers' café was made possible with support from the Big Lottery Fund. Feedback so far has been great!:

- “everyone has their own problems but the opportunity to share helps...I don't feel so alone”
- “you get peace and gain friendships”
- “picking up information makes you worry less when there is lots to worry about”
- “we were all thrown into this, we don't have degrees and you have to learn fast how to work things out and manage”

- “I can get down and I can share those feelings here”

So if you are caring for someone with life-limiting illness why not drop in? There's no need to make an appointment, just go along and share in the company of others who understand the challenges of caring, are good at listening and have some helpful tips to share.



South Ayrshire Dementia Support

South Ayrshire Dementia Support (SADSA), is a charitable organisation, providing specialised day care for those diagnosed with dementia seven days a week.

We provide quality care, in a friendly environment, getting to know our clients and appreciate their needs and likes, including dietary requirements and also support indoor and outdoor activities for fun and stimulation. Our day care facilities allow our clients to be themselves, share in activities, meals and fun.

SADSA also provides support for our clients' carers and families, through carers meetings.

Our charity works in support of clients referred by South Ayrshire Council and in direct response to requests for care by private individuals and their families.

For more information, please call
Liz Campbell, Day Centres Manager, or to arrange to visit to our Day Care Centres in Ayr or Prestwick
Liz Campbell: 01292 283 954 (Ayr)
or 01292 288 396 (Prestwick)
Email: liz.campbell@sadsa.org.uk
www.sadsa.org.uk

“My satisfaction with service standards has remained at a very high level since my mother first started using them several years ago.”

– Alistair Paterson



Autism

» There is a 'One Stop Shop' support provision across Ayrshire supporting those with autism and their families/carers.



It's not a physical 'shop' but is a service that:

- answers general questions about autism and Asperger syndrome – for example, talking through what the condition is, how it might affect someone, and suggest strategies to help
- talks through options available to people with autism and Asperger syndrome
- talks through support options available to family members.
- tells you about local services both within the National Autistic Society and others.
- refers you on to other organisations that may be able to help you.

For more details
To contact the Ayrshire
One Stop Shop:
Fiona.bain@nas.org.uk
One Stop Shop Manager
or telephone
07767 167 854

Connecting up

Often people supporting or caring for others say they struggle to make connections to services (or don't know about them).

The *South Ayrshire Carers Centre* is a central point of contact for carers but there are other routes to find support.

Voluntary Action South Ayrshire employs a *Community Connector* who has extensive knowledge of very local and wider forms of support.

She will spend time with people and listen to their particular needs and suggest lots of support.

Contact Mary Fitzsimmon mary@vasa.scot or 01292 280338

There are also now 5 *Community Link Practitioners* working across South Ayrshire and based in GP Practices.

They also have information on services and support particularly linked to the area of their GP Practice.

They will also spend time with people to identify the most appropriate supports.

Your GP Practice will have information on their worker's contact information.

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