



## Aberdeen City Carers Strategy – A life Alongside Caring

One of the priorities in the Aberdeen City Health and Social Care Partnership's Strategic Plan is to value and support those who are unpaid carers to become equal partners in the planning and delivery of services, to look after their own health and to have a quality of life outside of the caring role if so desired.

### ***What are your thoughts about this priority?***

The vision is that caring is recognised for its vital contribution and that organisations, communities and citizens work together to ensure that carers in Aberdeen are fully valued, respected and supported.

### ***What are your thoughts about this vision?***

The local Aberdeen City Carer's Strategy commits to ensuring that carers are: -

- Aware of their rights
- Identified
- Respected
- Listened to
- Supported and empowered to manage their caring role
- Enabled to have a life outside caring
- Fully engaged and involved in the planning of services both for themselves and for the cared-for person
- Free from disadvantage or discrimination relating to their role
- Recognised and valued as equal partners in care

### ***Are there any other commitments you think we should make?***

The strategy identifies 7 areas of a carer's life which can be impacted by their caring role and these will be used when identifying needs and outcomes. These areas are: -

1. Health and Wellbeing
2. Relationships
3. Finance
4. Life Balance
5. Future Planning
6. Employment and Training
7. Living Environment

### ***Are these relevant? Are there any other areas that should be considered?***

During the development of the strategy we undertook a programme of carer's conversations. The two things that carers said would have the most impact on their caring role were: -

- The provision of regular and appropriate respite (short breaks away from caring)
- Their cared-for person receiving adequate service provision.

### ***Are these relevant? Are there any other areas that should be considered?***

The strategy makes the following commitments: -

- Provide a dedicated officer with lead responsibility for carers in Aberdeen City
- Review the current services provided to carers and enhance them in light of the requirements of the legislation
- Use a variety of methods to communicate with carers including increased use of social media
- Review the information and advice available to carers and ensure this meets the requirements of the legislation
- Run awareness raising events for citizens and staff to help them understand the role of carers and the challenges they face
- Ensure carers and their needs are reflected where relevant in all strategies, policies, plans and guidance produced by the Aberdeen city Health and Social Care Partnership and its partners.
- Prepare and publish Eligibility Criteria and review this every 3 years.
- Review the current assessment process and develop a procedure and templates for Adult Carer Support Planning and the preparation of Young Carer's Statements
- Prepare and publish a Short Breaks Statement and try to provide more innovative and flexible arrangements
- Give carers more choice and control over how their support is delivered by offering the 4 Self Directed Support options
- Develop a Service User and Carer Engagement protocol to ensure carers are involved in the planning of services
- Review patient admission documentation to ensure it identifies where a patient has a carer and prompts engagement and discussion with them at an early stage pre-discharge.
- Ensure all relevant staff are appropriately trained in the legislation and the new requirements, processes and documentation
- Develop and maintain a database of carers who are willing to be included
- Repeat the Carer Conversation Programme on a regular basis to ensure we continue to listen to carers and use the feedback to continually improve services
- Provide on-going support to the Carer Representatives to the Integration Joint Board
- Monitor the implementation of the strategy and report on progress against each action.

<p><b><i>Are these commitments relevant? Are there any that should be deleted or amended? Are there any others that should be included?</i></b></p>
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