

East Renfrewshire Health & Social Care Partnership

Supporting Unpaid Carers

Unpaid Adult Carer Eligibility Criteria

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Background

The Carers (Scotland) Act 2016 commenced on 1 April 2018. The Act recognises the immense value of the unpaid care that is provided in Scotland and the impact that a caring role can have. The Act's aim is to support unpaid carers' health and well-being and ensure that they are better supported and able to continue to care, if they wish to, and have a life alongside their caring role.

The Act also builds on National Health & Wellbeing Outcome 6: "People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and wellbeing".

The Act places a **legal duty** on East Renfrewshire Integration Joint Board to introduce Adult Carer Support Plans, to enable unpaid adult carers to identify their needs and outcomes.

The Act also requires that East Renfrewshire Integration Joint Board develop Local Eligibility Criteria. (Page 7)

Where unpaid carers have needs that meet these criteria, the Act places a **legal duty** to provide support. When the eligibility criteria is not reached, the IJB also has a power to provide support to meet other needs that are identified but support will likely come from Carers Centre and other community partners.

The Act states that carers must not be charged for services they receive to directly support them in their caring role.

The legislation envisages a preventative approach will be taken when support is planned. The Scottish Government issued a suite of indicators which summarise the impact of the caring role, to support decision making on eligibility. These indicators (found on page &&) link closely to the outcomes which form the basis of the Adult Carer Support Plan.

This document outlines the process to be followed to determine an unpaid carer's identified needs and whether there is a duty or power to provide support to meet them.

It will ensure a clear and transparent system to determine eligibility so that unpaid adult carers in East Renfrewshire are appropriately supported.

The Carers (Scotland) Act 2016

If a worker identifies a carer, they must offer the carer an Adult Carer Support Plan.

A carer can request an Adult Carer Support Plan or a Review at any time.

There is a duty to provide support to carers who meet the eligibility threshold.

Carers who do not meet the threshold will still be offered support through universal services.

Carers must be provided with information and advice,
(www.eastrenfrewshirecarers.co.uk)

Definition of an Unpaid Carer

The Carers (Scotland) Act 2016 set out the definition of a carer.

What is a Carer?

A carer is an individual who provides care, or intends to provide care, for another individual. The cared-for person may have an illness, disability, a mental health problem or a substance misuse problem.

Exceptions are:

- Where the cared for person is under 18 and is receiving care proportionate to their age.
- Where the carer is paid to provide care.

Adult Carer

An adult carer is a carer who is at least 18 years old and not at school.

Unpaid Carer

East Renfrewshire HSCP uses the term 'unpaid carer' to distinguish from employed paid care providers.

Support Planning

Carers do not have to uptake the offer of an Adult Carer Support Plan and regardless of the level of support required, carers can access support through East Renfrewshire Carers Centre and other community partners such as Talking Points, Money Advice & Rights and the Community Hub ran by Voluntary Action ER.

In addition to this, the Carers Act sets out a process to be followed before determining whether there is a duty, or a power, to provide support to meet an unpaid carer's identified needs. The four steps are:

Step One If a member of staff identifies a carer they must offer them an Adult Carers Support Plan or alternatively an unpaid carer can request an Adult Carer Support Plan. Completion of the Adult Carer Support Plan will involve conversations between the unpaid carer and the appropriate practitioner to discuss their caring role, its impact, and their personal outcomes (what is important to the unpaid carer). Together, the unpaid carer and practitioner will identify what might help the unpaid carer to achieve these outcomes.

Step Two This conversation (or conversations), including the personal outcomes and action plan, will be captured in an Adult Carer Support Plan. After both the practitioner and the unpaid carer have signed the Plan, the unpaid carer will be given a copy

Step Three The unpaid carer and practitioner will consider how any identified needs might be met either wholly or partially, starting with informal supports, services that are generally available, or assistance to the cared-for person (other than "replacement care" to provide a break from caring).

A screening group of relevant professionals will meet to determine if the remaining needs meet the eligibility threshold that requires the legal duty to be enacted.

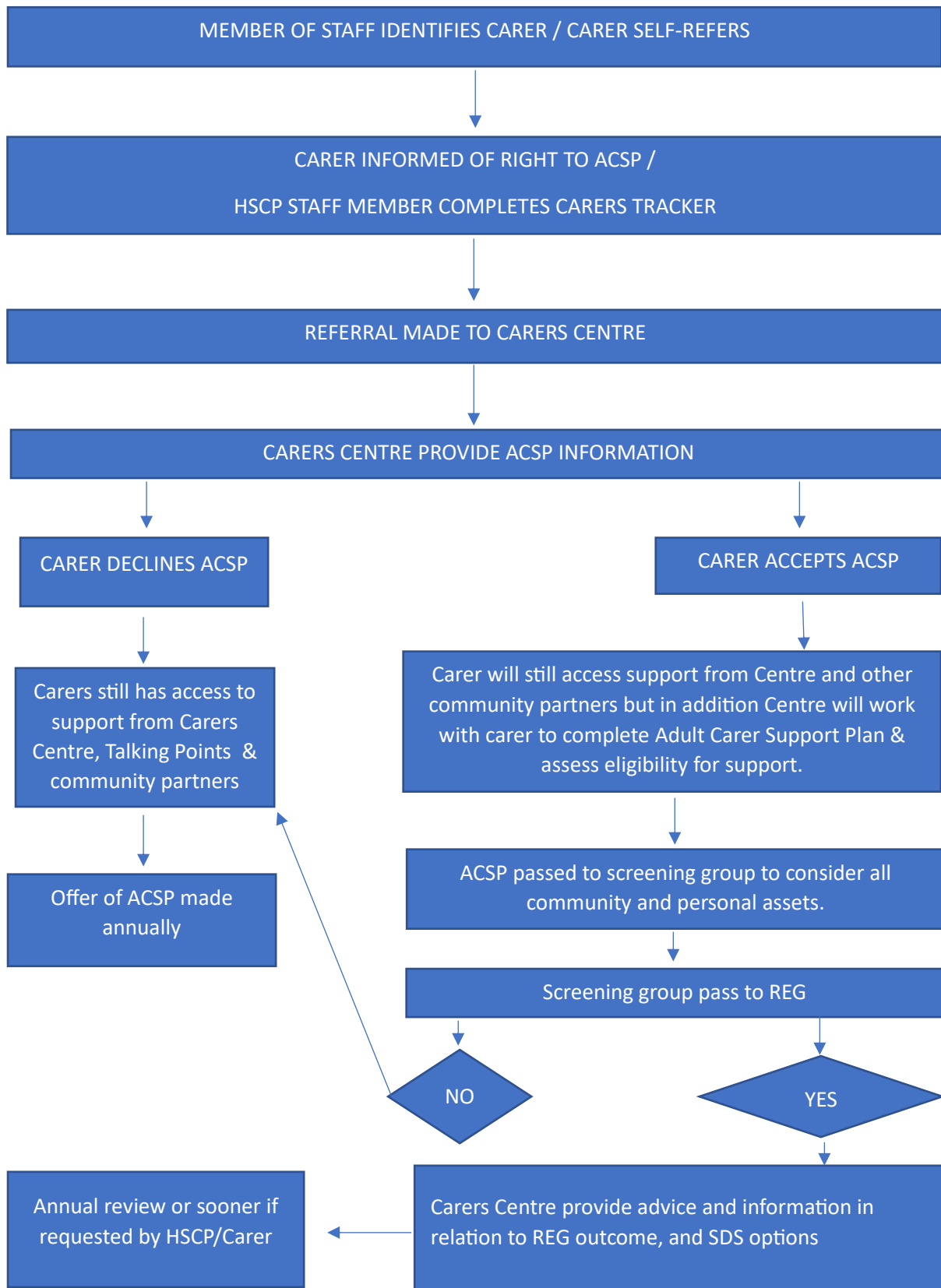
If the remaining needs do meet the eligibility threshold in relation to any of the suite of indicators, there is a duty to provide support to the unpaid adult carer and this will be met using the four self-directed support options. Unpaid carers will be involved at each stage of the process and in all decision-making. If the remaining needs do not meet the threshold, a decision will be made by the local authority about whether the discretionary power to provide support should be used.

Step Four When the level of support has been agreed and is in place, an initial review date for the Adult Carer Support Plan will be set, to review how the supports are enabling/ have enabled the unpaid carer to meet their personal outcomes.

Adult Carer Support Plan Process

The HSCP has delegated the authority for Adult Carer Support Plans to East Renfrewshire Carers' Centre, however staff can complete an Adult Carer Support Plan should they wish to do so.

The carer should be involved throughout the development of the plan and should be given a copy of the final plan for their own records.



An Overview of Eligibility

Although Carer Support Plans are independent of any assessment that the person with care needs may have had, whenever possible support to carers should be considered alongside support provided to the cared for person and the Supporting People Framework.

There may be times when the support provided by a carer means that the person who is being cared for has care needs that are assessed as being low or moderate in the Supporting People Framework but the impact of the caring role may have a substantial or critical risk to the carer being able to sustain the role and the resulting impact this may have on both the carer and the person being cared for.

For carers, the eligibility criteria focus on the impact of the caring role on the unpaid carer and the associated risks if this impact is not reduced. When assessing this, the following questions should be considered:

- Is the caring role sustainable?
- How great is the risk that the caring role will become unsustainable?

In East Renfrewshire there is a **legal duty** to provide support when the level of impact (and risk) is “Critical” or “Substantial”. The aim is to reduce the impact to a manageable level for the unpaid carer.

When the level of impact is moderate or low, although there is no duty to provide support, there remains a **power** to do so, however, this will only be considered in exceptional circumstance and when all personal and community assets have been explored.

Unpaid carers can request a new Adult Carer Support Plan if they believe their circumstances have changed.

The eligibility triangle on the next page demonstrates the position of the threshold in East Renfrewshire.

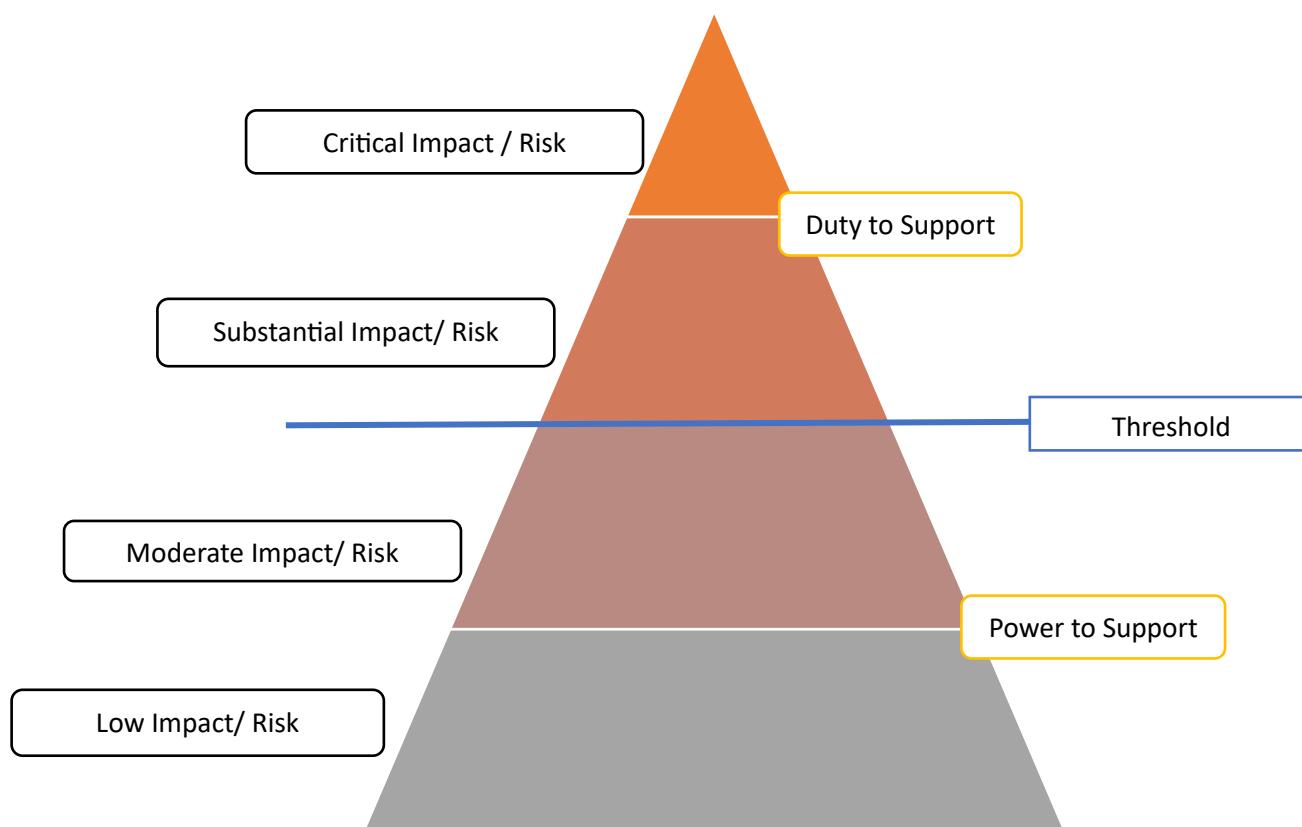
The table on Page 12 shows how the impact will be defined for unpaid adult carers.

The right type and level of support will be shaped by the identified needs and outcomes which, if achieved, would reduce the impact (and associated risks) of caring, enabling the unpaid carer to provide, or continue to provide care, if this is their wish.

Threshold for Determining the Level of Support

Is the caring role sustainable?

How great is the risk that the caring role will become unsustainable?



(As with Supporting People Framework, consider, will the absence of HSCP involvement lead to deterioration in circumstances and likely impact (financial and otherwise) the person and HSCP in the future.)

Types of Support and Services

Where there is a **POWER** to support, this may include, but is not limited to, universal or preventative services such as those provided by Carers' Centre, Talking Points, Money Advice & Rights Team and the Community Hub.

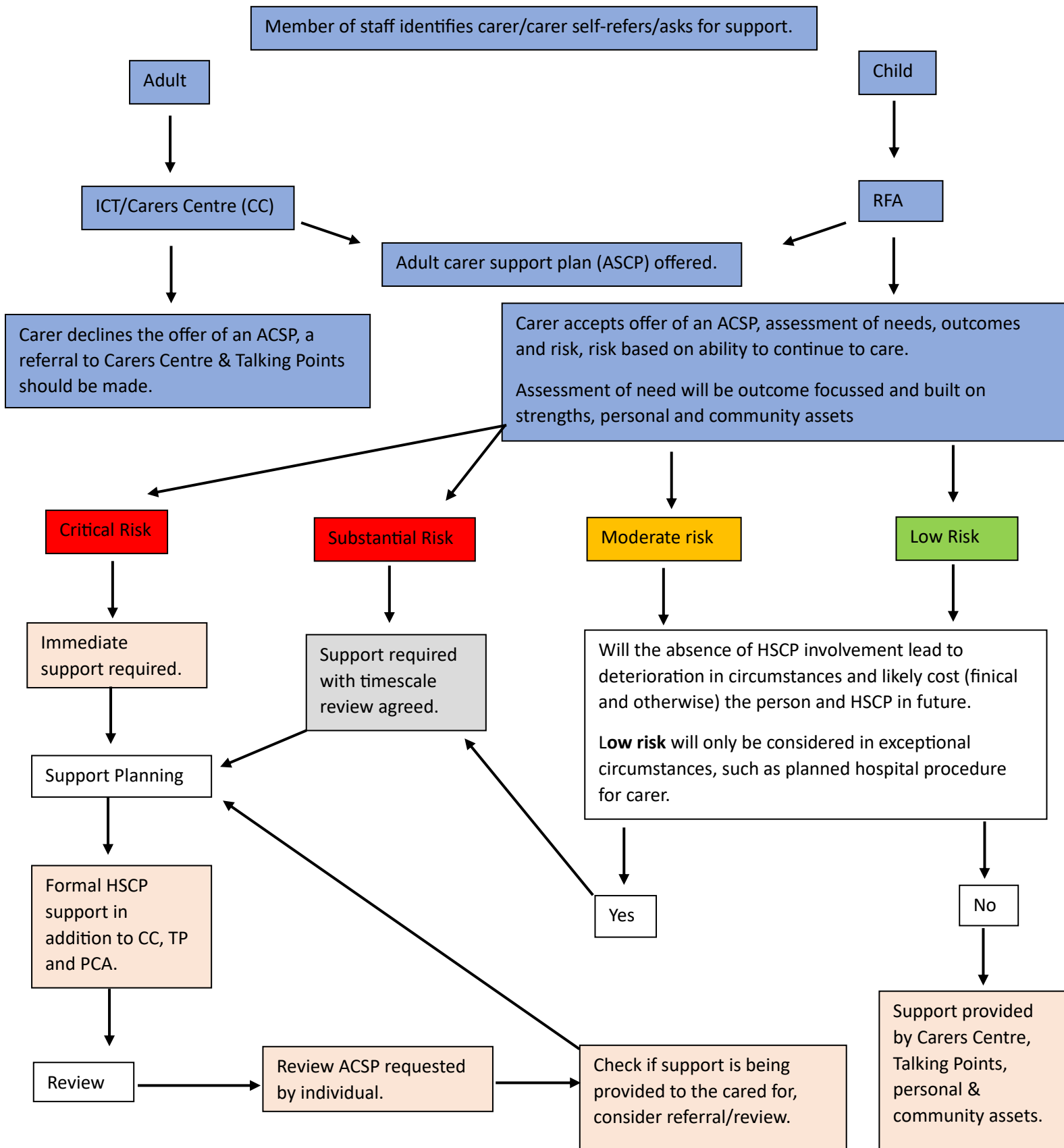
Where there is a **DUTY** to support, more targeted services may be available in addition to the universal supports.

Unpaid carers may be signposted to external organisations for some of these services. Some examples of supports and services are:

Information and advice services	Peer Support from other carers
Welfare rights services (income maximisation services)	Volunteer services
Employability/return to work services	Advocacy services
Training courses	Counselling services
Befriending services	Short breaks from caring
Complementary social therapies	Health and wellbeing services
Talking Points / Community support	Leisure activities/services
Anticipatory/ Emergency care planning	Bereavement support services

N.B this list is not exhaustive. Appropriate support and services to meet identified needs and outcomes will be considered during the completion of the ACSP.

Supporting Carers Support Plan Flowchart



Adult Carer Support Plans & Self-Directed Support

If the Adult Carer Support Plan meets the threshold for support to be provided, there is a **duty** to provide support that meets the needs of carers.

If support is to be provided, carers must be offered the Self-Directed Support options.

1. Direct Payment – the carer receives the funds to buy support.
2. Individual Service Fund – The carer chooses the support they would like and it is arranged for them.
3. Traditional Services – the Health & Social Care Partnership arrange support on behalf of the carer.
4. A mixture of 1, 2 and/or 3 – the carer can combine the options in the way that suits them best.

It is possible that the person with care needs is already accessing self-directed support but carers can access Self-Directed Support in their own right to meet their own needs.

Carers can get more information and advice on Self-Directed Support from the Carers Centre and Self-Directed Support Forum

Indicators of Eligibility

	Caring has low impact LOW RISK	Caring has moderate impact MODERATE RISK	Caring has substantial impact SUBSTANTIAL RISK	Caring has critical impact CRITICAL RISK
Health & Wellbeing	<p>Carer's health beginning to be affected.</p> <p>Caring role beginning to have an impact on emotional wellbeing.</p>	<p>Carer's health at risk without intervention.</p> <p>Some impact on carer's emotional wellbeing.</p>	<p>Carer has health need that requires attention.</p> <p>Significant impact on carer's emotional wellbeing.</p>	<p>Carer's health is breaking/has broken down.</p> <p>Carer's emotional wellbeing is breaking/ has broken down.</p>
Relationships	<p>Carer has some concerns about their relationship with the person they care for and/or their ability to maintain relationships with other key people in their life.</p>	<p>Carer has identified issues with their relationship with the person they care for that need to be addressed and/or they find it difficult to maintain relationships with other key people in their life.</p>	<p>The carer's relationship with the person they care for is in danger of breaking down and/or they no longer can maintain relationships with other key people in their life.</p>	<p>The carer's relationship with the person they care for has broken down and their caring role is no longer sustainable and/or they have lost touch with other key people in their life.</p>
Living Environment	<p>Carer's living environment is mostly suitable but could pose a risk to the health and safety of the carer and cared for person in the longer term.</p>	<p>Carer's living environment is unsuitable but poses no immediate risk.</p>	<p>Carer's living environment is unsuitable and poses an immediate risk to the health and safety of the carer and/or cared for person.</p>	<p>Carer's living environment is unsuitable and there are immediate and critical risks to the health and safety of the carer and/or cared for person.</p>
Employment & Training	<p>Carer has some difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the long term.</p> <p>Carer is not in paid work or education but would like to be in the long term.</p>	<p>Carer has difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the medium term.</p> <p>Carer is not in paid work or education but would like to be in the medium term.</p>	<p>Carer has significantly difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the short term.</p> <p>Carer is not in paid work or education but would like to be soon.</p>	<p>Carer has significant difficulty managing caring and employment and/or education and there is an imminent risk of giving up work or education.</p> <p>Carer is not in paid work or education but would like to be now.</p>
Finance	<p>Caring is causing a risk of financial hardship e.g., some difficulty meeting housing costs and utilities.</p>	<p>Caring is causing some detrimental impact on finances e.g., difficulty meeting either housing costs OR utilities.</p>	<p>Caring is having a significant impact on finances e.g., difficulty meeting housing costs AND utilities.</p>	<p>Caring is causing severe financial hardship e.g., carer cannot afford household essential sand utilities, not meeting housing payments.</p>

<p>Life Balance</p>	<p>Carer has some opportunities to achieve the balance they want in their life.</p> <p>They have access to a choice of breaks and activities which promote physical, mental, emotional wellbeing.</p>	<p>Due to their caring role, the carer has limited opportunities to achieve the balance they want in their life.</p> <p>They have access to a few breaks and activities which promote physical, mental, emotional wellbeing.</p>	<p>Due to their caring role, the carer has few and irregular opportunities to achieve the balance they want in their life.</p> <p>They have little access to breaks and activities which promote physical, mental, emotional wellbeing.</p>	<p>Due to their caring role, the carer has no opportunities to achieve the balance they want in their life.</p> <p>They have no access to breaks and activities which promote physical, mental, emotional wellbeing.</p>
<p>Future Planning</p>	<p>Carer is largely confident about planning for the future but has minor concerns about managing caring.</p>	<p>Carer is not confident about planning for the future and has some concerns about managing caring.</p>	<p>Carer is anxious about planning for the future and has significant concerns about managing caring.</p>	<p>Carer is very anxious about planning for the future and has severe concerns about managing caring.</p>