

Improving Lives with Carers

West Dunbartonshire Health and Social Care Partnership Local Carers' Strategy 2024-2026



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Foreword



Welcome to West Dunbartonshire Health and Social Care Partnership's Local Carers' Strategy 2024-2026. This Local Carers' Strategy will involve both continuity and change from our 2020-2023 Local Carers' Strategy. Continuity because some great progress was made in delivering our previous strategy and we intend to build on that success, and change because during the lifetime of the previous strategy we were all faced with unexpected and unimaginable challenges, with many carers continuing to experience the consequences of these. It is in this post-pandemic context that we've worked with carers and other stakeholders to prepare this new Local Carers' Strategy: *Improving Lives with Carers in West Dunbartonshire*.

Some of the success outlined below includes investing over £250,000 in short breaks for carers; the appointment of an unpaid carer as a carer representative on the Health and Social Care Partnership Board; the development of a paid post designed to specifically lead on supporting unpaid carers within the Health and Social Care Partnership; and the redesign of the assessment and support pathway for carers.

However, the challenges posed by the pandemic and the cost of living crisis combine to make formidable challenges. We know that carers were disproportionately negatively impacted by the pandemic and the cost of living crisis, and many are facing the additional financial impact which often accompanies caring responsibilities, notwithstanding the potential physical and emotional cost.

I am acutely aware and exceedingly grateful of the significant role carers play in supporting the Health and Social Care Partnership to undertake its work in providing health and social care to the citizens of West Dunbartonshire. Without them, the Health and Social Care Partnership would be overwhelmed and unable to function. It is for these reasons, and more, that I am pleased to present this Local Carers' Strategy and reaffirm our commitment to working together with carers and to *Improving Lives with Carers* in West Dunbartonshire.

Beth Culshaw, Chief Officer, West Dunbartonshire Health and Social Care Partnership

Introduction

Welcome to *Improving Lives with Carers*, the West Dunbartonshire Health and Social Care Partnership's Local Carers' Strategy for the period 2024-2026. This strategy has been written for carers. It describes who carers are in West Dunbartonshire; the critical role they play; the support the Health and Social Care Partnership and partners can provide; and the strategic and legal landscape which enables this support.

Carers provide support in various ways -and at different frequencies- to people who may be their friends or family. Some carers are providing personal care and daily support to one person or more, while others may provide weekly or less frequent support of a different nature, possibly to more than one person. What is important to recognise is that providing this support can often have an impact on the carer themselves. *Improving Lives with Carers* seeks to support carers and reduce those impacts.

It is estimated that there are over [800,000](#) carers in Scotland, of which 30,000 are young carers under the age of 18. Scotland's Census 2011 shows there were approximately [10,000](#) carers in West Dunbartonshire. Data from the Census in 2022 are still to be released. However, the true number of carers is unknown as many people undertaking caring roles do not recognise or identify themselves as carers in national or local surveys.

Improving Lives with Carers draws on several national and local strategies and priorities while also focusing on what matters to individual carers, what they want to achieve, and how the Health and Social Care Partnership and partners can work with them to support their outcomes.

These priorities are detailed in the Delivery Plan at the end of this document, but can be summarised as having a focus upon:

- Improving carers' influence on and involvement in decision-making (from governance and service improvement to the planning of their own care and that of the people they look after)
- Supporting carers with the consequences and ongoing impacts of COVID-19, and the cost of living crisis
- Improving carers' quality of life through early intervention and prevention, and with access to quality support, including short breaks to support them in their life alongside caring.

The Delivery Plan accompanying this strategy provides the details of how the outcomes will be achieved.



What do we mean by "Carer"?

In West Dunbartonshire, those aged under 16 are considered young carers, while those aged 16-24 are considered young adult carers. Anyone aged 25 or older providing support to a loved one is considered an adult carer. For young carers, tailored support is essential. Throughout this strategy, when referring to specific age groups, we'll use appropriate terms. Otherwise, we'll use "carer" or "unpaid carer."

[The Carers \(Scotland\) Act 2016](#) is a law passed by the Scottish Parliament to improve support for unpaid carers in Scotland. The Act recognises the important contribution of carers and aims to ensure that they are better supported in their caring role. In line with the Act, caring for someone solely due to their age and being under 18 years old is not considered a caring role; this is considered as parental responsibilities unless the dependent child has additional care and support needs. For more information, please refer to the [Carers Act Guidance \(pp 16 and 17\)](#). This also applies to kinship care situations. It is not considered a caring role if care is being provided as voluntary work or under a contract of employment. Foster care is also excluded due to the agreement in place and fees paid.

In terms of support provided by the HSCP and partners to carers, support will be provided to carers and those they care for who reside in West Dunbartonshire. If any uncertainty arises regarding which services and from which Local Authority area are best placed to assess and/or support carers, decisions will be taken in the best interests of and with the view of the carer at the centre.

Caring does not discriminate; anyone can become a carer at any time in their life. The people they care for, usually referred to as "*the cared for person*", may be affected by physical disability, mental health issues, frailty, substance use or other conditions, and who otherwise could not cope without the carer's support. The carer does not need to be living with the cared-for person to be recognised as a carer. If a child or young person provides care, they can still be identified as a young carer even if they are not the primary carer.

Many people providing care do not see themselves as a 'carer'. First and foremost, they may see themselves as a husband, wife, son, daughter or friend, and see caring as a natural extension of those relationships. The term '*carer*' is not intended to label a person, but rather aims to describe the important role that they have within our community, how it might be impacting them and how they can be supported to continue caring if they so wish.

Carers provide a wide range of support to the person they care for, including physical, emotional, and financial support.

Some of the help a carer can provide:

providing personal care



administering medication



carrying out housework



shopping



assisting with finances



transport to appointments



providing emotional support

The support carers give is crucial with:

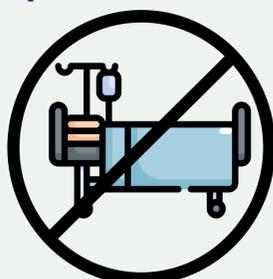
helping people to remain in their own home



supporting earlier hospital discharge



avoiding unnecessary hospital admission



reducing isolation and loneliness



Who Are Our Carers?

[Scotland's Carers' Census 2022](#) shows that West Dunbartonshire has one of the highest rates of caring in Scotland, as well as a high proportion of carers who report they care for 35+ hours a week (the rate at which Carer's Support Payment can be claimed) and the equivalent of being in full-time employment.

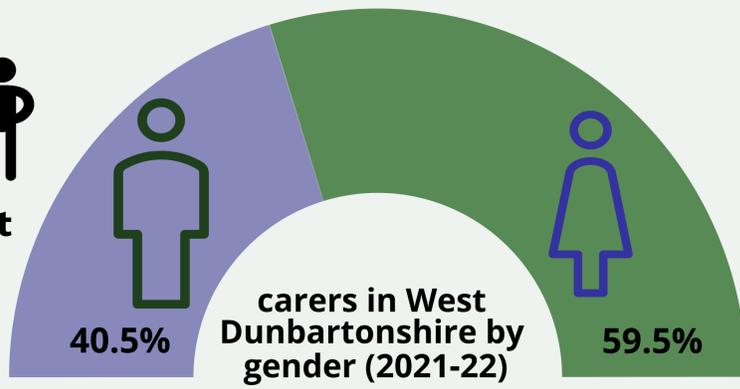
To implement the [Carers \(Scotland\) Act 2016](#) effectively the Health and Social Care Partnership and its partners must first understand the challenges that carers may face. Data collected locally through a variety of sources will continue to help inform the local position and ensure planning of services are in line with carers' needs.

Number of Unpaid Carers in Scotland by Age and Gender (2021-22)

- Under 18 (13.08%)
- 18 - 64 (61.47%)
- 65 and over (25.45%)



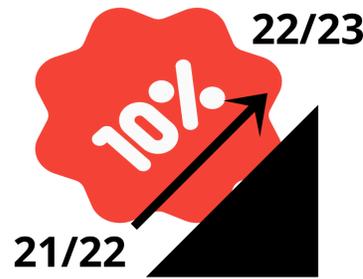
more than 1 in 10 people in West Dunbartonshire are carers



A significant proportion of known carers in Scotland are aged 55 or over and the gender split demonstrates that women are over-represented in unpaid caring roles.

[Scotland's Carers Census 2021-22](#)

The proportion of adult carers in West Dunbartonshire supporting more than one person rose from 8% to 18% between 2021/22 and 2023/24.

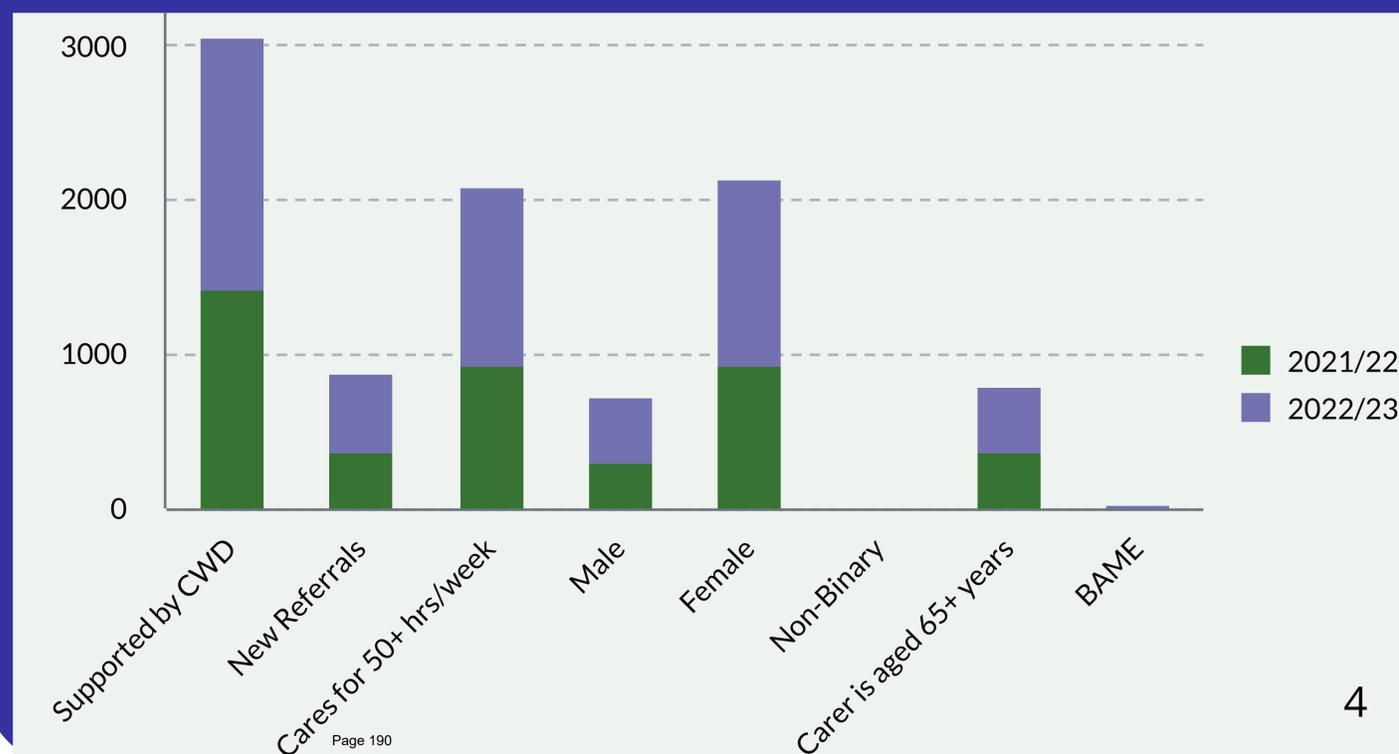


The number of carers is expected to grow in the next decade due to demographic changes and shift towards community-based support.



[Carers of West Dunbartonshire \(CWD\)](#) is the organisation commissioned by West Dunbartonshire Health and Social Care Partnership to work with them to support adult carers.

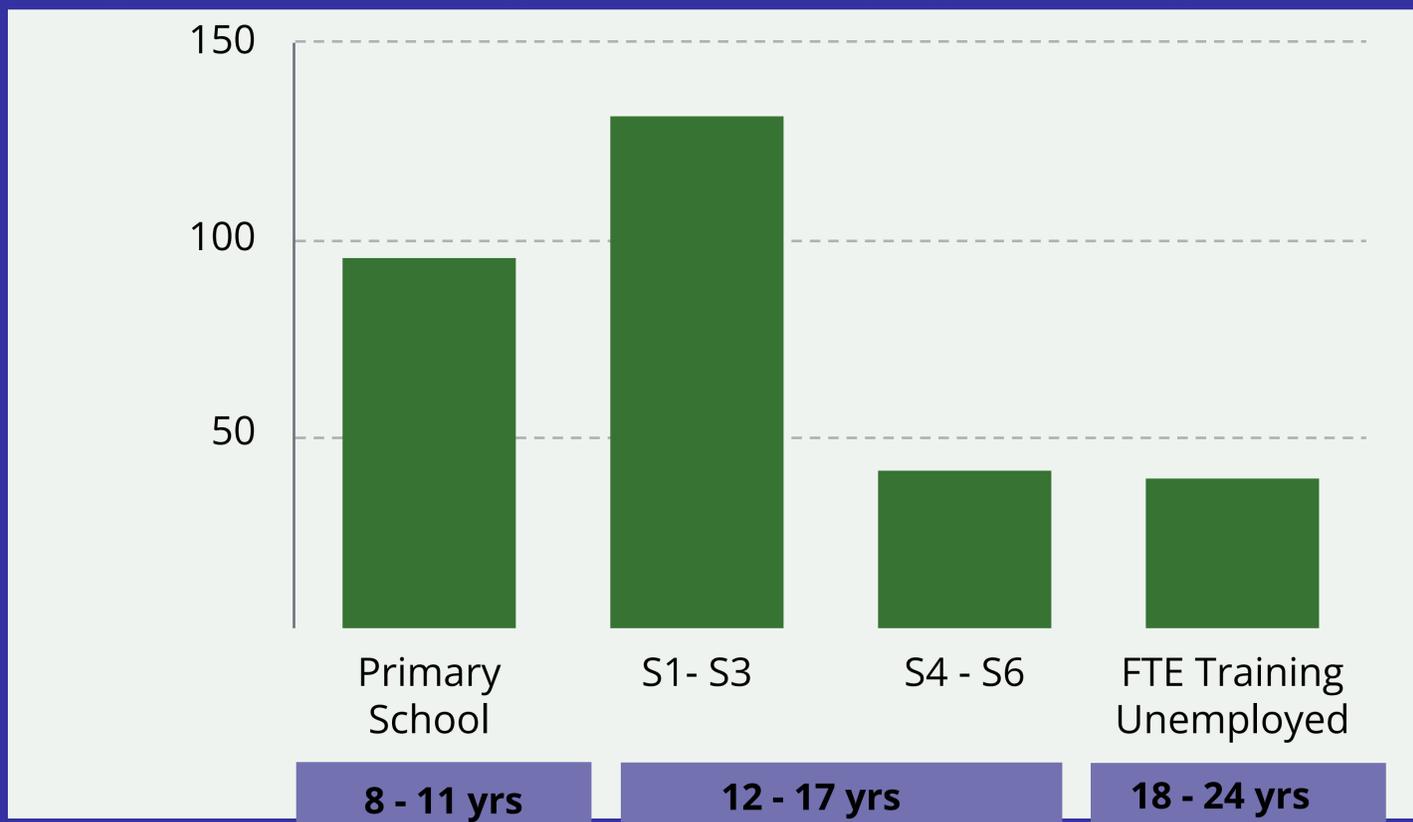
Carers of West Dunbartonshire 2021/22 - 2022/23



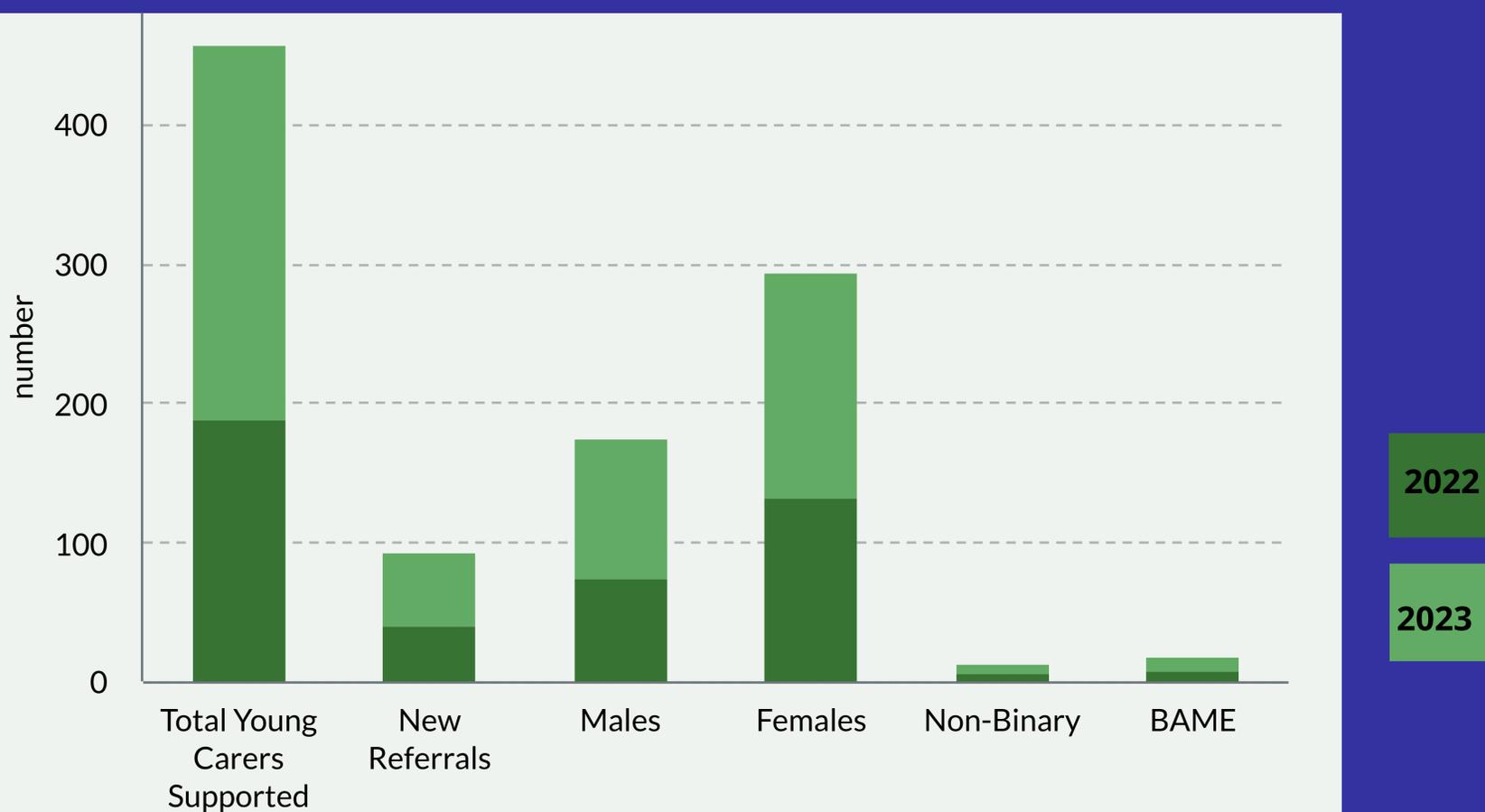
[Y Sort It](#) is the organisation commissioned by West Dunbartonshire Health and Social Care Partnership to work with them to support young carers and young adult carers.



Young Carer and Young Adult Carer by Age and Stage (2023)



Young Carers Accessing Support (2022-2023)



The Impact of Caring on Adult Carers

For some people, caring for a relative or friend may have no impact, while for others it can be considerable and require significant life adjustments, such as giving up work or deciding to live with the cared-for person. Carers often report feeling isolated and disconnected from their friends, family and their wider community. Many carers also live with long-term health conditions themselves and face the challenge of managing their own health alongside their caring responsibilities.

giving up work

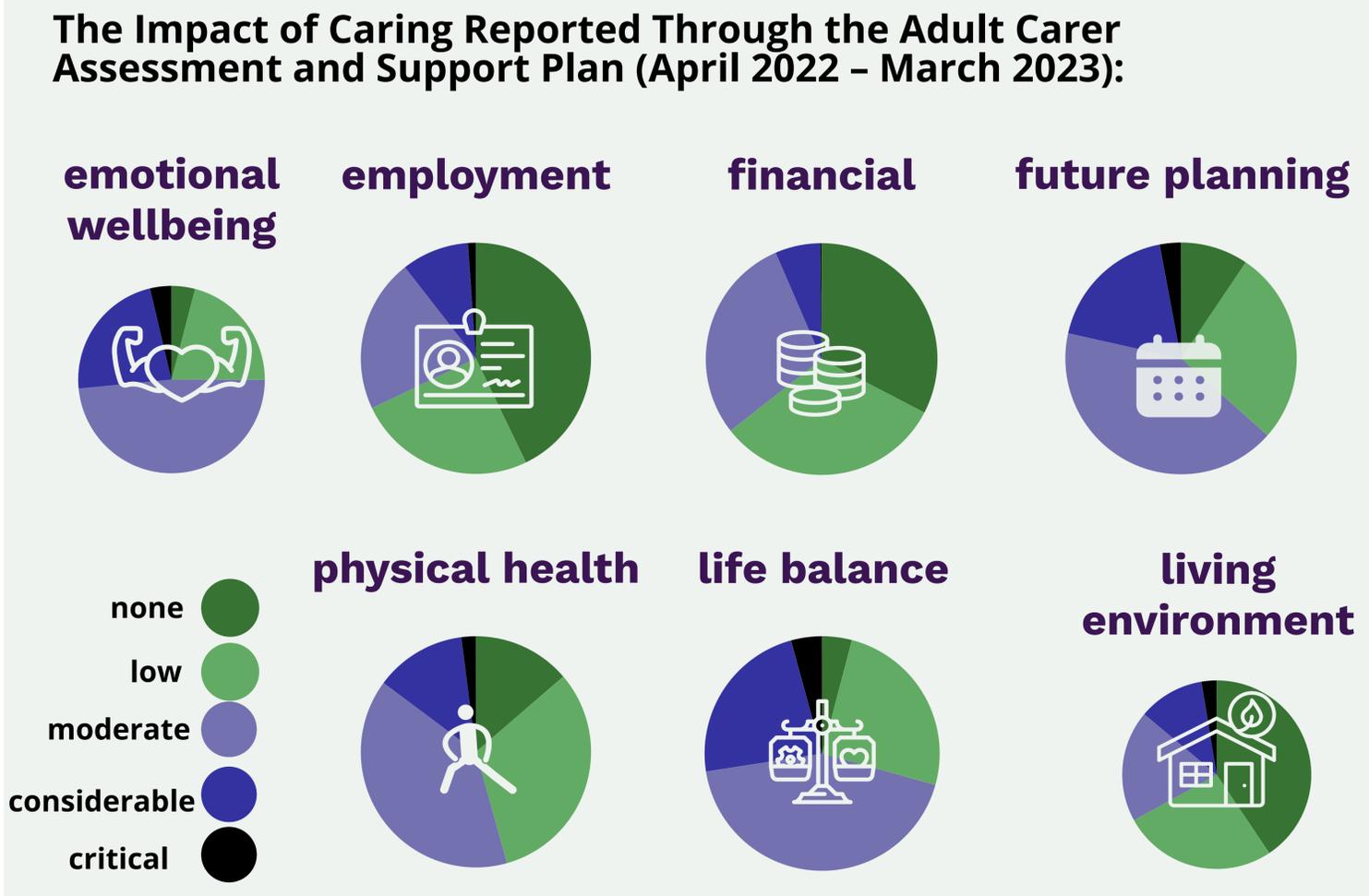
moving home

isolation and loneliness

managing their own health

In line with the National Carers Organisation’s Framework for National Eligibility, West Dunbartonshire Health and Social Care Partnership takes account of seven life areas when considering The Impact of Caring on a carer’s life:

539 [Adult Carer Assessment and Support Plans](#) were analysed. The most common response across all seven life areas was being moderately impacted. The most notable impacts were on the carer’s emotional wellbeing and life balance: 26.5% of carers reported a considerable or critical impact on their wellbeing, and 27.5% reported a considerable or critical impact on their life balance.



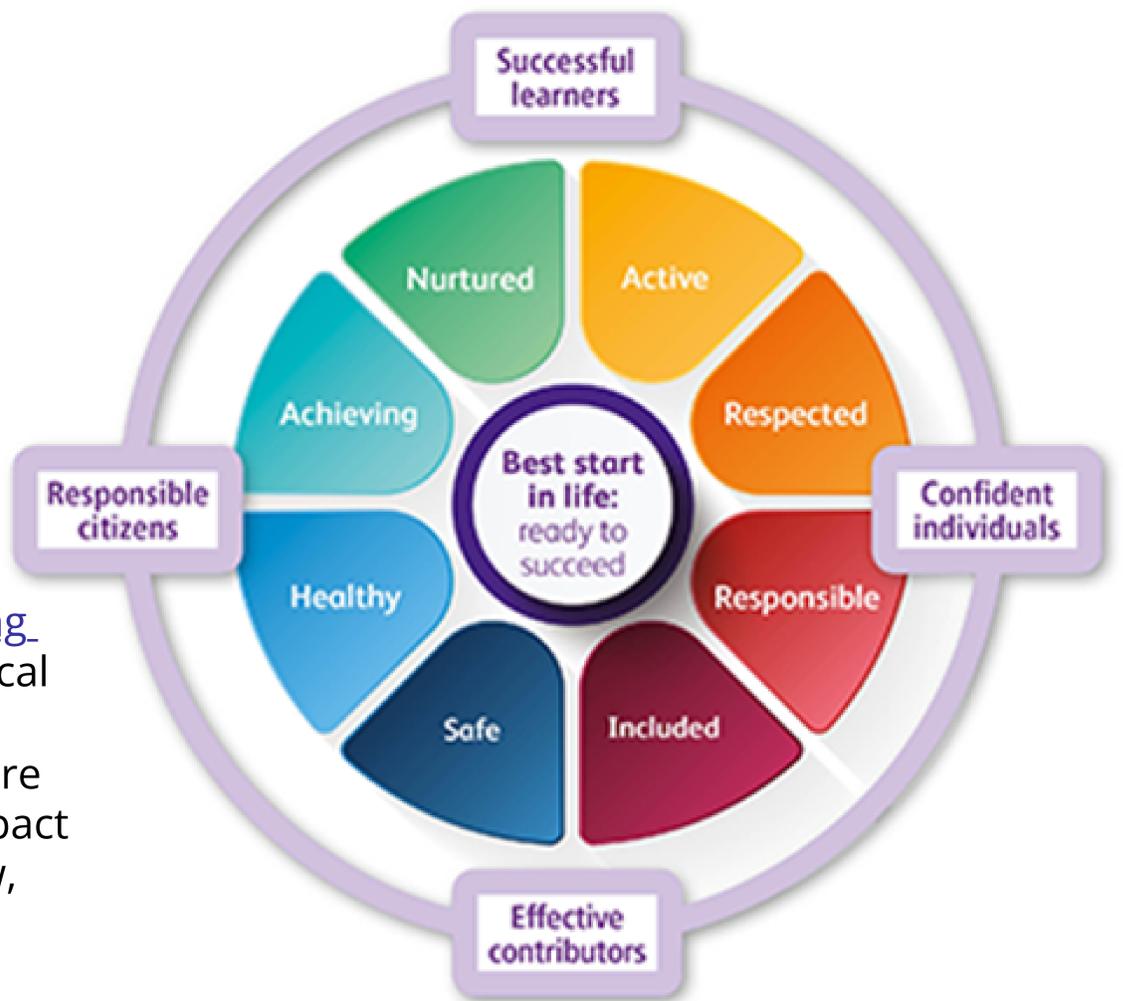
"Caring for my mum has had an impact on every aspect of my life" (Carer, Clydebank)

"It's important to me that I don't lose my identity" (Carer, Dumbarton)

The Impact of Caring on Young Carers

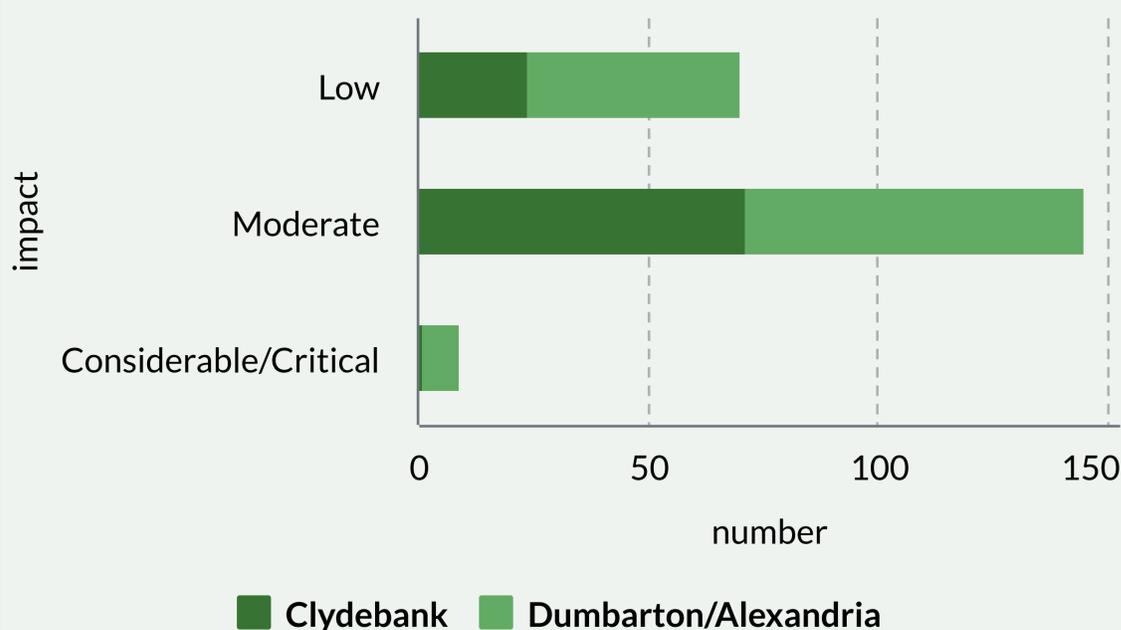
When considering the impact of caring on children and young people, the [Getting it Right for Every Child \(GIRFEC\)](#) model is used. It proposes [eight wellbeing indicators](#) in a young person's life: **safe, healthy, active, nurtured, achieving, respected, responsible, and included** (SHANARRI)

The indicators are integrated into a [Young Carers Statement](#) designed to capture local young carers' support needs and the Framework Model of West Dunbartonshire Eligibility Criteria, which assesses the impact of caring on young carers and can be low, moderate, considerable or critical.



Both the Eligibility Criteria and Young Carer Statement are aligned with the [National Convention of the Rights of the Child](#) (UNCRC), identifying personal outcomes and support needs for young carers, but also to ensure they are supported to have the right to be protected from discrimination, express their own views, live, survive and have a healthy development, spend time with friends, enjoy opportunities for leisure and to relax and play, and have an education.

Impact of Caring on Young Carers and Young Adult Carers



44 young carers and young adult carers are either currently being assessed, declined a Young Carers Statement or Adult Carer Assessment and Support Plan, had responses which were not appropriate, or their answers were unknown



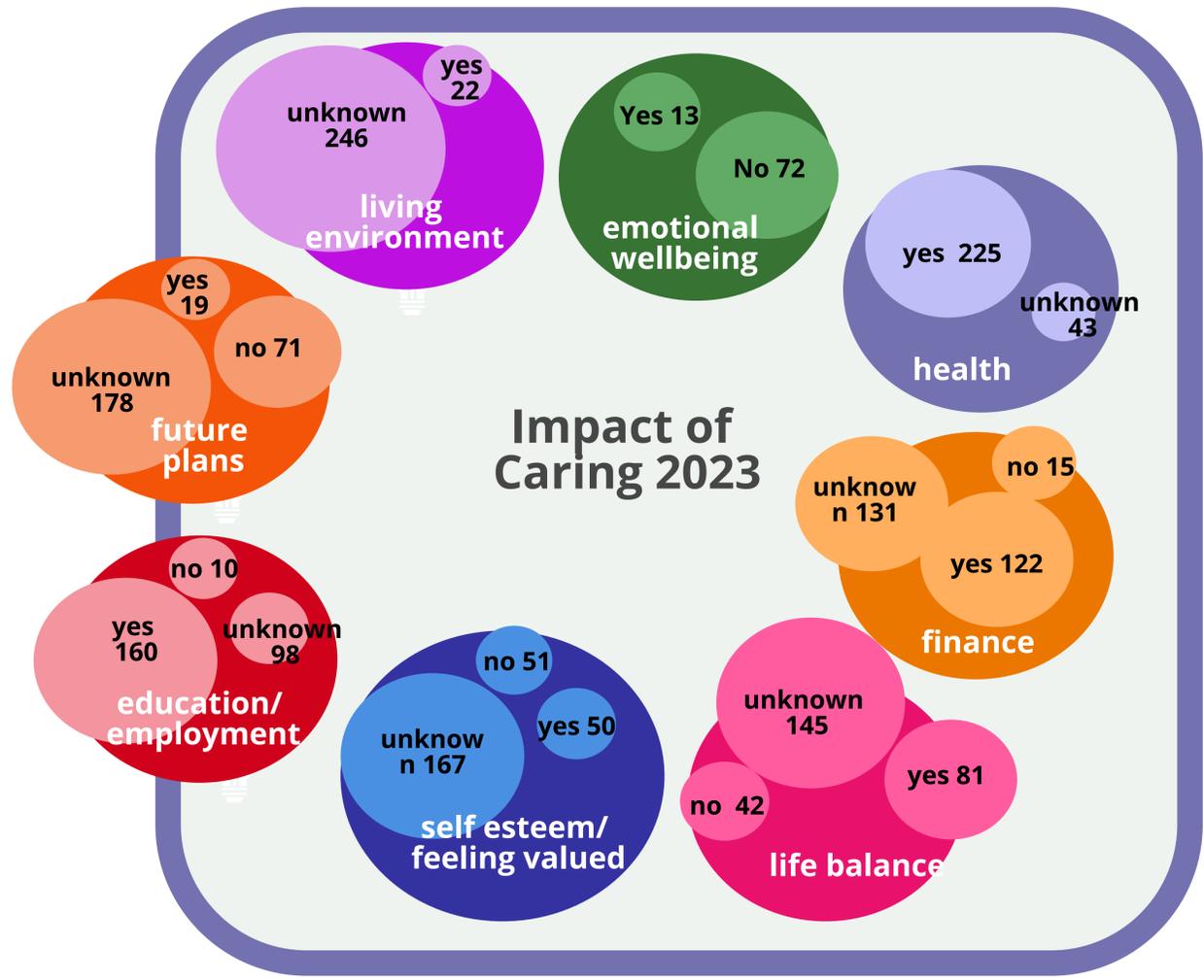
In their Young Carer's Statement, children and young people in West Dunbartonshire have reported that conflicting emotions were linked to their caring role:

- worry and loneliness
- happiness and pride
- bullying
- lack of understanding from peers and teachers
- not knowing where and from whom to seek support
- fears that they may be removed from their parents care
- fears they may be placed in residential care



We acknowledge the significant impact that caring responsibilities can have on a young carer's physical and mental wellbeing. Through our strategy, we aim to gain a deeper understanding of the challenges faced by carers and develop targeted support programs to address these issues. We will collaborate with relevant agencies and initiatives, such as the Dementia, Autism, Learning Disabilities, and Neurological Care Strategies, as well as GIRFEC and the outputs of the Whole Family Wellbeing Funding, to provide comprehensive and holistic support. Providing support to keep families together and working to ensure the whole family's needs are met is at the heart of our engagement with young carers.

In their Young Carer's Statement, Young Carers are asked if their caring role had an impact on different areas of their lives:





- Partners:
- School Counselling Service
 - Scottish Families Affected by Alcohol and Drugs
 - Intandem
 - Includem
 - Social Work
 - CAMHS
 - Alternatives to Care
 - West Dunbartonshire Education Services

Y Sort It provide a range of support directly to Young Carers:

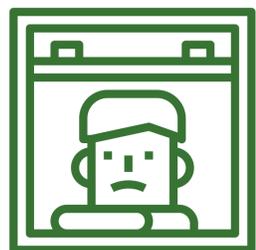
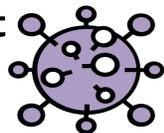


COVID-19 and the cost of living



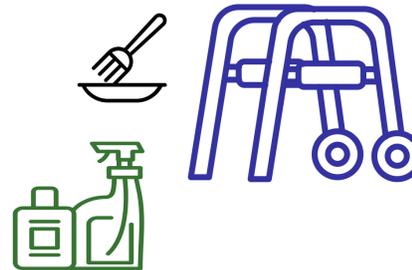
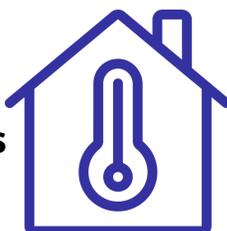
The global Covid-19 pandemic has had a significant impact on the health and social care system, the staff who work within it, the communities it serves and the country as a whole. It is important to note that individuals were not impacted equally or in the same manner.

The Impact of the Coronavirus (COVID-19) Pandemic on the Lifestyle of Unpaid Carers study by the Office for National Statistics suggest the COVID-19 pandemic and the cost-of-living crisis has had a disproportionately negative impact on carers, resulted in more carers and increased their need for support



carers were more worried about the impact on themselves and those they care for, and felt more isolated

many carers used their heating less with a significant number falling into arrears with household energy bills



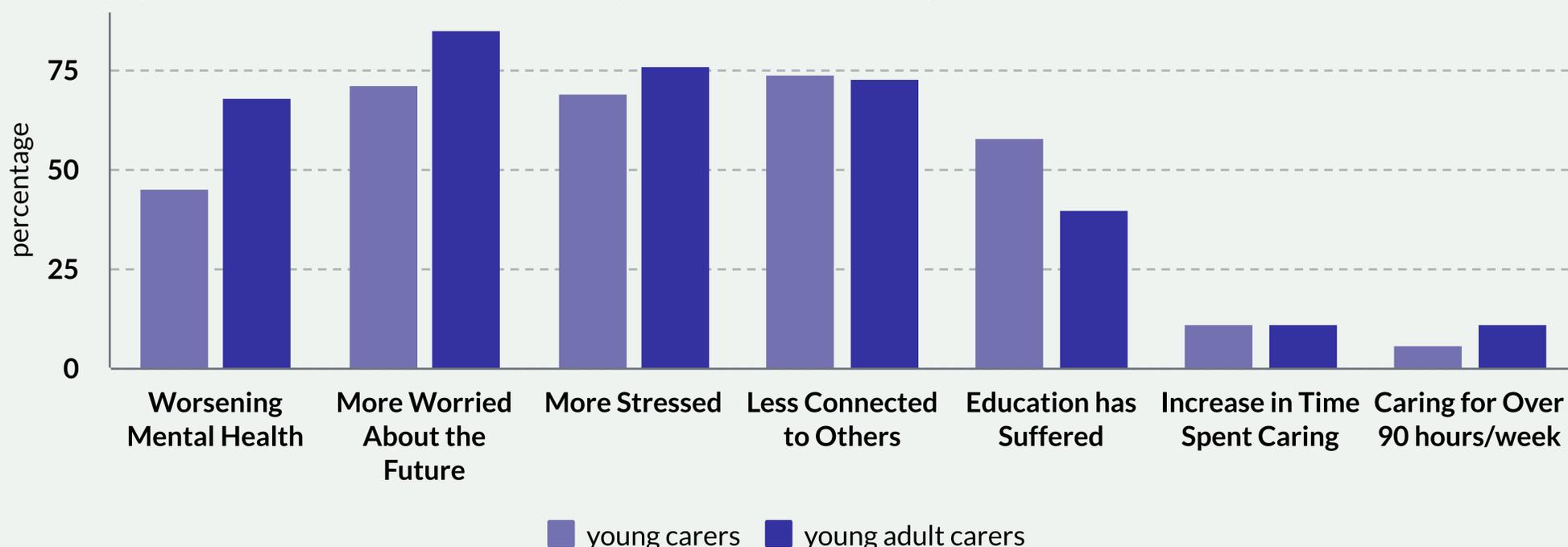
the increased costs of aids and adaptations, food, and cleaning products is an issue for carers

inability to plan for the future and the associated anxiety of continued caring was a cause for concern for many carers



Findings from [Young Carers Research](#) by Carers Trust Scotland show the significant and worsening impact of Covid-19 on them and their caring experiences:

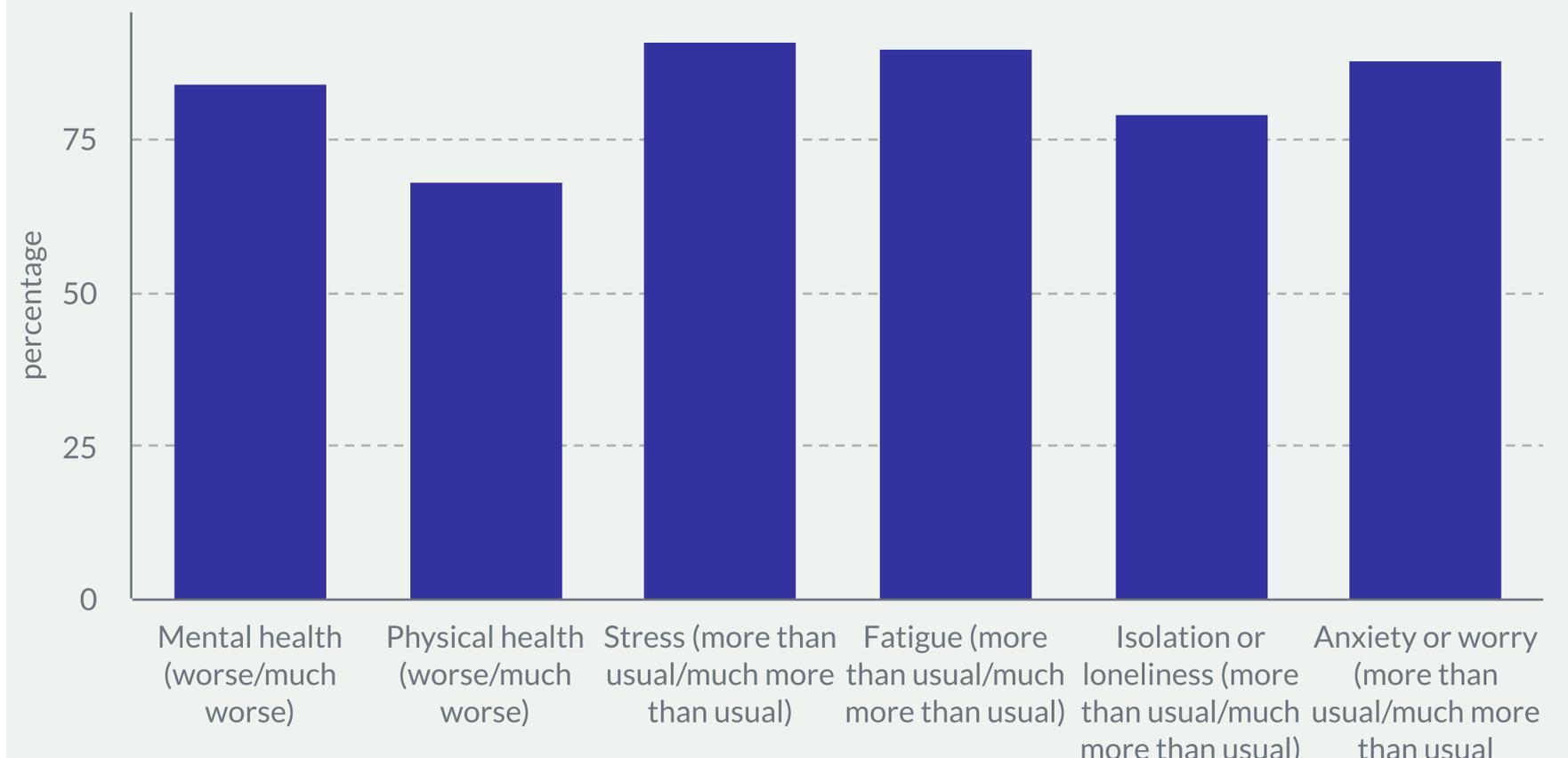
The Impact of Coronavirus on Young Carers and Young Adult Carers in Scotland



Carers Trust Scotland also reported that Local Authority services stopping, or caring needs increasing led to greater caring responsibilities for some carers. Additionally, some carers have reported that the restrictions put in place to prevent the spread of the virus directly intensified their caring needs, often exacerbated by a reduction in available support.

Care home visiting restrictions caused some carers to take the difficult decision to care for their relative at home. Such decisions were taken at a time when many elderly people were dying in care homes and, for many, this decision was taken to try and reduce this risk. Oftentimes caring roles were undertaken alongside working from home and home schooling, with some carers reporting that they felt overwhelmed and struggled to cope.

Carers' Health Since the Pandemic (Carers Trust Scotland)



[Carers Trust Scotland's survey, Covid-19 in Scotland](#) surveyed 461 carers. The data in the chart above shows the reported worsening in both physical and mental health.

While more than half the respondents stated that they could identify no positives, some reported 'having more time for themselves' (5%), 'spending more time with the people they live with' (29%), 'increased flexibility via working from home' (17%) and 'having more time to relax' (4%) as being positives from the pandemic.

It is important for support providers to note for future planning that some carers indicated they would like to continue to use remote or online and digital options for support (e.g. telephone calls, 1:1 video calls or group video calls) introduced during the pandemic, but many carers preferred traditional, in-person support.

In their paper, [Being a Young Carer is Not a Choice - It's Just What We Do](#), Carers Trust Scotland found that 66% of young carers and young adult carers said the cost of living crisis is 'always' or 'usually' affecting them and their families – with 36% facing additional costs because they are a young carer or young adult carer.

A key recommendation from the report is to identify and respond to poverty and financial hardship among carers. While some of the responsibility for this lies with UK and Scottish Governments, there are some actions that can be taken locally as part of Improving Lives with Carers to drive this forward.

Improving Lives with Carers emphasises the need for collaboration between carers and public services to enhance health and wellbeing outcomes. Public bodies have a responsibility to prevent poor health outcomes for carers while taking care of their own wellbeing. By working together, we can improve outcomes for carers, their patients, and the community.

Your Rights as a Carer

While *Improving Lives with Carers* encourages carers as much as is practical and practicable to support their own health and wellbeing, it is critical that if and when carers require support from services, a clear and robust process is in place to ensure the right type and level of support is available at the right time.

[The Carers \(Scotland\) Act 2016](#) provides the foundation for *Improving Lives with Carers*, which demonstrates our commitment to fully implement the Act and support carers to enjoy a life alongside caring. The Act emphasises carer identification, decision-making involvement, and support service provision. The Health and Social Care Partnership collaborated with Carers of West Dunbartonshire to develop a new pathway that assesses carers' needs, risks, strengths, and desired outcomes. The pathway treats carers as individuals separate from but coordinated with any support provided to the cared-for person(s). Where appropriate and eligible, carers are supported to access Self-Directed Support for themselves (see below regarding eligibility criteria).

Responsibilities from the Carers (Scotland) Act 2016

People identified as carers:



must be offered an [Adult Carer Assessment and Support Plan](#) or a [Young Carer Statement](#)



must be included in hospital discharge processes for the individual(s) they provide care for



must have their interests included in development and review of carer services



must be provided with Information and advice services

The Health and Social Care Partnership must:



make public local eligibility criteria

produce a Local Carers' Strategy and review within set timeframes

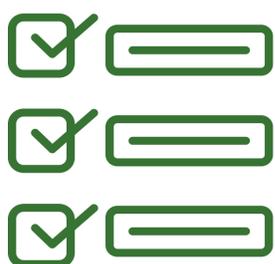
share information on available short breaks



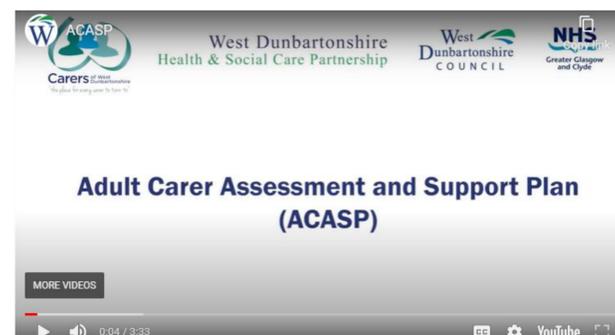
Eligibility Criteria

A tiered approach to support services was introduced by the National Carers Organisation, ranging from self-help to specialised services. In April 2022, the Health and Social Care Partnership collaborated with carers and representatives to develop eligibility criteria using this framework, improving carers' access to the most appropriate support at the right time. Completing an Adult Carer Assessment and Support Plan or a Young Carer Statement helps in determining the best support for carers.

Copies of West Dunbartonshire Young Carers Statement and Referral Guidance can be found at [West Dunbartonshire Young Carers - Resources - Carers Trust](#)



The [Eligibility Criteria](#) for carers aims to prioritise services for those with the greatest needs while promoting independence and resilience. An [Adult Carer Assessment and Support Plan](#) and [Young Carer Statement](#) is designed to help identify carer strengths, the outcomes they want to achieve and what, if any, services and supports would help them to achieve those outcomes. Guidance and process information can be found in this animation (click on the image to watch).



Implementation of the Local Carers Strategy 2020-2023

Examples of actions:



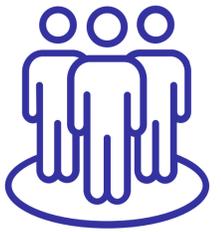
redesigned support pathways, seeing Carers of West Dunbartonshire become the 'front door' for all carer support



continued to meaningfully involve carers in areas of service design and policy which affect them



worked with staff and carers to develop a strengths-based and outcome-focused Adult Carer Assessment and Support Plan



introduced the ability for carers to access and completed the new Adult Carer Assessment and Support plan online



raised awareness of the role of carers across the HSCP via the introduction of mandatory training provided as online modules



supported carers to access Self-Directed Support access to Short Breaks



established a network of school-based Young Carer Champions and Education Forums to ensure Education staff can identify young carers, and are aware of issues they face and support that is available



built a unique respite facility for Young Carers and their families at Carbeth Hutting Community, Stirlingshire to access for short breaks



introduced the role of Unpaid Carer Liaison Officer to lead and co-ordinate carer activity

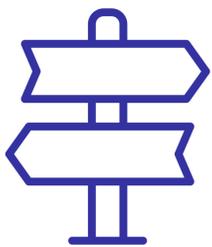
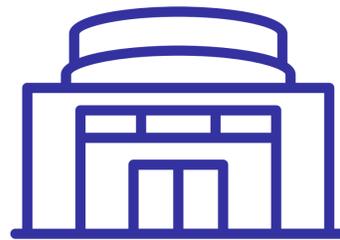
Carers of West Dunbartonshire introduced the [Valued Carer](#) initiative helping local businesses support local carers



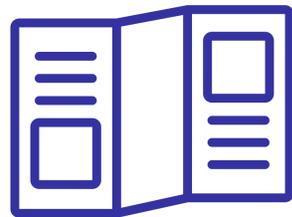
introduced sessions to educate new teachers in West Dunbartonshire about Young Carers Champions and Education Forums



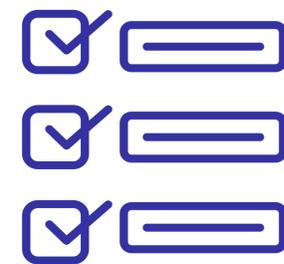
development of Bonhill Community Centre, Alexandria extending safe youth friendly space for Young Carers/ Young Adult Carers and improving accessibility



commenced the review of our respite pathways



supported the research, development and implementation of the resource ['Together: A Whole Family Approach for Young Carers'](#) with Carers Trust Scotland



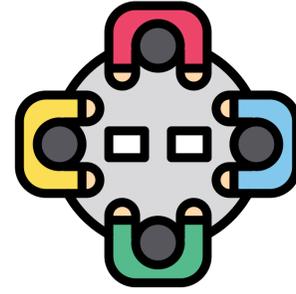
implemented eligibility criteria to ensure proportional support for all carers

Improving Lives with Carers will build on the success described above. More details are provided in the Delivery Plan. *Improving Lives with Carers* is a two-year strategy that aligns with and draws upon [West Dunbartonshire Health and Social Care Partnership's Strategic Plan, Improving Lives Together 2023-2026](#) which sets out the Health and Social Care Partnership's priorities across the organisation.

Governance and Monitoring Implementation

A Carers' Development Group, established by the Health and Social Care Partnership and its governing Board, progresses and oversees the support provided to carers through the Local Carers' Strategy by:

- Leading and monitoring implementation
- Reviewing and reporting progress
- Ensuring the Carers Act funding is used to achieve outcomes
- Identifying and sharing opportunities for collaboration



The group is chaired by the Head of Service for Strategy and Transformation. Members include unpaid carers and representatives from:

- Carers of West Dunbartonshire
- Y Sort-It
- HSCP services
- Education Services
- WD Community Voluntary Services

The Carers Development Group has been responsible for overseeing the development and implementation of the previous Local Carers' Strategy and will continue to do so for *Improving Lives with Carers*. They provide regular updates to the Health and Social Care Partnership Board and will continue to do so when required. At a minimum, they will provide annual updates on the Delivery Plan that accompanies *Improving Lives with Carers*.

Strategic Context

It is important to understand the broader context that influences and shapes *Improving Lives with Carers* and its implementation. Nationally it involves the new National Carers' Strategy and work undertaken by the Care Inspectorate, while locally the Health and Social Care Partnership's strategic plan has a direct influence alongside what matters to carers in West Dunbartonshire.

The **National Carers Strategy** (2022 -2026) sets out a range of actions to ensure carers are supported, which *Improving Lives with Carers* recognises and incorporates. There is a focus on:



- living with COVID 19
- valuing, recognising and supporting carers
- health and social care support
- social and financial inclusion
- young carers

The Care Inspectorate Inquiry into Adult Carers Experiences of Social Work and Social Care Services took place in 2022.

The report highlights the need for improvement in support of adult unpaid carers and makes a series of recommendations for HSCPs which are now reflected in the *Improving Lives with Carers* Delivery Plan.



West Dunbartonshire HSCP Strategic Plan *Improving Lives Together*

Improving Lives Together is the strategic plan (2023-2026) of the Health and Social Care Partnership. It includes all services, workforce, and resources. The plan sought feedback from various stakeholders, including carers, and has adopted the vision, mission, and values of *Improving Lives with Carers*. The feedback from carers is on the next page.



Vision

Everyone in West Dunbartonshire lives in a place they can call home, in communities that care, doing things that matter to them, leading healthy, happy and fulfilling lives, and, when they need it, receiving care and support that prioritises independence, control, choice and recovery.

Values

Respect
Compassion
Empathy
Care
Honesty

Improving Lives Together proposes four overarching Strategic Outcomes covering various thematic areas that include:

- Equal Communities: Outcome: A reduction in the impact of the wider determinants of health
- Caring Communities: Outcome: Enhanced satisfaction among people who use our services, an increase in perceived quality of care and equitable access to services ensured
- Safe and Thriving Communities: Outcome: People are able to look after and improve their own health and wellbeing, and live in good health for longer, while ensuring that our citizens are safe from harm
- Healthy Communities: Outcomes: Improved health, an increase in independence and resilience, lower rates of hospital admissions, lower rates of re-admission and a reduction in reliance on health and social care services

What Matters to Adult Carers in West Dunbartonshire?

As part of [What Matters to You Day 2023](#) and as part of their consultation on the HSCP Strategic Plan 2023-2026: Improving Lives Together, we analysed 150 Adult Care Assessment and Support Plans to better understand what matters to carers. These views have been incorporated in the Delivery Plan of *Improving Lives with Carers*. Some examples are shown below.

What matters to you about having a life alongside your caring role?

- "Being able to sustain my work or education."
- "Taking part in hobbies or interests."
- "Looking after my own physical and mental health."
- "Having adequate breaks from caring."
- "Being able to maintain other relationships."

What matters to you about your caring role?

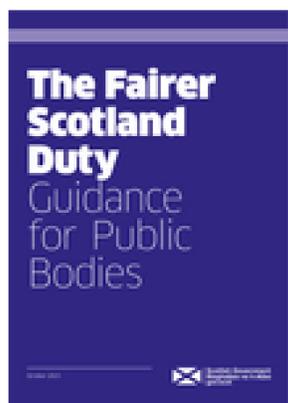
- "that my loved one is safe and well"
- "that I am able to provide the best care that I can"
- "that I am able to make plans for the future"
- "that I am able to keep my loved one at home"

Taking a Rights-Based Approach

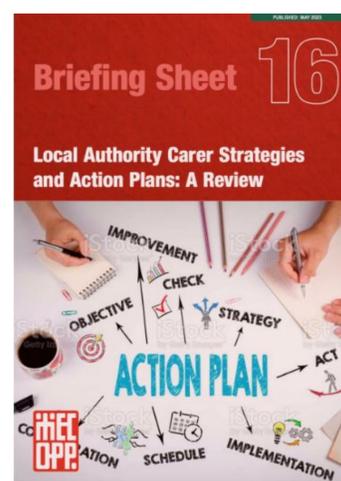
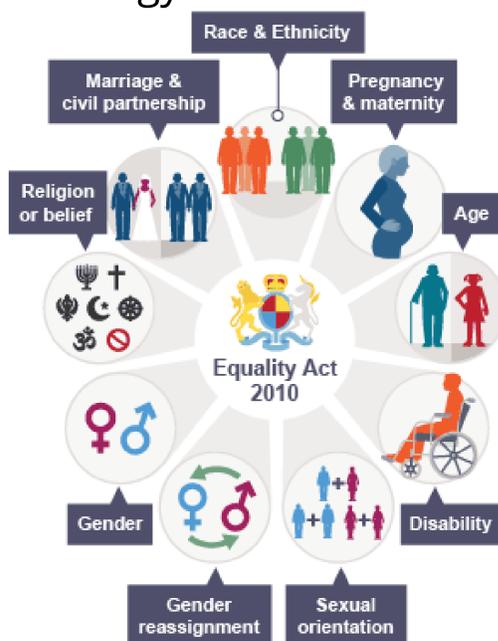
Improving Lives with Carers is underpinned by a rights-based approach, which makes sure that people's rights are at the very centre of the strategy, and is informed by:



An [Equalities Impact Assessment](#) was undertaken by a working group which included carers



The [Equality Act 2010](#) which protects people against discrimination and underpins the Strategy



the Minority Ethnic Carers of People Project's (MECOPP) [Local Authority Carer Strategies and Action Plans review](#) which reviewed Local Authority Carer Strategies

The [HSCP Strategic Plan's](#) Outcomes areas; caring, healthy, equal, safe and thriving communities.



[Fairer Scotland Duty Guidance for Public Sector Bodies](#) which helps them actively consider how they can reduce inequalities

Each of these has been considered and reflected in the Delivery Plan for *Improving Lives with Carers* along with the thematic areas identified as important by the National Carer Strategy and the recommendations made by the Care Inspectorate in their inquiry into carer experiences of adult social care.

Improving Lives with Carers: Delivery Plan

The outcomes within the Delivery Plan are drawn from Improving Lives Together, the National Carers Strategy, and the Care Inspectorate Inquiry and are aligned to Improving Lives Together's strategic outcomes. The outcomes below are colour-coded to reflect whether they are from:

Improving Lives Together, the National Carers Strategy, or The Care Inspectorate Inquiry

HSCP Strategic Outcome - Equal Communities:

A reduction in the impact of the wider determinants of health

The social and economic contribution, impacts and scale of caring are recognised, understood and reflected in local and national policy making across all areas



Carers are able to take up or maintain employment and education alongside caring if they wish to do so



Carers can participate in and are valued by their community and wider society



Carers are recognised and their contribution is understood and valued by society



Carers are able to access the financial support and assistance to which they are entitled



Young adult carers are supported when moving from education to training and work while balancing an ongoing caring role.

HSCP Strategic Outcome - Caring Communities:

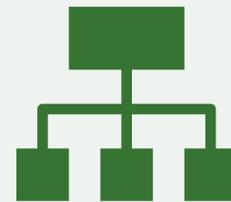
Enhanced satisfaction among people who use our services, an increase in perceived quality of care and equitable access to services ensured:



Carers' voices are heard and their views and experiences are taken into account in decisions which affect them.



Develop and improve the accessibility and availability of short breaks available to support carers to continue to care.



Improve carers' experiences of systems and processes including initial access, resource allocation and reviews.

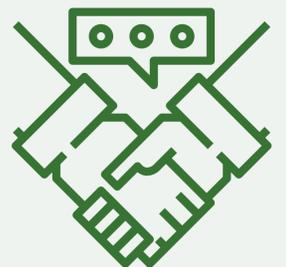
Further support social work and social care staff to be more knowledgeable about the Carers (Scotland) Act 2016.



Further develop with carers engagement and consultation approaches including evaluation of these approaches and how best to feedback carers' views.



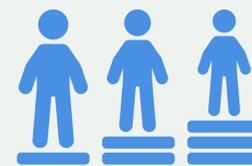
Ensure that local carer strategies, short-break services statements and eligibility criteria are up to date and are coproduced with carers and carers' organisations.



Increase the meaningful and representative inclusion of carers in planning and governance groups that impacts positively on service improvement.

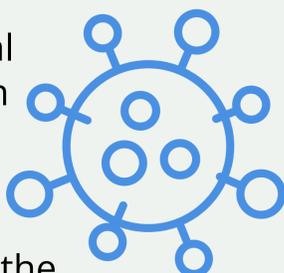


Provide better support to carers.

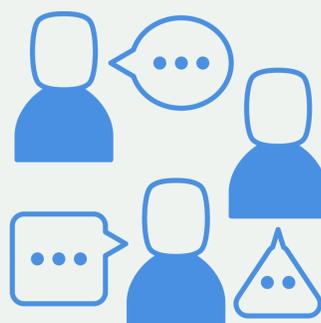


Undertake whole-pathway reviews, ensuring coordination and equity of access to services.

Develop and implement the Local Carers Strategy with unpaid carers and providers of carer support services, taking into account the impact of Covid-19.



Co-produce services with the people who use services and their carers.



Monitor and evaluate the impact of the Local Carers Strategy on an ongoing basis, factoring in early preparations for the next revision.



HSCP Strategic Outcome - Safe and Thriving Communities:
People are able to look after and improve their own health and wellbeing, and live in good health for longer, while ensuring that our citizens are safe from harm

Carers feel confident and supported to protect themselves from COVID-19.

Carers and the people they care for feel supported and confident to re-engage with their communities.

Carers are supported to recover from the negative impacts of COVID-19.

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. (National health and wellbeing outcome 6)

Young carers are supported and protected from inappropriate caring and negative impacts on their education, social lives and future opportunities.

HSCP Strategic Outcome - Healthy Communities:
Improved health, an increase in independence and resilience, lower rates of hospital admissions, lower rates of re-admission and a reduction in reliance on health and social care services.

Ensure there is refocus on prevention and early intervention, self-directed support and outcomes-focused practice for carers.

Services for Carers in West Dunbartonshire

Examples of services available for carers in West Dunbartonshire.

For more information on services for carers, please visit the [HSCP website page "Support for Carers"](#).

The **Health and Social Care Partnership** can provide the following support where appropriate:

- Assessment and support to develop an Adult Carer Assessment and Support Plan / Young Carer Statement
- Access to respite and short breaks
- Access to Self-Directed Support
- Advice and signposting to other services

More information and contact details for Health and Social Care Partnership services can be found on the website www.WDHSCP.org.uk

**West Dunbartonshire
Health & Social Care Partnership**



Carers of West Dunbartonshire is commissioned by the HSCP to provide a wide range of support for local adult carers. Support includes but is not limited to:

- Assessment and support to develop an ACASP
- Carer health and wellbeing self-management
- Emotional support
- Hospital discharging arrangements
- Advocacy
- Signposting and support to access other services

Website: www.carerswd.org

Tel: 0141 941 1550

Address: 84 Dumbarton Road, Clydebank G81 1UG

Y-Sort-It is an innovative youth project that provides information and support to young people between the ages of 12 and 25. The support and services West Dunbartonshire HSCP commissions Y Sort It to provide to young carers and young adult carers includes but is not limited to:

- Assessment and completion of Young Carer Statement
- Accessing relevant information and support to understand information
- Provide on-going support and advocacy where required
- One to one, drop-in and group support
- Transition from youth to adult services

Website: www.ysortit.com

Tel: 0141 941 3308

Address: 5 West Thomson Street, Clydebank, G81 3EA



West Dunbartonshire Community Volunteering Service (WDCVS) is a social action support agency and the recognised Third Sector Interface (TSI) for the Local Authority area, working to ensure that the community and third sector is recognised as strong, vital and resilient, and is valued for its delivery of positive outcomes for local people and resilient communities.

In addition to the TSI role, WDCVS co-produces and delivers the Ask ACCESS social prescribing hub service, signposting and supporting citizens to connect with a range of opportunities to support their health and wellbeing.

Website: www.wdcvs.com

Tel: 0141 941 0886

Address: Arcadia Business Centre, Miller Ln, Clydebank G81 1UJ



West Dunbartonshire Macmillan Carers Service offer support to those with cancer and their loved ones through every step of their journey. If you are caring for someone with cancer, you can contact for person-centred support.

Macmillan can provide or link you with a range of services to provide, for example, emotional support, practical support, access to support groups and more.

Website: www.macmillan.org.uk

Tel: 01389 776439

Email: catherine.barry@west-dunbarton.gov.uk

**MACMILLAN
CANCER SUPPORT**

Outcome	Activity/action	Measure	Lead person/Organisation
Equal Communities			
Carers are recognised and their contribution is understood and valued by society.	Support carers to feel valued in their caring role by health and social care professionals	Proportion of carer responses to 'feeling values' as part of ACASP	UCL0/CWD Strategy and Development Manager
	Awareness of caring and impact is raised across HSCP staff	EPIC training is approved Number of staff completing EPIC training	HSCP Snr OD Lead
	Develop and roll out online Carer Awareness training for local businesses and organisation	Development of training Number of businesses/orgs completing training	CWD Marketing and Engagement Manager
	Increase the number of local businesses subscribed to Valued Care Initiative	Number of businesses subscribed to VCI	CWD Marketing and Engagement Manager
	Increase the number of carers known to CWD (as a proportion of carers estimated to be providing care to cared for people in WD)	Number of new carers registered with CWD	CWD Strategy and Development Manager
	Increase number of carers identified from under-represented groups (including black and minority ethnic groups, LGBTQ+ and gypsy traveller community)	Number of carers from under-represented groups registered with CWD	CWD Strategy and Development Manager
The social and economic contribution, impacts and scale of caring are recognised, understood and reflected in local and national policy making across all areas	Equality impact assessment, including Fairer Scotland Duty, undertaken for LCS and other carer focused work	Completion of EQIA for ILWC; number of EQIAs completed in relation to carer initiatives	HSCP Strategy and Transformation Manager
	CWD, Y Sort-It and HSCP will submit data to SG for Carer Census	Submissions to Scottish Government	CWD, HSCP Information Lead, Y Sort-It
	Replacement care will be provided for any carers attending learning sessions with CWD (subject to external grant funding)	Number of carers supported Number of carers prevented from attending due to lack of funding for replacement care	CWD Strategy and Development Manager
	Impact of caring as per ACASPs are reviewed on a quarterly	Quarterly reports using ACASP dataset	UCL0 and CWD Strategy and Development Manager
	Explore the feasibility of a study into quantification of social and economic impacts of caring	Output from exploration of feasibility study	UCL0, CWD Strategy and Development Manager and Y Sort-It Manager
	Review carer representation across HSCP governance forums and increase number of carer representatives where appropriate	Completion of governance review Number of carers participating in governance groups	UCL0
Carers are able to access the financial support and assistance to which they are entitled	The CWD RISE Project will work in areas of and with people experiencing proportionately higher levels of deprivation	Number of carers supported	CWD Strategy and Development Manager
	Financial impact of caring on adult carers will be measured via ACASP	Number, proportion and extent of financial impact of caring monitored quarterly via ACASP dataset	CWD Strategy and Development Manager, UCL0
	Welfare Rights Officer provides tailored support for carers	Number of carers referred to WRO; Number of carers assessed by WRO; total amount of benefits accessed; number of cared for people assessed by WRO; total amount of benefits accessed for cared for person	W4U Manager
	Subject to external grant funding, micro grants for short breaks via CWD will be offered to adult carers	Number and value of micro grants provided	CWD Strategy and Development Manager
	All carers to be offered benefit maximisation opportunity as part of ACASP	Proportion of adult carers who accept offer of support (number who are assessed and number who accept offer)	CWD Strategy and Development Manager
Carers are able to take up or maintain employment and education alongside caring if they wish to do so	WRO / W4U will offer support to carers regarding employment, education and training opportunities	Number of carers offered EET advice; number of carers supported to access EET	W4U Manager
	Impact of caring on employment and education for carers will be monitored	Number, proportion and extent of education and employment impact of caring monitored quarterly via ACASP dataset	CWD Strategy and Development Manager, UCL0, Y Sort-It Manager
Carers can participate in and are valued by their community and wider society	Increase the number of local businesses subscribed to Valued Care Initiative (VCI)	Number of businesses subscribed to VCI	CWD Marketing and Engagement Manager
	Online Carer Awareness training will be developed for use with local businesses and organisations	Progress with development of module(s) Number of users completing the training	CWD Marketing and Engagement Manager
	Carers will be supported to access volunteering opportunities	Number of carers accessing volunteering opportunities via CVS	CWD Strategy and Development Manager, WDCVS Manager
	Carers will be supported to access leisure opportunities via WDLT	Number of carers applying for leisure pass as short break option via CWD; money saved by carers through use of the pass	CWD Strategy and Development Manager, WDLT
	As part of its commissioning arrangements, HSCP to ask providers to become part of VCI	Number of providers who take up offer to join VCI	HSCP Commissioning Manager, CWD Marketing and Engagement Manager
Young adult carers are supported when moving from education to training and work while balancing an ongoing caring role.	Young Carer Statements make provisions to support young carers in transition stages from education, training and work while in caring role	Number of young carer statements where transition from education, work and employment are recorded	Y Sort-It Manager
Caring Communities			
Carers' voices are heard and their views and experiences are taken into account in decisions which affect them.	ACASPs and YCS are completed with carers and young carers	Quarterly reporting of ACASPs and YCS	CWD Strategy and Development Manager, Y Sort-It Manager, HSCP/UCL0
	Consensus achieved on local standards regarding time to complete an ACASP and YCS, involving carers in discussions on these local standards	Standards agreed and published	CWD Strategy and Development Manager, Y Sort-It Manager, UCL0
	Increase in carer involvement in hospital discharge planning and decision making	Feedback from carers re satisfaction of involvement	HSCP Hospital Discharge Team Manager, CWD Strategy and Development Manager

Develop and improve the accessibility and availability of short breaks available to support carers to continue to care	Redesign of short break pathways across HSCP	Completion of redesign of short break pathway; Feedback from carers on experience of new pathways; number of carers accessing short breaks from CWD and HSCP	UCL0/HSCP S+T Manager
	Undertake mapping of short breaks available for young carers	Completion of mapping exercise	Y Sort-It Manager
	Development of resource for parent carers of children with multiple and complex needs	Completion of project; use of project; savings associated with project; feedback from parent carers; feedback from C+F staff	HSCP C+F Head of Service/Senior Manager
Improve carers' experiences of systems and processes including initial access, resource allocation and reviews	Develop system to routinely collect carer views on experiences of accessing support, resource allocation and reviews	Design and implementation of mechanism for carer feedback on experiences (e.g. local adult carer satisfaction survey); Number of carers who have provided views	UCL0/CEDO
	Improve carer use of Self-Directed Support (SDS)	Number of carers accessing SDS; distribution of options uptake i.e. SDS Option, 1, 2, 3 and 4	HSCP SDS Lead
	Collate and, where apt, take action(s) based on feedback from carers	Examples of how carer views have, if and where required, made demonstrable impact	UCL0
	Review Carer ARG membership and / or alternative e.g. MDT review which includes CWD (and others) prior to ARG	Confirmation of MDT discussions occurring as part of carer care planning	CWD Strategy and Development Manager, UCL0, HSCP HoS for MH, LD and Addictions; Y Sort-It
Further support social work and social care staff to be more knowledgeable about the Carers (Scotland) Act 2016	Provide accessible online learning options for HSCP staff	Number of HSCP staff who have completed each of the 2 online modules re the Carers Act and the ACASP	UCL0
	Carers Awareness Training to be offered by CWD to HSCP staff	Number of teams offered training; number of teams undertaking training; number of staff completing training; evaluation noting SW and social care staff more knowledgeable about the Carers (Scotland) Act	CWD Strategy and Development Manager, HSCP service/team managers, HSCP Snr OD Lead
	Introduce Equal Partners in Care training for HSCP staff	Number of HSCP staff completing EPIC training	HSCP Snr OD Lead
Further develop with carers engagement and consultation approaches including evaluation of these approaches and how best to feedback carers' views	Development and evaluation of Carer Consultation Group	Number of individuals participating in CCG; Number of issues consulted upon; feedback from participants on impact	CWD Strategy and Development Manager
	Develop evaluation opportunities of carer involvement (e.g. in EQIA engagement, HSCP Board representation, CDG participation)	Number of evaluations undertaken; examples of where improvements have been suggested; examples of where improvements have been implemented	UCL0 Strategy and Development Manager
Ensure that local carer strategies, short-break services statements and eligibility criteria are up to date and are coproduced with carers and carers' organisations	Short break statement to be reviewed and to include carers and carer organisations in same	Confirmation of publication of SB statement	UCL0, HSCP HoS Health and Community Care
	Local Carer Strategy to be published and ensure carer and carer organisations in involvement in development of LCS	Confirmation of publication of LCS	HSCP S+T Manager
	Eligibility criteria to be reviewed and to include carers and carer organisations in same	Confirmation of review of eligibility criteria	UCL0, SDS Lead
Increase the meaningful and representative inclusion of carers in planning and governance groups that impacts positively on service improvement	Further development and support of Carer HSCP Board Rep	Feedback from Carer HSCP Board Rep; number of Board meetings attended by Carer Rep	CWD Strategy and Development Manager/UCL0
	Development of Carer Consultation Group	Number of individuals participating in CCG Number of issues consulted upon	CWD Strategy and Development Manager
	Establishment of steering group for the RISE Project	Steering group established	CWD Strategy and Development Manager
	Ensure carers are represented on service redesign/improvement projects where apt (e.g. project teams/oversight forum)	Number of examples where carers are involved in project teams/oversight forums as group members (not, for example, as stakeholders via traditional engagement methods such as surveys)	HSCP S+T Team, HSCP services
	Support the development of a Young Carers Sub Group of the Carer Development Group	Terms of reference established for Young Carer Sub Group; Number of Young Carer Sub Group meetings held; number of young carer members of the sub group	Y Sort-It Manager, UCL0
Provide better support to carers.	Locally commissioned carer services, as part of service level agreements, will be supported with continuous improvement activity	SLA monitoring	HSCP Commissioning, UCL0, CWD Strategy and Development Manager, Y Sort-It Manager
Undertake whole-pathway reviews, ensuring coordination and equity of access to services	Redesign of short break pathways across HSCP	Completion of redesign of short break pathway; Feedback from carers on experience of new pathways; number of carers accessing short breaks from CWD and HSCP	UCL0/HSCP S+T Manager
	Review the new carer pathway	ACASP monitoring dataset; feedback from staff; feedback from carers; output of review	CWD Strategy and Development Manager, UCL0
	Eligibility criteria to be reviewed and to include carers and carer organisations in same	Confirmation of review of eligibility criteria	UCL0, SDS Lead
Co-produce services with the people who use services and their carers	Ensure carers are represented on service (re)design/improvement projects where apt (e.g. project teams/oversight forum)	Number of examples where carers are involved in project teams/oversight forums as project members (not, for example, as stakeholders via traditional engagement methods such as surveys)	HSCP S+T Team, HSCP services, UCL0

Develop and implement the Local Carers Strategy with unpaid carers and providers of carer support services, taking into account the impact of Covid-19	Carer Development Group oversee implementation of LCS	Implementation updates	Carer Development Group
Monitor and evaluate the impact of the Local Carers Strategy on an ongoing basis, factoring in early preparations for the next revision	Carer Development Group monitoring of implementation of LCS	Monitoring reports to and by Carer Development Group members and for HSCP Board	Carer Development Group
Safe and Thriving Communities			
Carers feel confident and supported to protect themselves from COVID-19.	Carers will be kept up to date with information in various formats e.g written, social media, SMS alerts	Carers reporting feeling protected and safe	CWD Strategy and Development Manager, HSCP service managers, UCLO, Y Sort-It Manager
Carers and the people they care for feel supported and confident to re-engage with their communities.	ACASPs will be reviewed with a view to establishing impact on life balance	Proportion of ACASPs reviewed where impact of caring is reducing specifically on life balance	CWD Strategy and Development Manager, HSCP service manager, UCLO
Carers are supported to recover from the negative impacts of COVID-19	Implementation of the Local Carer Strategy	Implementation updates to CDG	All partners involved in implementation, supported by UCLO
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. (National health and wellbeing outcome 6)	ACASPs will be reviewed to better understand aggregate impact of interventions	Proportion of ACASPs reviewed showing a reduction in the impact of caring.	CWD Strategy and Development Manager, HSCP service managers, UCLO
Young carers are supported and protected from inappropriate caring and negative impacts on their education, social lives and future opportunities.	Develop multi-agency response and pathway for the identification and provision of support for young carers	Establishment of multi-agency approach; implementation of new pathway; monitoring of implementation of new pathway	UCLO, Y Sort-It, HSCP C+F Senior Manager, WDC Education Manager
	Review of Young Carer Statement template	Completion of review	UCLO, Y Sort-It, HSCP C+F Senior Manager, WDC Education Manager
	YCS will be reviewed to better understand aggregate impact of interventions	Proportion of YCS reviews showing a reduction in the impact of caring	UCLO, Y Sort-It Manager
Healthy Communities			
Ensure there is refocus on prevention and early intervention, self-directed support and outcomes-focused practice for carers	Adult carers will be supported by universal / preventative services	Proportion of adult carers supported by preventative services	CWD Strategy and Development Manager
	Young carers will be supported by education services as a preventative support	Proportion of young carers supported by WDC Education (excluding those young carers also supported by Y Sort-It)	WD Education Manager, Y Sort-It Manager
	Carers will utilise SDS more fully	Change in the distribution of SDS Options uptake	SDS Lead Officer
	ACASPs will be reviewed to better understand aggregate impact of interventions	Proportion of ACASPs reviewed showing a reduction in the impact of caring.	CWD Strategy and Development Manager, HSCP service managers, UCLO
	Carers will improve their knowledge of SDS through collaboration between CWD and Improving Lives (formerly Big Disability Group) (subject to external funding)	Number of carers supported by initiative	CWD Strategy and Development Manager, Improving Lives Manager
	Increase in the number of carers receiving bespoke, preventative support (subject to external funding)	Number of carers supported by CWD/Improving Lives collaborative	CWD Strategy and Development Manager, Improving Lives Manager

Equality Impact Assessment record layout for information

Owner:	John Burns		
Resource:		Service/Establishment:	West Dunbartonshire HSCP
	First Name	Surname	Job Title
Head Officer:	Margaret-Jane	Cardno	Head of Service, Strategy and Transformation
	Include job titles/organisation		
Members:	John Burns, Strategy and Transformation Manager, West Dunbartonshire HSCP Lorraine Davin, Service Manager, Development and Involvement, Learning Disability Service, WD HSCP Joanne McGinley, Manager, Carers of West Dunbartonshire Barbara Barnes, Carer Representative Gillian Kirkwood, Manager, Y-sort-it Youth Services West Dunbartonshire		
Please note: the word policy is used as shorthand for strategy policy function or financial decision			
Policy Title:	Improving Lives with Carers in West Dunbartonshire: West Dunbartonshire HSCP Local Carers Strategy 2024-2026		
The aim, objective, purpose and intended outcome of policy			
<p>Aim (ultimate goal): People of West Dunbartonshire 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 well-being.</p> <p>Purpose (necessity of the activity): To provide a local carers' strategy that supports unpaid carers caring for someone living in West Dunbartonshire.</p>			

Objective (strategic goal): *'Improving Lives with Carers'* draws on a number of national and local strategies and priorities as well as focusing on what matters to carers regarding what they want to achieve and how the Health and Social Care Partnership and partner organisations can work with them to support their individual outcomes.

Service/Partners/Stakeholders/service users involved in the development and/or implementation of policy

Carers Development Group (including people with lived experience)
 West Dunbartonshire Health and Social Care Partnership (all services)
 Carers of West Dunbartonshire (including people with lived experience)
 Y-Sort It
 West Dunbartonshire Community Volunteering Service
 West Dunbartonshire Education
 West Dunbartonshire Council Working 4 U Service
 Scottish Families Affected by Alcohol and Drugs
 Service Users

Does the proposals involve the procurement of any goods or services?	Not directly or immediately: the proposal is a 2 year strategy. Should procurement activity be required during that time, an additional EQIA will be undertaken to consider that change
If yes please confirm that you have contacted our procurement services to discuss your requirements	

SCREENING	
<i>You must indicate if there is any relevance to the four areas</i>	
Duty to eliminate discrimination (E), advance equal opportunities (A) or foster good relations (F)	YES
Relevance to Human Rights (HR)	YES
Relevance to Health Impacts (H)	YES
Relevance to Social Economic Impacts (SE)	YES

Who will be affected by this policy?

The strategy (Improving Lives with Carers in West Dunbartonshire) has been written with a focus to improve the lives of carers and hence will affect all carers of various age groups and demographics, cared for people, West Dunbartonshire HSCP Services, staff, delivery partners and the strategic landscape which facilitate its implementation.

Who will be/has been involved in the consultation process?

Carers Development Group (including people with lived experience)
West Dunbartonshire citizens via online survey offer
West Dunbartonshire HSCP staff via survey and focus group offers
Carers of West Dunbartonshire and carers open to the service (over 1000 carers received invite to survey)
Y-Sort It and young carers
West Dunbartonshire Community Volunteering Service
Third sector partners via focus group offer
Patient groups (including Lomond Patient Group)

Please outline any particular need/barriers which equality groups may have in relation to this policy list evidence you are using to support this and whether there is any negative impact on particular groups

	Needs	Evidence	Impact
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<p>Age</p>	<p>People are most likely to become carers in their later working years. Potential impacts of this include a carer facing difficulties entering and remaining in employment.</p> <p>Significant numbers of older people either rely on the support of unpaid carers or are carers themselves.</p> <p>Young carers are more likely to report instances of isolation as they may be deprived of social activities and other opportunities their peers without caring responsibilities can enjoy.</p> <p>The local carers strategy needs to reflect the specific needs of all age groups including young people and older people.</p>	<p>Caring affects people across all age groups but local and national evidence highlights that people aged 40 to 50 are more disproportionality affected.</p> <p>17% of people aged 50 to 64 provide unpaid care to a relative, friend or neighbour. This compares to 2% of under-25s, 10% of 25-49 year olds and 11% of over-65s. https://www.gov.scot/Publications/2015/03/1081</p> <p>Improving Lives with Carers in West Dunbartonshire <i>To reference once document is complete and web link</i></p> <p>Carer demographics - Percentage of unpaid carers by age and gender https://www.gov.scot/publications/carers-census-scotland-2021-22/</p> <p>WD Strategic Needs Assessment: http://www.wdhscp.org.uk/media/2521/sna-aop-june-2022.pdf</p> <p>National Carers Strategy https://www.gov.scot/publications/national-carers-strategy/</p>	<p>Positive – Improving Lives with Carers in West Dunbartonshire, WD HSCP Local Carers Strategy reflects the needs of carers of all ages. Alongside its more general focus on personalisation, the Strategy also includes actions to address challenges related to caring role and age.</p> <p>Publication of the strategy locally will raise awareness of the support available for carers of all ages.</p> <p>The action/delivery plan will ensure no age group is disproportionately negatively impacted. Actions include a focus on young carers at a transitional stage of their life and carers of working age.</p> <p>If carers are not eligible for HSCP services they can be supported to access commissioned services including Carers of West Dunbartonshire and Y-Sort-It and universal support services.</p>
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	Needs	Evidence	Impact
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<p>Disability</p>	<p>The council has a duty in terms of ensuring accessibility of information for people with disabilities.</p> <p>To ensure that the Local Carers Strategy does not have any negative disproportional impact on people with a disability.</p>	<p>The Equality Act 2010 - General Duty Foster good relations between people who share a characteristic and those who don't. This means tackling prejudice and promoting understanding</p> <p>The Equality Act 2010 – Due Regard Removing or minimising disadvantages experienced by people due to their protected characteristics. Taking steps to meet the needs of people from protected groups where these are different from the needs of other people. Encouraging people with protected characteristics to participate in public life or in other activities where their participation is disproportionately low.</p> <p>Carers - 16% of people who provide unpaid care to a relative, friend or neighbour are deaf or have partial hearing loss; 16% have a physical disability; 11% have a mental health condition. https://www.gov.scot/Publications/2015/03/1081</p>	<p>Positive - The Local Carers Strategy will be produced in Easy read and be available in paper documents where required. Alternative formats (e.g. large print, braille etc.) can be made available.</p> <p>Positive – During the assessment of carers, any specific needs relating to disability will be discussed and addressed (for example, the carer might be eligible for carer support <i>as well as</i> adult social care support for themselves).</p>
	<p>Needs</p>	<p>Evidence</p>	<p>Impact</p>
<p>Gender Reassign</p>	<p>People who identify as transgender are no more likely to be disproportionately affected by caring. However it is acknowledged that their experience in accessing services could be negative.</p>	<p>No evidence of specific impact</p>	<p>There are no identified negative impacts on people who identify as transgender.</p>
<p>Marriage & Civil Partnership</p>	<p>No needs identified</p>	<p>No evidence of specific impact</p>	

Pregnancy & Maternity	No needs identified	No evidence of specific impact	
	Needs	Evidence	Impact
Race	<p>Black, Asian and ethnic minority carers, including carers from the gypsy/travellers community are less likely to be aware of support services available and also less likely to seek help.</p> <p>The Local Carers Strategy therefore aims to create awareness in these communities about the various initiatives and encourage these groups to engage, including with national carer organisations, to mitigate any disproportionate negative impacts.</p>	<p>Minority ethnic adults living in Scotland represented 4.6% in 2018 https://www.gov.scot/publications/scottish-surveys-core-questions-2019/#:~:text=The%20Scottish%20Surveys%20Core%20Questions%20in%202019%20reports%20on%20the,caring%20and%20local%20government%20satisfaction.</p> <p>Carers - 96% of people who provide unpaid care to a relative, friend or neighbour are from a “White Scottish/British/Irish” ethnic background. https://www.gov.scot/Publications/2015/03/1081 This is similar to the demographics in West Dunbartonshire.</p> <p>1,270 Gypsies/Travellers living in West Dunbartonshire were identified in 2007 and represented 0.29% of the total Council population; the highest concentration of any local authority in the West of Scotland. https://www.west-dunbarton.gov.uk/media/722939/gypsy_traveller_update_2009.pdf</p>	<p>Positive Impact: The strategy will be made available in different formats and languages on request.</p> <p>Positive Impact: The strategy reflects the need to engage more effectively with ethnic minority groups including the Gypsy/Traveller community.</p> <p>Positive Impact: Carer of West Dunbartonshire use MECOPP.</p>
Religion & Belief	No needs identified	Information is not currently available	

	Needs	Evidence	Impact
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<p>Sex</p>	<p>More women than men are carers in West Dunbartonshire. As there is a higher proportion of female carers, they are more likely to be disproportionately affected emotionally, financially and physically due to their caring role.</p>	<p>The proportion of female carers in West Dunbartonshire is 59.5%, marginally greater than the national figure of 59.2%</p> <p>https://www.gov.scot/Publications/2015/03/1081</p>	<p>The strategy acknowledges that women are over-represented in unpaid caring roles.</p> <p>The strategy highlights that all unpaid carers, regardless of demographic, are entitled to an Adult Carers Assessment and support Plan/Young Carer Assessment to identify individual needs.</p> <p>Women are over-represented in the sex of people accessing services. For example, while data suggests approx. 60% of carers in West Dunbartonshire are female, of the over 1600 carers accessing support from Carers of West Dunbartonshire (2022-23), 75% were female. The strategy will work to identify carers generally and males in particular.</p>
<p>Sexual Orientation</p>	<p>Sources of evidence pointing to LGBT+ people being much more likely than others to feel isolated and/or lonely.</p>	<p>Concern about lack of LGBT+ inclusiveness in elderly care</p> <p>https://www.stor.scot.nhs.uk/bitstream/handle/11289/580258/Health%20Needs%20Assessment%20LGBTQ.pdf?sequence=1</p> <p>Health needs assessment of lesbian, gay, bisexual, transgender and non-binary people (scot.nhs.uk)</p>	<p>The strategy highlights that all unpaid carers, regardless of demographic, are entitled to an Adult Carers Assessment and support Plan/Young Carer Assessment to identify individual needs. These assessments take the opportunity to personalise and tailor any subsequent support which would take sexual orientation (and other protected characteristics) into account.</p>

	Needs	Evidence	Impact
Human Rights	Carers have the right to access information and support that respects their dignity and autonomy. They also have the right to participate in decisions that affect their lives, and to be protected from violence, abuse and neglect.	<p>Human Rights Act 1998 Human Rights Act 1998 imbeds the European Convention Human Rights in UK law. The policies we have and how these are operated must be in line with the convention (ECHR) http://www.legislation.gov.uk/ukpga/1998/42/contents</p>	Positive – The strategy takes steps to advance the rights of carers in various areas including, for example: the right to information and support (including broadening access to support services to various groups); ensuring carers are better involved in decisions which affect them and the people they care for including, but not limited to, decision making forum re policies and in more practical settings such as when a cared for person is being discharged from hospital.
Health	Health inequalities for carers need to be addressed within West Dunbartonshire and working practices put in place to provide information, support and resources.	<p>The Scottish Index of Multiple Deprivation (SIMD) which provides an analysis of deprivation across Scotland, states that West Dunbartonshire has 48 data zones in the 20% most deprived, which equates to a local share of 40% of all data zones within West Dunbartonshire falling within the most deprived category (Scottish Government, 2020)</p> <p>41% of carers, compared to 29% of non-carers have a long-term health condition.[5] https://www.ons.gov.uk/census/2011census</p> <p>The impact of caring reported through the ACASP 1st April 2022 – 31 March 2023 reflects moderate across all seven life areas. With a notable increased impact on a carers emotional well-being.</p>	Positive: The strategy acknowledges the significant impact that caring responsibilities can have on carers' physical and mental well-being. Through our strategy we aim to gain a deeper understanding of the challenges faced by carers and develop targeted support programs to address these issues. We will collaborate with relevant agencies and initiatives, such as Dementia, autism, Learning Disabilities and Neurological Care strategies, as well as GIRFEC and the outputs of the Whole Family Wellbeing Funding, to provide comprehensive and holistic support.

	Needs	Evidence	Impact
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<p>Social & Economic Impact</p>	<p>The Fairer Scotland Duty, places a legal responsibility on public bodies in Scotland to actively consider how they can reduce inequalities of outcome caused by socio economic disadvantage, when making strategic decisions. Carers are impacted negatively financially and socially.</p>	<p>As evidenced by reports, surveys and publications, many carers are impacted negatively socially and economically.</p> <p>Percentage of Unpaid Carers by Deprivation - Young Carers were more likely to live in the most deprived SIMD deciles in 2020-21. https://www.gov.scot/publications/carers-census-scotland-2019-20-2020-21/documents/</p> <p>Mainstreaming Report and Equalities Outcomes 2021/25 The Scottish Health Survey 2018 Digital Exclusion</p>	<p>Positive – The strategy outlines the support available to carers – promoting relevant services and how to access all the support and benefits to which they are entitled.</p> <p>Positive - This supports West Dunbartonshire council and HSCP objectives to improve support equality for people who are socio economically disadvantaged.</p> <p>Positive – the strategy emphasises the need to identify more carers in West Dunbartonshire, including those experiencing deprivation. Particular initiatives will be developed and deployed during the lifetime of the strategy to better support people experiencing multiple disadvantage including, for example, a Welfare Rights Officer working exclusively with carers and the CWD project aimed at identifying and supporting carers from deprived areas.</p>
<p>Cross Cutting</p>	<p>There is considerable cross-over between equality and socio-economic issues, as many of the disadvantages faced by particular equality groups are underpinned or made worse by low income. Therefore any and all</p>		<p>The strategy is sensitive to both protected characteristics as individual characteristics but also to intersectionality: more assertive and inequalities sensitive approaches will be taken through the development and implementation of the strategy when supporting people experiencing</p>

	<p>approaches to tackling inequalities must pay attention not only to locality but the different challenges which tend to be faced by people because of ethnicity, disability or sex or any combination of these.</p>		<p>one or more of the issues identified above in order to undertake personalised assessments and develop tailored support.</p>
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Policy has a negative impact on an equality group, but is still to be implemented, please provide justification for this

A set of positive impacts and a few minor negative impacts have been identified for the equality groups. Where the negative impacts were identified, it was decided that these were minor and likely to be offset by the positive impacts delivered. In addition, in some instances, steps have been taken to minimise and/ or mitigate them. Any negative impacts that have been identified have actions identified for completion.

Will the impact of the policy be monitored and reported on an ongoing bases?

Yes. Section 33(2) of the Carers Act (Scotland) require a review of the local carers' strategy at least every three years. This should enable West Dunbartonshire HSCP to keep the review of their statutory local carer strategy in line with the integration strategic plans if they wish to do so, or to allow the statutory local carer strategy to run for a full three years even if the integration strategic plan is reviewed sooner if they feel that is more appropriate.

The reviews will be undertaken in consultation and participation with carers and relevant stakeholders.

What is your recommendation for this policy?

The working group have reached the recommendation to implement the Improving Lives with Carers Strategy to support West Dunbartonshire Council's responsibilities from the Carers Act (Scotland) 2016. The strategy outlines how West Dunbartonshire HSCP will better support carers, fulfilling this need locally and meeting statutory requirements.

Please provide a meaningful summary of how you have reached the recommendation

The Carers Act (Scotland) requires each local authority and relevant health board to prepare a local carer strategy and provides for what that strategy must set out. This strategy will help deliver consistency of approach nationally whilst allowing the content and presentation of local carer strategies to reflect different local circumstances in the planning and delivery of support to carers. To meet this duty, the HSCP have worked with carers, carer representatives and organisations to prepare a local carer strategy which includes information listed at section 31 of the Carers Act (Scotland):

- Plans for identifying relevant carers and obtaining information about the care they provide (or intend to provide) to cared-for persons in West Dunbartonshire.
- An assessment of the demand for support to relevant carers.
- Support available to relevant carers in West Dunbartonshire.
- An assessment of the extent to which demand for support to relevant carers is currently not being met.
- Plans for supporting relevant carers.
- Plans for helping relevant carers put arrangements in place for the provision of care to cared-for persons in emergencies.
- An assessment of the extent to which plans for supporting relevant carers may reduce any impact of caring on relevant carers' health and wellbeing.
- The intended timescales for preparing adult carer support plans.

This is outlined in the Improving Lives with Carers Strategy and our recommendation is that strategy is introduced and widely promoted to communities, carers, staff groups and key support partners. The working group have reached this conclusion in response to the thorough review of the previous carers' strategy, consultation and engagement with carers, partners and stakeholders.

Appendix 4: Direction from Health and Social Care Partnership Board

Appendix

The Chief Officer will issue the following direction email directly after Integration Joint Board approval:

From: Chief Officer, HSCP
To: Chief Executive(s) WDC and/or NHSGGC
CC: HSCP Chief Finance Officer, HSCP Board Chair and Vice-Chair
Subject: Direction(s) from HSCP Board (add date) FOR ACTION
Attachment: *attach relevant HSCP Board report*

Following the recent HSCP Board meeting, the direction below has been issued under S26-28 of the Public Bodies (Joint Working) (Scotland) Act 2014. Attached is a copy of the original HSCP Board report for reference.

DIRECTION FROM WEST DUNBARTONSHIRE HEALTH AND SOCIAL CARE PARTNERSHIP BOARD			
1	Reference number	HSCP B000057MJC28032024	
2	Date direction issued by Integration Joint Board	28 th March 2024	
3	Report Author	Margaret-Jane Cardno, Head of Service, Strategy and Transformation	
4	Direction to:	West Dunbartonshire Council	
5	Does this direction supersede, amend or cancel a previous direction – if yes, include the reference number(s)	Yes: 15 th November 2022: HSCP B000033MJC15112022	
6	Functions covered by direction	Carers Scotland Act 2016	
7	Full text and detail of direction	West Dunbartonshire Council is directed to spend the delegated Carers Scotland Act 2016 budget in line with the recommendations within this report	
8	Specification of those impacted by the change	The Carers Scotland Act 2016 budget for the HSCP Board will deliver on the strategic outcomes for unpaid carers outlined within the Local Carers Strategy 2024-26.	
9	Budget allocated by Integration Joint Board to carry out direction	Reserves: £848,610 Recurring: £1,564,231	
10	Desired outcomes detail of what the direction is intended to achieve	Delivery of the strategic outcomes in respect of the Local Carers Strategy	
11	Strategic Milestones	Successful implementation of the Local Carers Strategy in line with the associated Delivery Plan	April 2026
12	Overall Delivery timescales	31 st March 2026	
13	Performance monitoring arrangements	The Delivery Plan will be reviewed monthly by the Carers Development Group and reported annually to the HSCP Board	

