

Workshops – 2:35 – 3:25

1. **Adult carer support plans**

Audrey Pollock, SSSC and co-host TBC

This workshop will focus on understanding personal outcomes by introducing you to the Scottish Social Service Council's Understanding personal outcomes ebook and supporting resources.

This will be supported by Lanarkshire Carers Centre who will introduce their newly developed Personal Outcomes toolkit for carers and professionals.

2. **Identifying and supporting young carers from Primary to College and University**

Theme: *Young carers in education*

Kelly Munro and Amy Copsey, Carers Trust Scotland

Young carers tell us that education is one of the biggest challenges they face. We will be exploring young carers' experience in primary and secondary school, moving on to explore student carers experience of College and University. We will explore our digital education hub which contains resources such as e-modules, lesson plans and presentations developed to help education professionals identify and support young carers. We will then move on to look at how the Going Further and Going Higher awards for colleges and universities are supporting students carer's across Scotland to engage and succeed. Both initiatives draw attention to and raise awareness of the legal obligation to offer young carer statements and adult carer support plans.

3. **Hospital Discharge and Triangle of Care: Ensuring Carer Involvement**

Theme: *Carer Involvement in hospital discharge*

Karen Martin, Carers Trust Scotland and co-host TBC

Triangle of Care is an alliance between mental health staff, service user and carer that promotes safety, supports recovery and sustains wellbeing. The use of Triangle of Care to ensure carers are involved in the hospital discharge of person being cared for is recommended in Carers (Scotland) Act guidance as a best practice tool for services to use. The approach is a self-assessment process for mental health services to rate involvement of carers

4. **Inspiring breaks: encouraging creative thinking in short breaks conversations and Time to Live funding: improving carers' access to short breaks**

Theme: *Short breaks*

Kate Hogarth and co-host TBC

Alison Brown and Amanda Moffatt, Shared Care Scotland and Raymond Jamieson, PKAVS

Two looks at short breaks from Shared Care Scotland:

- The Inspiring Break toolkit was created by and for those who support carers to access short breaks to help carers identify the best possible short break options. Although the Carers Act put increasing emphasis on short breaks as a form of carer support many carers struggle to identify what they might want and

need from a short break. The toolkit aims to help facilitate a good conversation to understand a carer's needs and wants, and what ingredients might be part of a good short break for them.

- The Time to Live programme provides 12 month grants to carer organisations to develop and deliver micro grant schemes for carers of adults and young carers. These projects enable carers to access funds and support to help them take short breaks that meet their needs. PKAVS is Shared Care Scotland's partner, covering the Perth & Kinross area. The Time to Live funding is a key part of their wider support options to help carers have a break from caring.

5. **Equal Partners in Care in Action**

Theme: Carer Involvement

Alison Myles, Angus Carers Centre; Peter Burke, Angus Carers Voice Network; Jerry Forteach and Janet Owers, Angus HSCP

Partnership working in Angus has created a strong foundation for carers to be listened to, to be involved, to lead and to learn, and to teach. Seemingly unconnected activities have evolved and fused together. When we reflect we can see that they all have contributed to a new ethos developing which gives unpaid carers their place as "Equal Partners in Care", the principles of which we have now embedded into our Carers Strategy and Improvement Plan. We will outline how a strong Carers Voice Network, initiated and supported by Angus Carers Centre, can make significant contributions to the local implementation of legislation, Angus Health & Social Care Partnerships Strategic Commissioning Plan, local plans, strategies and policies, and help other carers with advice and give up to date information.

6. **Be Carer Aware: Involving Carers in Hospital Discharge and The Cycle of Care**

Theme: Carer involvement in hospital discharge

Jennifer Watt and Debbie Schofield, NHS Greater Glasgow and Clyde.

Katie Barker, Falkirk & Clackmannanshire Carers and Alex Munro, NHS Forth Valley.

Facilitated by Morag Ferguson, NES

Hear from two NHS areas about their approach to involving carers in health settings and hospital discharge:

- NHSGGC has been building on extensive practice to ensure carers are identified and supported throughout their journey and in all aspects of patient care. This has involved working closely with partners in primary and acute care, HSCPs, Carer Centres and Carers with a lived experience, creating a system of support that wraps around the Carer Journey, allowing appropriate support to be put in place when necessary.
- The *Be carer aware* project at Forth Valley Royal Hospital has been a collaboration between NHSFV staff, the 2 relevant HSCP and the 2 local Carers Centres. For 10 years there has been a Carer Support Worker based at the hospital employed by the local Carers centre and after the Carers Act came into force, a project was developed aimed at meeting the hospital's legal requirements under section 28 of the Act.

7. Doing things differently

Theme: Carer centres

Irene Connelly, SCVO

Carers Act Transformation Support Fund (CATS)

Launched in June 2018, the main purpose of this short-term funding from the Scottish Government was to develop the capacity of organisations involved in the implementation of the act through improvements to systems or technology.

Has it worked?

Come along to this workshop to hear from two organisations who benefitted from the fund. They will share with you the benefits and impact this has made to them and the learning along the way. We will also look at the wider impact and benefits that digital evolution can have on Carer organisations – from engagement with carers to increased efficiencies and hear from you what has been working for you and what else would work for you going forward.

8. Let's work together and Equal, expert and supported: training for carer representatives

Theme: Involving carers in strategic decision making

Linda Owen, Dumfries and Galloway HSCP and Emma Scott, Support in Mind.

Patricia Clark, Carers Scotland and Claire Cairns, Coalition of Carers in Scotland.

Facilitated by Fiona Barrett, Care Inspectorate

Hear about two different approaches to involving carers in strategic decision making:

- The Carers Interest Network (CIN) is a group of managers who respond to the needs of carers in Dumfries and Galloway. We adopted the 'Let's Work Together' approach to coproducing and implementing the local Carers Strategy (2017-2021). The CIN was instrumental in developing the Strategy's content. They also ensure services are aligned with the key objectives and responds to emerging trends within the local community. They worked closely with the Carers Reference Group (CRG), unpaid carers who support the implementation and delivery of the action points within the Strategy and provide representation on behalf of carers.
- Carer involvement in service planning at a strategic level is a priority. However, there is currently a difficulty for areas in recruiting, training and supporting carer reps. Carers Scotland and COCIS are working in partnership with 6 local carer centres and HSCPs across Scotland, co-producing training to equip carers to become more involved in local strategic planning, with a view to becoming carer representatives on Integrated Joint Boards, Strategic Planning Groups and locality groups.