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Scottish young carers SERVICES ALLIANCE

Carers (Scotland) Act 2016 – Jargon Buster for Young Carers

Words and phrases in or associated with the Act which need to be explained a bit more

Adult carer support plan – This is the equivalent of a **young carer statement** for carers who are over 18 and have left school. When you turn 18, any young carer statement you have will continue until you are provided with an adult carer support plan. If you do not wish to continue providing care, you can choose not to have an adult carer support plan.

Assessment – This is a talk with someone to find out what they need and decide what support they can have. The key points are written down.

People might say 'assessment' to mean talking with you as part of preparing a **young carer statement**. The person you talk to might be a social worker, health professional, teacher or someone else who can provide help. An assessment isn't an exam. The focus is on what you need and not about how good you are at supporting the person you care for.

There are also other assessments about what the person you care for needs. You should be asked for your opinions about these as part of **carer involvement**.

Break from caring – When you have time away from caring for someone. These are sometimes called **short breaks**. When you talk to someone about your **young carer statement**, you might be asked if you need a break from caring or a short break.

For example, a break from caring could mean you attending the cinema on a Tuesday night or going to the Young Carers Festival in the summer.

Carer – If you look after someone else who needs support as a result of their illness (including physical, mental health, and substance misuse), condition or disability you are a carer. It does not matter how many hours you spend looking after them. If you are also under 18 or still at school you are a **young carer.**

Cared-for person – This is the person that you look after.

Carers (Scotland) Act – This is a law that says what support must be given to carers, and who must give that support. Its full title is the Carers (Scotland) Act 2016.

Carers charter – A document explaining the rights that adult carers and young carers have under the **Carers (Scotland) Act**.

Carer involvement – This happens when people ask your opinions about what is happening to you and the person you care for. They need to consider your opinions when they make decisions.

You might also be asked about how things can be made better for all carers and the people they look after. You might be invited to meetings where people discuss this.

Duty – This means a law that says something has to be done.

For example – Duty to offer and prepare young carer statement – If you are an identified young carer this means that someone has to ask you if you want a **young carer statement**. If you say yes then someone has to prepare a young carer statement by talking with you to find out what help you need.

Health board – These control hospitals, some GP practices, and other health services in the area you live. They have a **duty** to **involve carers** in decisions about **hospital discharge**.

Hospital discharge – This is what happens when someone comes out of hospital after having treatment. **Health boards** have to try to tell you and ask for your opinion when the person you look after is going to come out of hospital.

Identified needs – These are the things you need to achieve your **personal outcomes** (the goals you want to reach). Sometimes you might already know exactly what your needs are, and other times a conversation might help you to identify them. It's important to think about what's right for you and what kind of help you might need and want. Someone will talk to you about your needs and will write these down as part of your **young carer statement**.

For instance, you may like to have an afternoon activity planned on a Sunday twice a month to enable you to have a break from caring.

Local authority – These are councils who control things like social services and most schools in the area you live. They have a lot of different **duties** under the **Carers (Scotland) Act**.

Local eligibility criteria – Local eligibility criteria are a set of rules which staff use to make decisions about what help or support they have to provide to a young carer in their own area. If they do not have to provide you with support (under a **duty**) they may still choose to provide support (under a **power)**.

Local Carer Strategies – These are official plans about support for carers and young carers which are made in the area you live and apply to all carers who live in that area. These will be published so you are able to read them if you want.

Personal circumstances – This is a description about what your life is like. This can be about things like where you live, who you live with, things you like doing, what you normally do every day. Someone will talk to you about your personal circumstances and write the key points down as part of your **young carer statement**.

Personal outcomes – These are a way of describing what is important to you and the things you would like to happen in your life. You could also call them aims, hopes or goals. For example, you might like to:

- feel happier at school
- have more time to be with your friends
- feel valued
- feel informed or
- be listened to.

Someone will talk to you about your caring role to help you to decide what your personal outcomes are. They will be written down as part of your **young carer statement**. These belong to you and you can have these shared with anyone you want.

Power – This is a law which means something can be done. It gives someone a choice about whether to do it or not.

For example – local authorities have a power to support carers. They might not have a **duty** to give you help (because of **local eligibility criteria**), but they might still choose to give you help in other ways if they can.

Progressive disease – When someone has an illness or condition that may deteriorate over time, or stabilise. This could eventually result in their death (see **Terminal illness**).

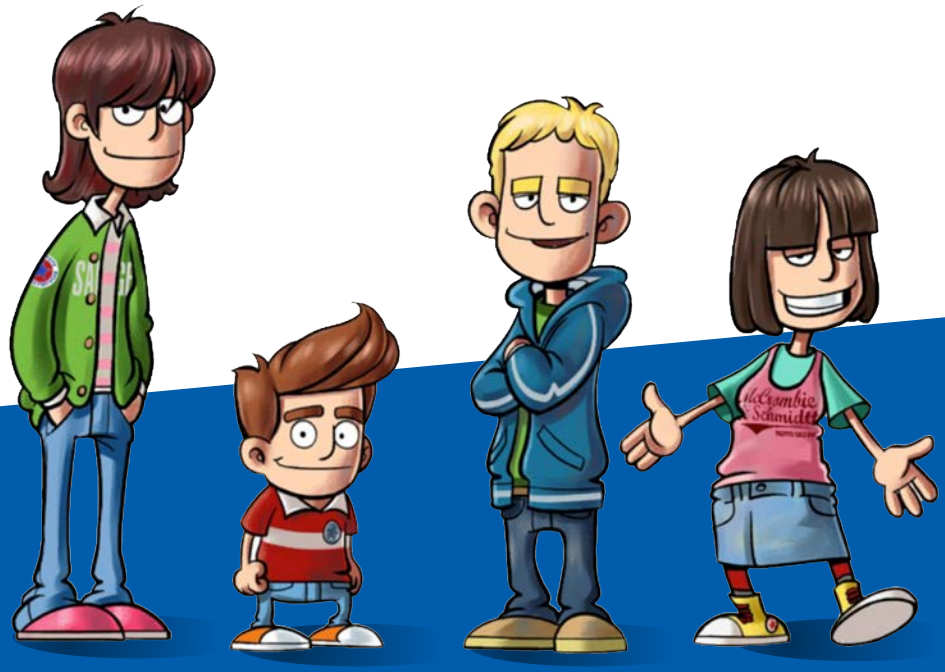
Short breaks – One way that you can take a **break from caring** for someone. Examples of short breaks might be going swimming, going to the cinema, playing music, spending time at a community club, a weekend break, or a day trip.

Short breaks services statements – An official document in your area about the short breaks that are available to carers. This will be published so you are able to read it if you want.

Regulations – These are extra laws that tell people who work in health, social services or education how to carry out what is written in the **Carers (Scotland) Act**.

Responsible authority – This usually means the **local authority** or **health board** of the area where you live. If you go to a grant-aided or independent school it might mean the people who control your school. The responsible authority has a **duty** to offer and prepare **young carer statements**.

Review – This is when a social worker, health professional, teacher or someone else talks with you when some things change in your life. This might mean looking again at your **young carer statement** and deciding if you need more help or less help. There are **regulations** about when to review young carer statements.



Terminal illness – This is when someone you care for has a **progressive disease**, that cannot be treated and they are expected to live for less than six months.

Young carer – A child or young person under the age of 18, or 18 but still at school, who provides help or care to someone who couldn't manage without this help.

Young Carer Statement – This starts with a conversation that helps you to think about your caring role and what is important to you in your life. That would be to find out about:

- you
- the caring you do
- your goals and what is important to you.

It helps to find out what help you might need to do the things you enjoy doing when you're not caring (like playing football, or hanging out with friends). It will also look at help that other people like teachers and doctors can give to make sure that you are not doing things that you feel uncomfortable about. The conversation will also help to decide if you meet the **local eligibility criteria** and then what help you will get. The key points of the conversation will be written down and this becomes your young carer statement

When it is written down, the plan will talk about your **personal circumstances, personal outcomes** and **identified needs** and the support you can get. If you get a young carer statement, it is done with you and you will get your own copy to keep.

Wellbeing – This is about how you feel about your life and about how healthy you feel in your body.

For instance, if you were a happy person who can play, exercise and enjoy your life, then you would have good wellbeing. If you were unhappy about things and maybe didn't sleep very well, you wouldn't have good wellbeing.

If you want to know more about how the Act affects you if you are a young carer, go to https://young.scot/information/rights/carers-act/

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