

# Adult Carer Support Plan

## What is an Adult Carer Support Plan?

As a carer, you are entitled to support in your own right to help you continue providing care to the person you look after.

The Carers (Scotland) Act 2016, which came into force on 1 April 2018, is a key piece of legislation containing a package of provisions to support carers' health and wellbeing.

Among those provisions is:

- a duty on local authorities to provide support to carers, based on the carer's identified needs which meet the local eligibility criteria
- Every adult carer to be offered the opportunity to complete an Adult Carer Support Plan (ACSP) to identify their support needs and personal outcomes.

**Quarriers provides this service on behalf of the local authority — Moray Council.**

## What does it do?

An ACSP is a chance to look at your current caring circumstances, identify the issues and where you might benefit from some support.

Your needs might be in relation to:

- managing the time you have to yourself
- gaining a better understanding of the condition you care for
- staying in, or finding, work
- accessing practical skills to improve your caring role and/or your wellbeing
- spending time away from your caring role

## What questions might I be asked?

Your ACSP will cover:

- personal and contact details
- whether the person you care for has had a Community Care Assessment
- your caring role — how often, what you do
- whether you have relevant legal paperwork in

place, e.g. power of attorney, guardianship, etc

- services currently in place, e.g. homecare
- who else helps you out, or could
- specific difficulties that you may be having
- the impact caring is having on your own health and wellbeing
- your opportunity to have a life of your own
- your employment situation
- the financial implications of caring
- emergency measures you have in place
- your hopes for the future
- your concerns
- what help you think you need

This might seem like a lot of information but it is important to paint as accurate a picture as possible so you get the best possible support. Your information is kept confidential and only used with your permission.

The Carers' Service will work with you to identify supports to help you, based on the information you provide in your ACSP.

Once you've completed an ACSP, you and the Family Wellbeing Worker will agree a Support Summary, highlighting where support is required, the outcomes you seek, what support will look like and (perhaps) where it will come from.

**We need your consent to progress support, whether we provide it directly or refer you to other appropriate agencies. You must sign both your ACSP and your personal support summary to consent to engage with the supports offered. Without that consent, we will be unable to do anything other than provide you with newsletters and other, more general information.**

You can complete the Adult Carer Support Plan yourself, or a Quarriers' Family Wellbeing Worker can talk you through the process.

## What happens if things change?

You are automatically entitled to an annual review, but if things change dramatically before that, your Adult Carer Support Plan can be updated sooner.

## Preparing for your Adult Carer Support Plan

Use the following checklist to help you prepare for your ACSP. Keep the information handy, and refer to it during your conversation with the Family Wellbeing Worker, or while you are filling in the ACSP yourself.

Things you do for the person you help	Yes	No	Need Help
Washing/bathing			
Toileting/using continence aids			
Getting in and out of bed/transferring			
Eating/drinking			
Dressing/undressing			
Housework/gardening/shopping			
Cooking/laundry			
Dealing with paperwork			
Transportation/travel			
Daytime safety			
Care at night			
Emotional support			
Coping with challenging behaviour			
Communication/understanding			
Advocacy			
Arranging/attending appointments			
Collecting prescriptions			
Medication			
Dealing with finances			

Work and study	Yes	No	Need Help
Do you work, paid or voluntary?			
If you work, does caring make work difficult?			
If you study, does caring make studying difficult?			

Thinking about yourself	Yes	No	Need Help
Do you have a condition which has an impact on caring?			
Would your own assessment help?			
Do you usually get a good night's sleep?			
Do you have time for hobbies or social contact?			
Do you feel isolated?			
Does caring impact on other relationships?			
Do you ever get a total break/go on holiday?			
Do you know where to find advice and support?			
Have you had any training to help with your caring role?			
Do you know what respite services are available locally?			
Do you think you are receiving all the benefits you should?			
Do you get information in a language/format you understand and suiting your cultural/religious beliefs?			
Do you know who to contact in an emergency?			
Do you have an emergency plan in place?			
Is your home fit for your caring role?			
Do you feel safe in your home?			

More about you	Yes	No	Need Help
Do you feel you have a choice about caring?			
Does your GP know you are a carer?			
Are you willing/able to continue caring?			
Do you have confidants to talk to about caring?			

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