

## **CPG on Carers**

**9 November 2017, 1pm, Committee Room 3**

**MSPs:** Graeme Dey, Claudia Beamish

### **Individuals and organisations:**

Aileen Barclay, Central Carers (Falkirk and Clackmannanshire Carers Centre)  
Amanda McCarren, tide  
Arvind Salwan, Care Inspectorate  
Beau Nieuwenhuijs, tide  
Bev Read, First Hand Lothian  
Carolynne Hunter  
Christine Hope, Dundee Carers Centre  
Colette McDiarmid, MND Scotland  
Colette Walker  
David Beyt, National Dementia Carers Action Network  
Don Williamson, Shared Care Scotland  
Eilidh Macdonald, Hospice UK  
Elizabeth Morrison, Life Changes Trust  
Ian Boyle, Dundee Carers Centre  
Ian Kirkman, Central Carers (Falkirk and Clackmannanshire Carers Centre)  
Joyce Barclay, Dundee City Council  
Kate Hogarth, Shared Care Scotland  
Kelly Munro, Enable Scotland  
Linda Black, Standard Life  
Lindsey Currie  
Lorraine Hunter, Leuchie House  
Pamela Cochrane  
Paul Edie, Care Inspectorate  
Peter Lawson, Royal Bank of Scotland  
Richard Meade, Marie Curie  
Robert McGeachy, Camphill Scotland  
Stacey Webster, Edinburgh Carers Council  
Susan Swan, Marie Curie  
Tom Wightman, Pasda  
William Griffiths, ALLIANCE Scotland

### **Apologies:**

Susan Lowes, Marie Curie  
Cath Purdie, Pasda  
Colin Millar, SPAEN  
Geoff Kitchener, Centrica Carers Network  
Lorraine Allan  
Irene Oldfather, ALLIANCE Scotland  
Jan Noble, Borders Carers Centre

Graeme Dey chaired the meeting. Speakers from Shared Care Scotland, Dundee City Council and Dundee Carers Centre gave presentations about the short breaks service model in Dundee.

Don Williamson introduced Shared Care Scotland and discussed the known value of breaks from caring. Shared Care Scotland has been able to work with policy-makers and providers

to develop a broader interpretation of short breaks, and brokerage services play an important role in accessing more suitable breaks for carers and their families.

Joyce Barclay gave an overview of the approach to short breaks in Dundee. There is a joint working approach with good partnership working and clear aims and objectives, which is important to the success of the approach. As the Carers (Scotland) Act approaches implementation and there will be eligibility criteria for carer support and a duty to consider whether a carer's need for support can be met by a break from caring, the service will take this into account and examine how provision can be enhanced.

Christine Hope and Ian Boyle provided more information about the brokerage model that takes place in Dundee. Brokerage allows a more person-centred approach that looks at the carer's whole life and long-term solutions, rather than a one-size-fits-all one-off break that does not tackle the real issue. This model also allows the service to be more efficient and deliver more breaks to more carers. Carers can contribute to the cost of their own breaks which may increase their perception of choice and ownership.

Pamela Cochrane spoke about her experience as a carer using the short breaks service. She appreciates the person-centred approach, and the ability to explore exactly the kind of break she wants to have (hydrotherapy) has led the short breaks service to expand their directory to include this.

Graeme Dey thanked the speakers for their contributions and enquired under what circumstances carers would pay contributions towards the cost of their break. Ian explained that carers' finances were assessed as part of the general needs assessment and those who could afford to contribute were able to do so, but there was never any obligation to contribute. Tom Wightman asked if there was a limit on the amount of money provided for an individual break. It was confirmed that there is a limit but it is not advertised and the brokerage model does allow for very efficient use of funding. Carolynne Hunter asked about criteria for a break, as she has struggled to access a break due to her daughter's complex needs that require specialist support. Joyce Barclay acknowledged that this can be difficult, but a brokerage model would aim to access additional replacement care of the required specialist nature in order to provide a break for the carer.

Graeme Dey asked about how demand for the service was assessed and measured. The service has delivered a higher number of breaks in 2016-17 than the previous year (350, up from 241). The increase has been due to efficiency and improvements in the service, and increases in the funding available; no one has ever been turned away. Arvind Salwan asked if brokerage was a sustainable model. The most important sustainable aspect of the service is the person-centred approach, which is inherently efficient; Ian cited an example of a carer who had initially wanted support to access driving lessons, but through a conversation exploring long-term plans, it became apparent that running a car would not be affordable, and a more efficient and appropriate solution for a break was found.

Lindsey Currie mentioned problems with person-centred arrangements such as self-directed support and how this could sometimes be difficult to work with established services, particularly for those with complex needs. Joyce explained how SDS was managed in Dundee, and how the brokerage service worked with this to allow for flexibility. It was highlighted that the Dundee approach is distinctive, which is why it is important to highlight and showcase the positive outcomes and good practice.

Richard Meade asked how needs were assessed and how carers in need of the service were identified. Joyce explained there was a Dundee-wide strategic needs assessment and a specific assessment for carers, and information on needs are also gathered for a range of

sources and services. The postcodes of those accessing breaks are mapped, and areas with low uptake are targeted for awareness-raising campaigns and more information. Eilidh Macdonald asked for further information about needs mapping; Joyce and Ian explained that as the service provides more breaks and comes into contact with more carers, the mapping of need improves.

Graeme Dey asked about the statutory carer assessment process and how this fitted in with the service offered, ensuring that statutory processes were not being circumvented. Joyce explained that the majority of carer support provision is non-statutory and when this cannot meet the needs of the carer, statutory processes were put into place. Information from a pilot study of the new provisions under the Carers (Scotland) Act showed that carers often preferred accessing non-statutory support services, and that a person-centred approach is also important when it comes to choosing whether to access statutory support.

Tom Wightman expressed concerns about the funding streams available to the service and the impact on sustainability. Ian and Joyce confirmed that short breaks is a mainstream service of Dundee Health and Social Care Partnership and accesses several funding streams.

Don Williamson summed up by reiterating the partnership approach as being critical to the success of the service and stating that access to short breaks should be a priority for funding and services. New provisions under the Carers (Scotland) Act for a duty on local authorities to meet carers' eligible needs will commence in April 2018 – alongside the ongoing roll-out of self-directed support, choice and control for carers should continue to improve. There are still sometimes problems with making the case for holidays – which in many cases cost less than residential care – but MSPs and policy-makers are urged to recognise that carers should not struggle to get a suitable break from caring.

## **AOCB**

Richard Meade and Susan Swan from Marie Curie gave a presentation about their ongoing research into carers of those with palliative care needs (slides have been circulated with these minutes) and the regulations attached to the forthcoming Carers (Scotland) that will require timescales for preparing adult carer support plans and young carer statements for those who are looking after someone with a terminal illness. Marie Curie are hosting two upcoming events on this topic:

- 23 November, 10am-1pm, COSLA Conference Centre, Edinburgh; this meeting will focus on using research to support the development of local carer strategies
- 1 February 2018 – details here <https://www.eventbrite.co.uk/e/supporting-the-needs-of-carers-of-those-with-a-terminal-illness-tickets-41073214089>

Robert McGeachy advised attendees that an amendment to the European Union (Withdrawal) Bill (the UK legislation that will enact Brexit) was seeking support. The amendment would have the effect of requiring an independent evaluation of the impact of the EU Withdrawal Bill upon the health and social care sector. Details of the amendment and details about how to support it will be circulated to the group. For further information, please contact the Health and Social Care ALLIANCE.

## **Next meeting**

Tuesday 27 February, 5:30pm, TG 20.21