



A guide to adult carer support plans





Am I a carer?

You are a carer if you give unpaid support to family or friends who could not manage without your help.

What is an adult carer support plan?

An adult carer support plan is a document. It allows you to have a good conversation about your caring role and how it impacts your life. The plan helps you to discuss your caring role with a practitioner in a supportive way. It can help you to balance your life with your caring role.

The plan will set out what support can help you to achieve what is important to you. It can also help to identify what can be done if you feel you cannot continue caring.

The Carers (Scotland) Act 2016

All adult carers have a legal right to access an adult carer support plan under the Carers (Scotland) Act 2016.

If a carer is under 18 years old, they will be offered a young carer statement.

Who can help you to complete an adult carer support plan

You will have support from a practitioner. This may be:

- a carer support worker from the Edinburgh carer support team or another carer organisation
- a social worker
- an occupational therapist
- a community care assistant.

What is involved in creating an adult carer support plan?

The practitioner who supports you will talk through your carer support plan with you. They will ask you questions to understand your caring role, the positive aspects, and the challenges. We often use the term outcomes to describe what is important to you and your aims and hopes. Typical outcomes carers tell us they want to include are:

- being mentally and physically healthy
- feeling valued and listened to
- being informed and involved
- having a life outside of caring.

The adult carer support plan will record key points, and any agreed actions. You can keep a copy and share it with anyone you want to.

With your consent, the practitioner may share this plan with other professionals if needed. For example, to help you to access other services. We will review the plan with you within an agreed timescale, or if your situation changes substantially.

How the adult carer support plan can help you

Each caring role is different. An adult carer support plan allows you to tell your story in a supportive and confidential way. There are many potential outcomes to writing an adult carer support plan. Here are some of the most common ones:

- information, support and advice about your caring role
- how to access short breaks and replacement care
- emergency planning and future care planning
- access to general information about health conditions
- signposting and connecting to helpful services. For example welfare rights, funding and grants, training, support groups, and specialist services.

Find out more about having an adult carer support plan

In Edinburgh, you can ask any carer organisation about an adult carer support plan or you can contact the Edinburgh carer support team.

Get in touch



0131 536 3371



www.edinburgh.gov.uk/carersupport



If you are a professional, you can contact us on behalf of a carer. You can contact us directly or through the Sci Gateway or AIS systems.

Confidentiality

Information will be used and shared (with relevant professionals) to make sure you can be supported. We will tell you about this and where necessary ask for your permission. This will be restricted to information they need to know in order to help you. You can find more information on how NHS Lothian and the City of Edinburgh Council share your information:

<https://www.nhsllothian.scot/YourRights/data-protection-privacy/Pages/default.aspx> **<https://www.edinburgh.gov.uk/privacy>**

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