



Working Carer

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Partnership Training Officer

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About VOCAL



VOCAL provides support and services for unpaid carers in Edinburgh and Midlothian.

We have been around for almost 30 years.

We deliver Think Carer Training for healthcare professionals and students.

We deliver Think Carer Training for employers to support carer friendly workplaces across all sectors.





Session aims:

- ✓ To define what unpaid caring is and rights under the Carers (Scotland) Act 2016.
- ✓ To explore the challenges of juggling work and caring.
- ✓ To inform you of your rights as a working carer.
- ✓ To understand the importance of self-care, and your well-being in the role of a carer.
- ✓ Give an introduction to Adult Carer Support Plans, emergency planning, and carer cards.
- ✓ Provide you with an overview of VOCAL services.

The session may be emotive for some and please take time if you need to.



**The session will be
interactive, have your
phones at the ready!**

PollEv.com/bethwylie462



41% of current carers are in employment

True

False

75% of carers worry about continuing to juggle work and care

True

False

51% of all carers took over a year to recognise their caring role

True

False

Definitions of an unpaid carer



Who cares quiz

Get ready to compete!

You must be receiving benefits to be registered as an unpaid carer.

False

True

I am not sure

Total Results: 0

You must be receiving benefits to be registered as an unpaid carer.

False

True

I am not sure

Can you be a carer for someone in a care home?

Yes

No

I am not sure

Total Results: 0

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Can you be a carer for someone in a care home?

Yes

No

I am not
sure

Do unpaid carers only look after family members?

Yes

No

I am not sure

Total Results: 0

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Do unpaid carers only look after family members?

Yes

No

I am not
sure

You are not a carer if don't live with the person you help

True

False

I am not sure

Total Results: 0

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You are not a carer if don't live with the person you help

True

False

I am not
sure

Helping someone to manage their shopping, bills, housework and gardening does not make you their carer.

True

False

I am not sure

Total Results: 0

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**Helping someone to manage their shopping, bills,
housework and gardening does not make you their carer.**

True

False

I am not sure

Definition of an unpaid carer

An unpaid carer supports a family member, partner, relative or friend, of any age, who needs help to manage a long-term condition, disability, physical or mental health condition or addiction.



Carers (Scotland) Act 2016

The eight duties are:

Duty to prepare
**adult carer
support plan**

Duty to prepare
**young carer
statement**

Duty to set
**local eligibility
criteria**

Duty to
**provide
support**

Duty to involve
**carers in
carer services**

Duty to prepare
**local carer
strategy**

**Information
and advice
service for
carers**

**Carers'
charter**

- The Act aims to ensure better and more consistent support for carers and young carers so that they can continue to care, if they so wish, in better health and to have a life alongside caring.



Rights as an adult carer or young carer in Scotland



- ✓ Am I a carer?
- ✓ Adult carer support plan
- ✓ Young carer statement
- ✓ Support as a carer
- ✓ Carer involvement in services
- ✓ Hospital Discharges



If you're working as well as caring for someone, it can be a lot to handle. What are the impacts?



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Stress

Satisfaction

GUILT

Tiredness

Burnout

Resentment

Loss of Identity

Financial Hardship

Debt

Reduced career prospect

Social Isolation

Deterioration in Mental Health

Sleep Deprivation

Issues at work

Time consuming

Loss



Poor Diet

Low self esteem and lack of confidence

Poor Self Care

Alcohol and Drug Misuse

Struggle to balance life

Poor Health

Anxiety

Fulfilment

Unemployment

Loneliness

Worry for their health and the cared for person

Loss of relationships

DEPRESSION



Finding the balance

All about trying to reduce those negative impacts of caring.

Looking at getting balance of time for yourself so you can continue caring if you wish.

Getting the right information and support to make informed decisions.









Making work, work for you.

Preventing crisis and getting help.



Self-care tips



-  Ask for help when you need it
-  Take time for yourself and don't neglect your interest
-  Remember to eat, drink and sleep
-  Keep up with routine health checks
-  Keep up social contacts
-  Reach out to a carer's centre for support
-  Establish your support network
-  Keep a journal





Statutory Flexible Working Rights



Staff must have worked for 26 continuous weeks.



Staff can only make request in a 12-month period.



Employers legally must make a decision within three months, unless you agree to an extension.

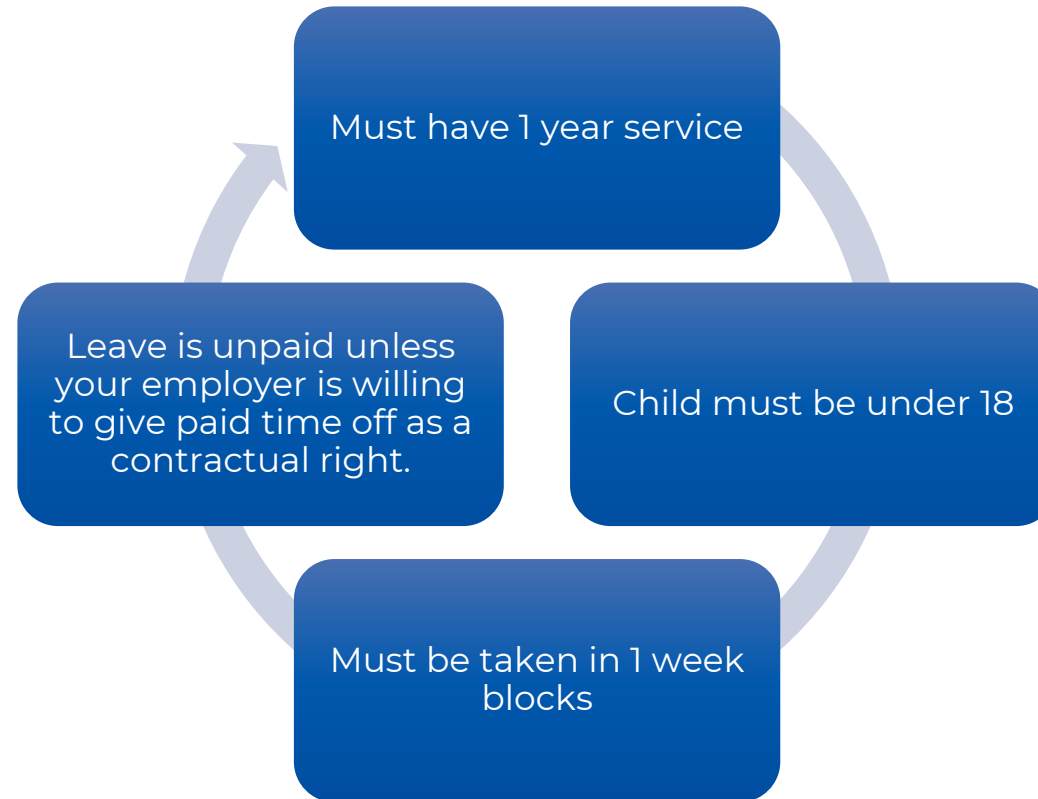


Useful if staff wish to make a permanent change to their working pattern.



Parental Leave

Parents have the right to 13 weeks parental leave to care for a child and 18 weeks for a disabled child who receives Disability Living Allowance.





The Equality Act 2010

This act began on 1 October 2010 and brought new legislation to protect carers from direct discrimination or harassment because of their caring responsibilities.

Further to this, a carer cannot be discriminated against on the basis of their association with a disabled person.



Emergencies



All employees the right to take a 'reasonable' amount of time off work to deal with an emergency involving a dependent.



Whether the time off is paid or not is at the discretion of the employer.



Right to carers leave



The Bill, which will introduce the new Carer's Leave Act 2023 will ensure that carers will be able to take up to five days of unpaid Carer's Leave to support those they care for.



Tips to consider



Tip one: Make notes about what changes you would like – try to come up with constructive solutions for any obstacles these could create for you/ your employer.

Tip two: Get advice beforehand from a Trade Union if you have one, carers, or colleagues you trust.

Tip three: Find out about your employer's policies around flexible working. See if these are freely available, for example on the staff intranet or request them from your HR department.

Tip four: Discuss your request with your manager or someone from your HR Team.

Tip Five: Get support from VOCAL



Carer Toolkit

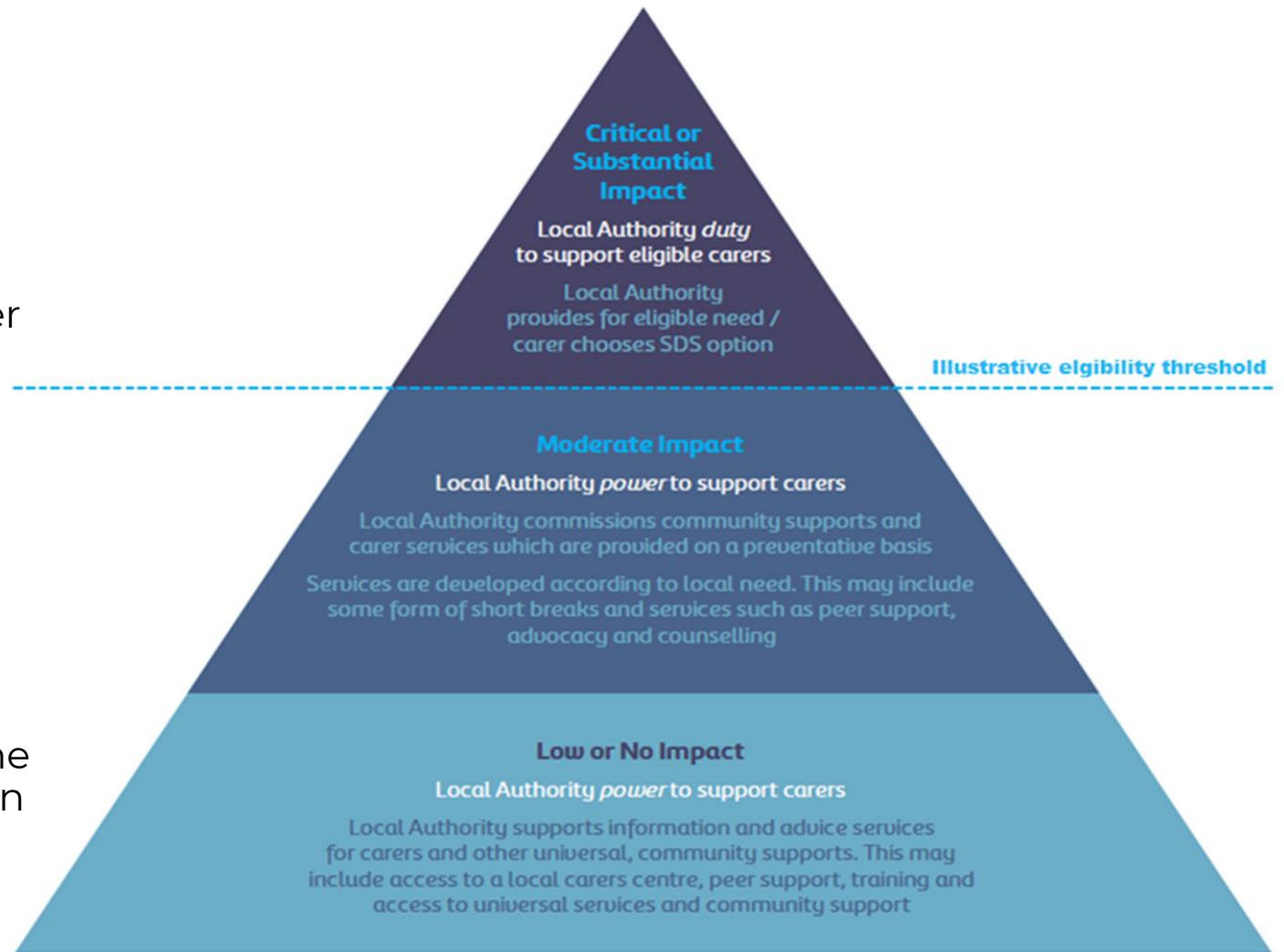


Adult Carer Support Plan

The adult carer assessment and support plan will help you consider the following:

- quality of life
- managing your caring role
- planning for the future
- finances
- emotional and practical support.

The information you provide for the carer assessment and support plan will help determine what support you might need.



socialcaredirect@edinburgh.gov.uk
swccenquiries@midlothian.gov.uk





Emergency Planning

Having a written emergency plan is important as it can prevent an emergency becoming a crisis.

As a carer, you are the expert in the care you provide to someone. If something happens to you, that knowledge needs to be available to others

Enable provide an emergency plan template
VOCAL have a carer's emergency card



Who do you care for?

Who is the emergency contact?

Who are the main professionals involved?



What are the needs of the person you care for?

Who does this plan need to be shared with?

Who is the cared-for person's next of kin?



ATTENTION!

CARER'S EMERGENCY CARD

Someone relies on me to look after them.
PLEASE READ the information in this card in the event of my illness or accident.

I am a CARER - here are my details

Name: _____

Address: _____

Tel: _____

I CARE FOR . . .

Name: _____

Address: _____

Tel: _____

In an EMERGENCY please contact:

This person will know what to do:

Name: _____

Address: _____

Tel: _____

If this person isn't available please see overleaf

If my emergency contact cannot be reached PLEASE CONTACT:

This person will know what to do:

Name: _____

Address: _____

Tel: _____

Information about the person I care for

Also see my Emergency Factsheet which I keep _____

Emergency telephone numbers

ATTENTION!

EMERGENCY CARD

**I HAVE A CARER AND
NEED ASSISTANCE**

Here are MY details

Name: _____

Address: _____

Tel: _____

Details about my illness/disability:

My CARER'S DETAILS are

Name: _____

Address: _____

Mobile: _____

Home tel: _____

Work: _____

If this person isn't available please see overleaf:

If you cannot contact my carer PLEASE CONTACT:

This person will know what to do:

Name: _____

Address: _____

Tel: _____

Important information about me

Social worker: _____

GP: _____

Emergency telephone numbers

VOCAL Services

What you can expect

Access to
Information,
advice &
guidance

Peer support
and mentoring

Welfare rights,
income
maximisation &
access to grants

Legal Surgeries
for wills, power
of attorney &
guardianship

Counselling

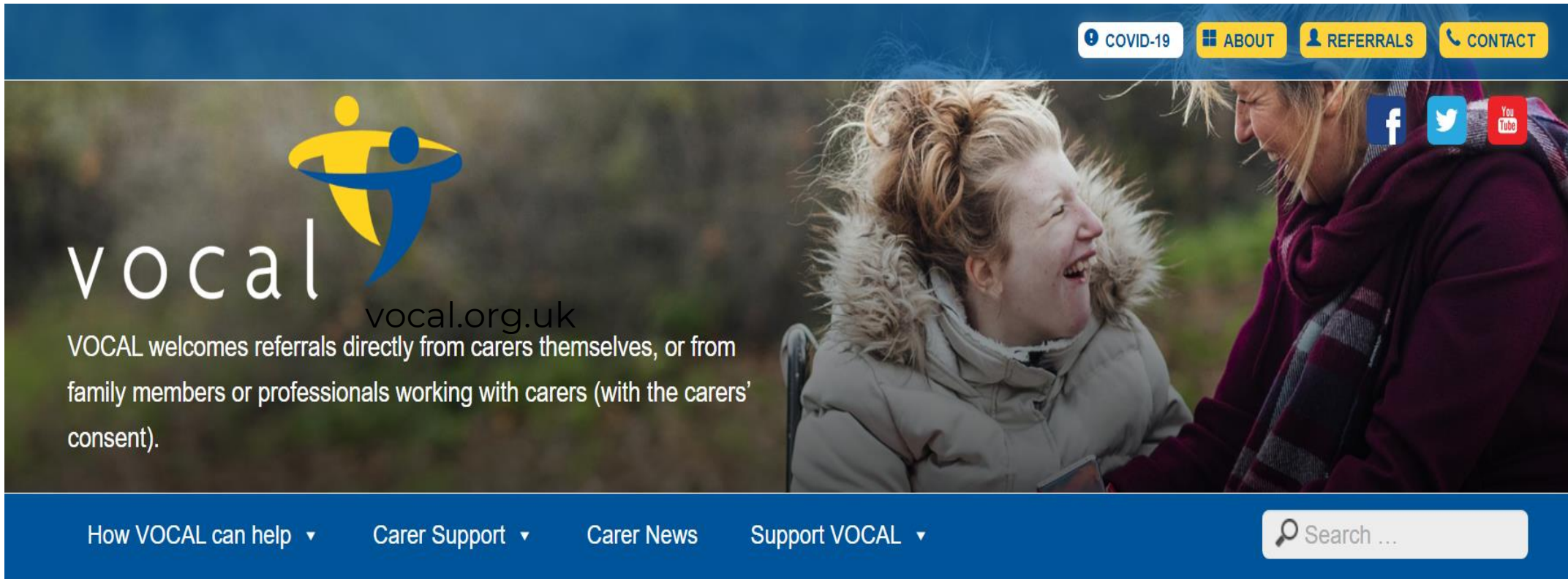
Carer training
and events
including
working carer

Access to breaks

Complementary
Therapies and
self care
activities



vocal.org.uk



The screenshot shows the VOCAL website homepage. At the top, there is a blue navigation bar with four yellow buttons: 'COVID-19', 'ABOUT', 'REFERRALS', and 'CONTACT'. Below this is a large banner image of two women laughing together. On the left side of the banner, the VOCAL logo is displayed, consisting of a stylized figure in yellow and blue. The text 'vocal' is in a large, white, lowercase font, with 'vocal.org.uk' in a smaller font below it. To the right of the logo, there are social media icons for Facebook, Twitter, and YouTube. Below the banner, there is a blue navigation bar with four white buttons: 'How VOCAL can help', 'Carer Support', 'Carer News', and 'Support VOCAL'. On the right side of this bar is a search bar with a magnifying glass icon and the text 'Search ...'.

vocal
vocal.org.uk

VOCAL welcomes referrals directly from carers themselves, or from family members or professionals working with carers (with the carers' consent).

How VOCAL can help ▾ Carer Support ▾ Carer News Support VOCAL ▾

Search ...

Refer yourself as a carer or someone else (with their permission) to VOCAL for support



<https://www.carerstraining.co.uk>

Carer Events & Training

Edinburgh and Midlothian



The courses, events and activities listed on this website are free of charge and provided by **VOCAL** (Voice of Carers Across Lothian) and a number of other training providers.

The courses aim to meet the needs of unpaid carers through weekly courses, events and one day seminars with expert speakers and professionals.

If you would like more information about a course or event listed, please contact the course training provider using the details provided to get more information.

For more information about this website please contact VOCAL on **0808 196 6666** or email carerstraining@vocal.org.uk

Upcoming Events

- MAR Thu 9 March, 2023 @ 11:00 am – Thu 20 April, 2023 @ 12:00 pm
14 Tai Chi for dementia carers (Craiglockhart Leisure Centre) – fortnightly sessions
- MAR 10:30 am – 11:30 am
14 Fire Safety and understanding smoke alarm regulation in Scotland
- MAR 1:00 pm – 3:00 pm
16 An introduction to teenager anxiety
- MAR 10:15 am – 11:15 pm
17 Anxiety Support Group for unpaid carers
- MAR Mon 20 March, 2023 @ 10:30 am – Mon 5 June, 2023 @ 10:30 am ↻
20 Crafty Carers



<https://weebreaks.com>

Wee Breaks

About us News Hawthorn Brae Carer stories Contact

Time off from caring!

Where to Start Community Support Breaks Available Plan your Break Funding your Break Donations & Partnerships



Carers-westlothian.com

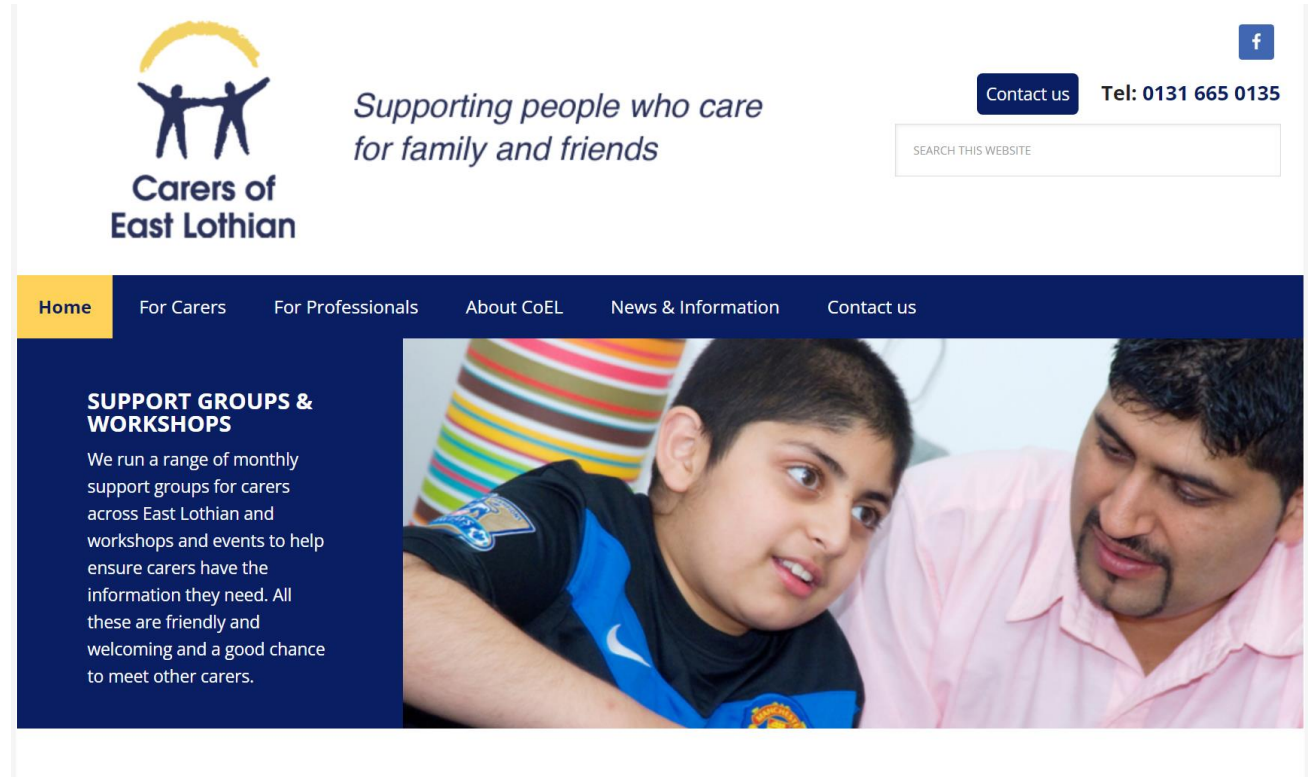
- Improve health and wellbeing and to access our range of course, activities and classes for carers
- Access training and support to help carers feel more confident supporting their loved one and to help cope with stress
- Better manage caring roles alongside life, work and interests.
- To access short breaks funding
- Help managing finances, and ensure carers are accessing all relevant benefits and support to obtain Power of Attorney
- counselling service
- Give your views about services and support

The screenshot shows the homepage of Carers of West Lothian. At the top, there are four navigation buttons: COVID-19, CONTACT US, REFERRALS, and LATEST NEWS. Below these is the Carers of West Lothian logo and a navigation menu with links for About CoWL, Our Services, Referrals, What's On, and Contact Us. The main content area features a large image of two hands clasped together, with a semi-transparent overlay containing the Carers of West Lothian logo and text: "Information, advice and support for all unpaid carers and disabled people." and "We are open Monday to Friday 9am to 5pm". At the bottom, there is contact information: Email office@carers-westlothian.com | Tel 01506 448000, a JustGiving logo with "DONATE TO COWL", and social media icons for Facebook, Twitter, and Instagram.



Coel.org.uk

- Carer support
- Adult carer support planning
- Connections for life- supporting carers of people at risk of suicide
- Help with benefits and welfare rights
- Time for me
- Support groups
- Workshops/training
- Counselling
- Advocacy



The screenshot shows the homepage of Coel.org.uk. At the top left is the logo for Carers of East Lothian, featuring two stylized figures holding hands under a yellow arc, with the text "Carers of East Lothian" below. To the right of the logo is the tagline "Supporting people who care for family and friends". In the top right corner, there is a Facebook icon, a "Contact us" button, and the phone number "Tel: 0131 665 0135". Below this is a search bar with the placeholder text "SEARCH THIS WEBSITE". A dark blue navigation bar contains the following menu items: "Home" (highlighted in yellow), "For Carers", "For Professionals", "About CoEL", "News & Information", and "Contact us". The main content area features a dark blue sidebar on the left with the heading "SUPPORT GROUPS & WORKSHOPS" and the text: "We run a range of monthly support groups for carers across East Lothian and workshops and events to help ensure carers have the information they need. All these are friendly and welcoming and a good chance to meet other carers." To the right of the sidebar is a photograph of a young boy in a blue and black sports jersey looking at a man in a pink shirt who is leaning in to talk to him.





ANY QUESTIONS?





VOCAL Think Working Carer



Resources

Emergency planning toolkit:

<https://www.enable.org.uk/get-support-information/families-carers/future-planning/emergency-planning/>

Carer emergency card

<https://www.vocal.org.uk/wp-content/uploads/2016/12/CarerEmergencyCards.pdf>

Carer information pack-

<https://www.vocal.org.uk/wp-content/uploads/2016/04/CarerInfoPack.pdf>

Carers UK: Work& Career

[Work and career | Carers UK](#)





vocal.org.uk



VOCAL - Voice of Carers Across Lothian
Scottish Charity: SC020755 | Company Registration: SC183050

