



**Carers of
East Lothian**

Supporting people who
care for family and friends

Adult Carer Support Plan

What is an Adult Carer Support Plan

All adult carers in Scotland have the right to an Adult Carer Support Plan (ACSP) under the Carers (Scotland) Act 2016. An ACSP starts with a conversation where you discuss your caring role and what is important to you in your life. It helps you to think about the support you might need as a carer, both now and in the future.

How we can help

We can work with you to create an ACSP identifying what is important to you, what support you need to continue your caring role and what could help you to have a life alongside caring. You will have a conversation with one of our Carer Support Worker, the key points of the conversation are written down with agreed actions and this becomes the ACSP. The document is submitted to the Health and Social Care Partnership (HSCP) at East Lothian Council who will decide if and how they can provide support to meet your needs. You will have a copy to keep and, if you wish, a copy can also be given to any other person you choose.

If you would like to start the process or find out more information please let your Carer Support Worker know or



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