

Carers Strategy 2023 to 2026





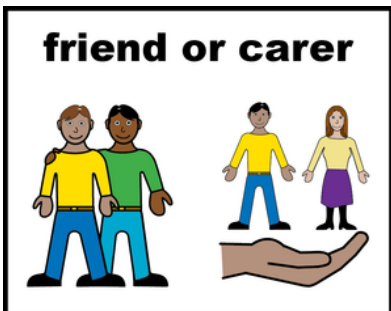
ELHSCP means East Lothian Health and Social Care Partnership.



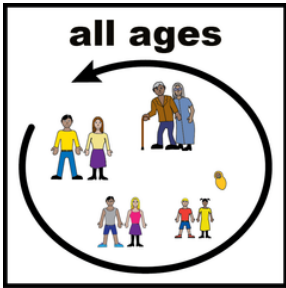
ELHSCP makes decisions about health and social care services East Lothian



ELHSCP must help carers in East Lothian.



A carer is someone who looks after friends or family who need help because they are old or ill or have a disability.



Carers can be any age.



We spoke to lots of carers and people who work with carers to find out what carers need.

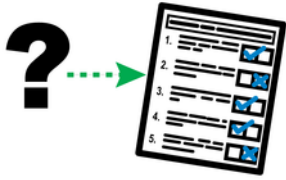


This helped us to make a plan.



We call this plan the East Lothian Carers Strategy.

questionnaire



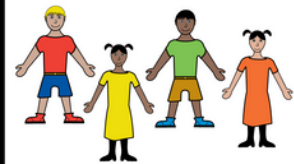
It says we want carers to get as much help as they can.

action plan



The best way to do this is for carers to get an Adult Carer Support Plan.

children



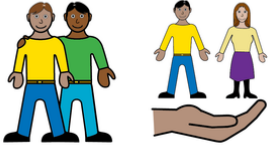
If the carer is a child or young person they need a Young Carers Statement.

Outcomes

an outcome is what we want to happen

1.

friend or carer

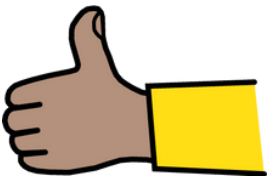


It says that not everyone knows when they are a carer.

what do I think



We want more people to see that what they do makes them a carer.



This will help them to get more help.

2.



It says that we will help carers to get the information they need when they need it.

3.



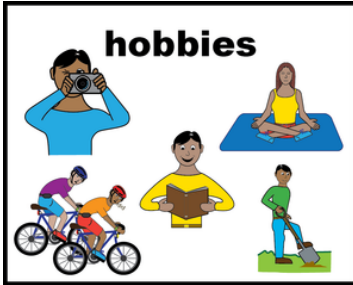
It says we want carers to be able to stay well and happy.

4.

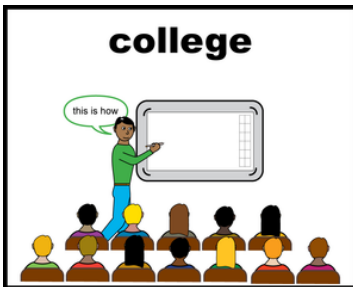


It says that we want carers to get breaks from caring.

5.

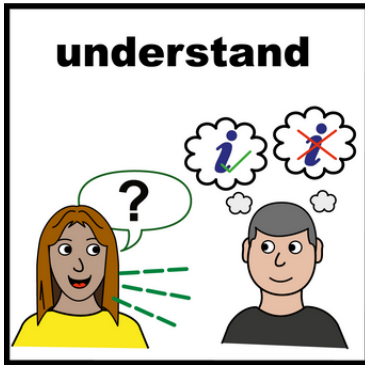


It says we want carers to be able to do other things that are important to them

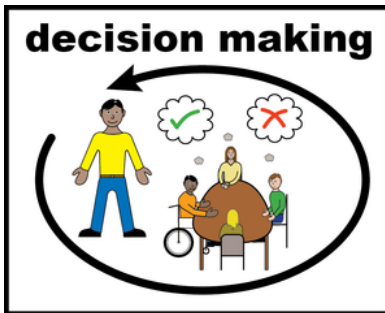


It says that carers should get help to keep working or attend education and training, if they want to.

6.



It says that anyone who works with carers should understand how difficult being a carer is.



It says that carers must have a big part in any decisions workers make about the person they care for.



It says we want carers to know their rights.

We want everyone to treat carers fairly.

7.



It says that we will ask everyone to think about what carers need.



We want people to think about carers and include them in their community.

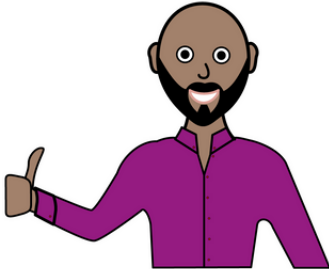
review



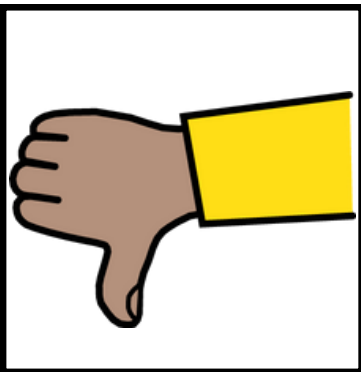
We are going to keep talking to carers to see if the plan is making things better for them.

We will also keep talking to people who work with carers to see what they think.

working well



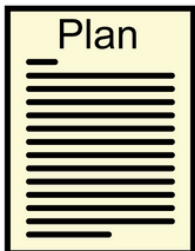
We will see what is working well for carers so that we can do more things like this.



We will see what is not working well for carers.

This will help us to see what else we need to do to make things better for carers.

our plans



It will also help us to make our next plan.