

# Your Right to an Adult Carer Support Plan



## What is an Adult Carer Support Plan?

An Adult Carer Support Plan (ACSP) is a record of a conversation about your caring role, how it affects your life, and what support could make things easier. Having one helps make sure you get the right help in place.

All unpaid carers have the right to request an Adult Carer Support Plan. Creating the plan is an opportunity to express your feelings and needs as a carer and talk about how caring affects you. The aim is to understand how your caring responsibilities affect your life and to explore ways to support you in your caring role.

Anyone who provides unpaid care can complete an ACSP. You don't need to live with the person or care for a certain number of hours. You can do the plan whenever it suits you, and it can be reviewed if your situation changes.

## Why is completing an ACSP important to me?

As a carer you are often so focused on the person you care for that your own needs can feel forgotten or overlooked. The ACSP should help you focus on what matters to you. Sometimes caring can feel overwhelming, and it can be hard to know what would really help. The ACSP conversation is there to help you think about how caring affects different parts of your life. Some areas may matter more to you than others, but the plan gives you a chance to talk about the impact caring has on your:

- Health and wellbeing** • **Relationships** • **Living situation** • **Work, education or training**
- **Balance between caring and other parts of your life, including taking breaks** •
- Finances** • **Plans for the future**

This information is compared to local eligibility criteria to see what kind of supports you might be able to access. Every carer has the right to access advice, information and support but some supports are only available through adult social work and have agreed funding, such as support to the person you care for to let you have a break (often called replacement care).

Examples of support for carers include:

- **Information and advice**
- **Welfare rights and advocacy**
- **Carer activities and peer support groups**
- **Short breaks or respite**
- **Counselling or one to one support**
- **Carers training courses**
- **Leisure activities like relaxation therapies, walking groups singing or art.**
- **Individual budgets\***
- **Replacement care\***



**\* Only available through adult social work when assessment shows substantial or critical needs.**

**You can find East Lothians carers eligibility criteria [HERE](#)**

## What's involved in completing an ACSP?

Creating your plan can take as long as you need. For some carers this can be an emotional process as it may be the first time you have really considered your own needs and recognised how much caring is affecting your own health and wellbeing.

Before the conversation, it can help to think about what a typical day looks like for you and note any needs or concerns you have. If your situation changes from day to day or over time, try to think about what a good day and a bad day look like. It's also useful to consider what helps you cope.

## Who can help you complete an ACSP?

In East Lothian the local carers centre will usually have the conversation to complete the ACSP but this can also be done through the local adult social work department. You can share your ACSP with anyone you want to.

You can get in touch with your local carers centre, Carers of East Lothian by

**Calling - 0131 665 0135**

**Emailing - [centre@coel.org.uk](mailto:centre@coel.org.uk)**

**Making an online referral form by clicking - [HERE](#)**

You can also drop in to Carers of East Lothians office at East Lothian Community Hospital.

You can request support through adult social work by:

**Calling - 01875 824 309**

**Emailing [communityaccess@eastlothian.gov.uk](mailto:communityaccess@eastlothian.gov.uk)**

Young carers have the right to a Young Carers Statement which is a similar document for carers up to the age of 18. If you are a young carer or you know a young person who is caring, with their permission you can refer to our Young Carers service by completing the questionnaire on this page [www.eastlothian.gov.uk/young-carers](http://www.eastlothian.gov.uk/young-carers)

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