



## **Local Eligibility Criteria for Carers**

**ANGUS HEALTH & SOCIAL CARE PARTNERSHIP AND ANGUS COUNCIL**

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## 1. Background to the Local Eligibility Criteria

The Carers (Scotland) Act 2016 will be implemented from 1 April 2018. The Act recognises the immense value of the unpaid care that is provided in Scotland and the impact that a caring role can have on an adult or young person. Its aim is to support carers' health and well-being and ensure that they are better supported and able to continue to care, if they wish to, and have a life alongside their caring role.

The Act also builds on National Health & Wellbeing Outcome 6: "People who provide unpaid care are supported to look after their own health and wellbeing, including to reduce any negative impact of their caring role on their own health and well-being".

The Act places a duty on Angus Health & Social Care Partnership and Angus Council to introduce Adult Carer Support Plans and Young Carers Statements, to enable adult and young carers to identify their needs and outcomes. Support planning for young carers, who are entitled to be children first and foremost, will reflect the national approach of Getting It Right For Every Child (GIRFEC).

The Carers (Scotland) Act 2016 also requires that Angus Health & Social Care Partnership and Angus Council develop Local Eligibility Criteria. Where carers of any age have needs that meet these criteria, there is a **duty** to provide support. The local authority also has a **power** to provide support to meet other needs that are identified. The legislation envisages a preventative approach will be taken when support is planned.

The Scottish Government has issued a suite of indicators which summarise the impact of the caring role, to support decision-making on eligibility. It proposes that all local authorities use these but there is local discretion in determining the threshold for support. These indicators link closely to the outcomes which form the basis of the Angus Adult Carer Support Plan and Young Carers Statement.

This document outlines the process to be followed to determine a carer's identified needs and whether there is a duty or power to provide support to meet them. It will ensure a clear and transparent system to determine eligibility so that carers in Angus are appropriately supported.

The Local Eligibility Criteria will be reviewed before March 2021.

## **1. Definitions under the Carers (Scotland) Act 2016**

### **What is a Carer?**

A carer is an individual who provides care, or intends to provide care, for another individual. The cared-for person may have an illness, disability, a mental health problem or a substance misuse problem. Exceptions are:

- Where the cared for person is under 18 and is receiving care proportionate to their age
- Where the carer is paid to provide care.

### **What is a Young Carer?**

A young carer is a carer who is under 18 years old, or over 18 but still at school

### **What is an Adult Carer?**

An adult carer is a carer who is at least 18 years old and not at school

Full definitions of “Carer”, “Young Carer” and “Adult Carer” can be found in the Carers (Scotland) Act 2016

[http://www.legislation.gov.uk/asp/2016/9/pdfs/asp\\_20160009\\_en.pdf](http://www.legislation.gov.uk/asp/2016/9/pdfs/asp_20160009_en.pdf)

## 2. Assessment and Support Planning

The Act sets out a process to be followed before Angus Health & Social Care Partnership or Angus Council determine whether they have a duty, or a power, to provide support to meet a carer's identified needs. The four steps are:

### Step One

A carer wishing to access support can request an Adult Carer Support Plan, (and be supported to reflect on their role by a trained carer mentor if they wish), or a Young Carer Statement. Completion of the Adult Carer Support Plan or Young Carer Statement will involve conversations between the carer and the appropriate practitioner (for example care manager, support worker or other suitably qualified practitioner) to discuss their caring role, its impact and their personal outcomes (what is important to the carer). Together, the carer and practitioner will identify what might help the carer to achieve these outcomes.

### Step Two

This conversation (or conversations), including the personal outcomes and action plan, will be captured in an Adult Carer Support Plan or Young Carer Statement. After both the practitioner and the carer have signed the ACSP or YCS the carer will be given a copy

### Step Three

The carer and practitioner will consider how any identified needs might be met either wholly or partially, starting with informal supports, services that are generally available, or assistance to the cared-for person (other than "replacement care" to provide a break from caring).

If the remaining needs meet the eligibility threshold in relation to **any** of the suite of indicators, there is a duty to provide support to the adult or young carer and this will be met using the four self-directed support options. Carers will be involved at each stage of the process and in all decision-making. If the remaining needs do not meet the threshold, a decision will be made by the local authority about whether the discretionary power to provide support should be used.

## **Step Four**

When the level of support has been agreed and is in place, an initial review date for the Adult Carer Support Plan or Young Carer Statement will be set, to review how the supports are enabling/ have enabled the carer to meet their personal outcomes.

### **3. An Overview of Eligibility**

The eligibility criteria focus on the impact of the caring role on the carer and the associated risks if this impact is not reduced. When assessing this, the following questions should be considered:

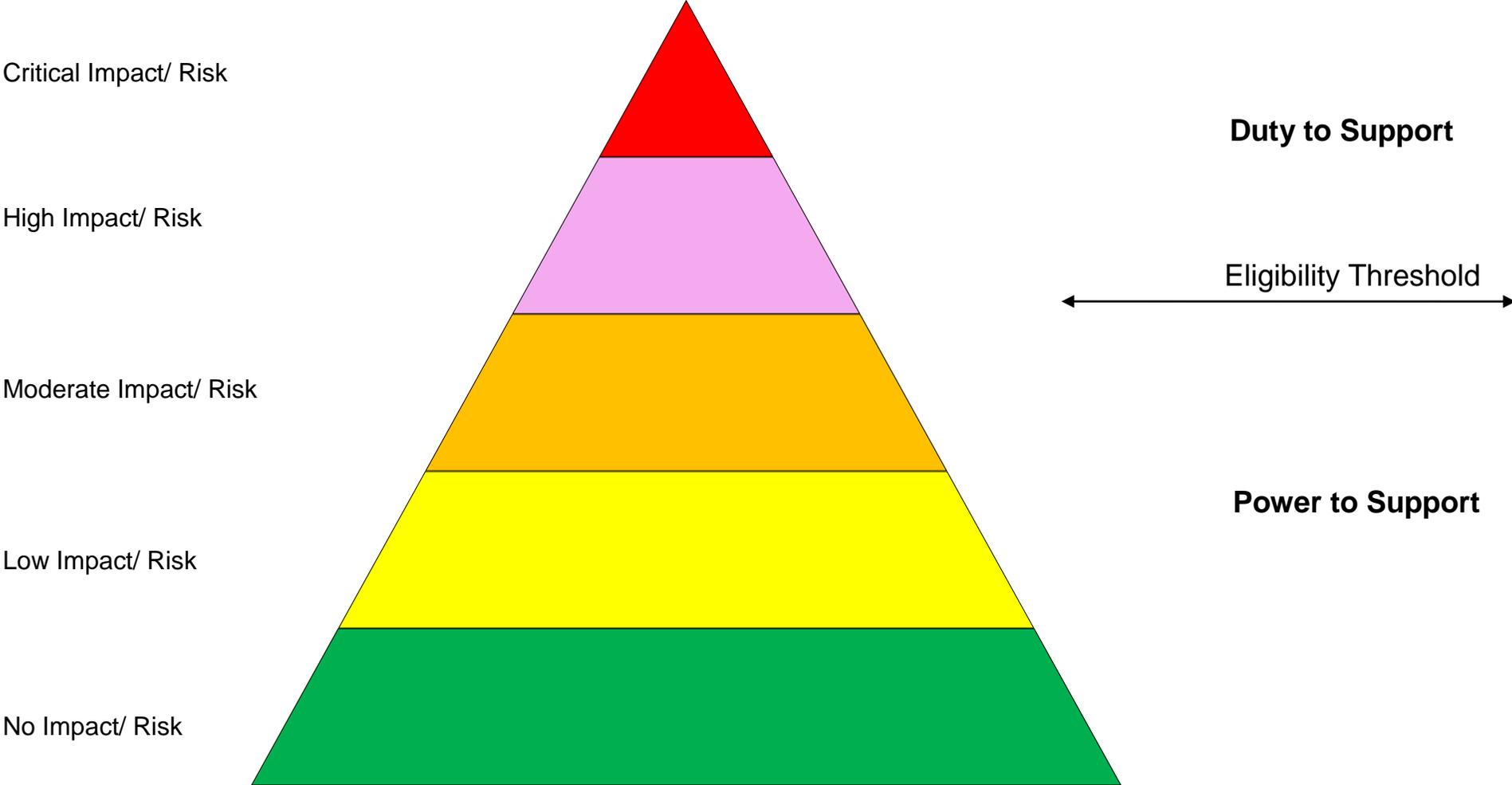
- Is the caring role sustainable?
- How great is the risk that the caring role will become unsustainable?

In Angus there is a duty to provide support when the level of impact (and risk) is “Critical” or “High”. The aim is to reduce the impact to a manageable level for the carer. Carers can request a new Adult Carer Support Plan or Young Carer Statement if they believe their circumstances have changed.

The eligibility triangle on Page 9 demonstrates the position of the threshold in Angus. The tables which follow show how the impact will be defined for adult and young carers.

The right type and level of support will be shaped by the identified needs and outcomes which, if achieved, would reduce the impact (and associated risks) of caring, enabling the carer to provide, or continue to provide care, if this is their wish.

#### 4. Threshold for Determining the Level of Support



## 6a. Indicators of Eligibility - Adult Carers

| National Indicator<br>Adult Carers 1/2      | Caring has no impact   | Caring has low impact   | Caring has moderate impact  | Caring has high impact   | Caring has critical impact   |
|---|--|---|---|--|--|
| <b>Lifestyle Balance</b>                    | I have regular opportunities to achieve the balance I want in my life.<br><br>I have the choice of taking a break from caring and opportunities to take part in good things. | I have some opportunities to achieve the balance I want in my life.<br><br>I have limited chances to take a break from caring and opportunities to take part in good things                                       | Due to my caring role, I have limited opportunities to achieve the balance I want in my life.<br><br>I have little chance to take a break from caring and opportunities to take part in good things         | Due to my caring role, I have few/irregular opportunities to achieve the balance I want in my life.<br><br>I have never had the chance to take a break from caring and opportunities to take part in good things | Due to my caring role, I have no opportunities to achieve the balance I want in my life.<br><br>I have never considered having a break.  |
| <b>Emotional Well Being</b>                 | I have good emotional wellbeing.   | My well-being is beginning to be affected.  | There is some impact on my emotional wellbeing.   | There is a significant impact on my emotional wellbeing  | My emotional well-being is breaking/has broken down  |
| <b>Physical Health</b>                      | I am in good health.   | My caring role is beginning to have an impact on my physical wellbeing.   | My health is at risk without intervention.  | I have health needs that require attention.  | My health is breaking/has broken down.   |
| <b>Finances</b>                             | I have reasonable financial stability and my future finances seem ok.  | My financial stability could be better and my future finances are not as good as they could be.   | I have some financial stability but it is worrying and my future finances seem to be at risk.   | I have no financial stability and my future finances are unpredictable and worrying.   | I have no financial stability and I am unable to afford household essentials and utilities/ am not meeting housing payments.   |
| <b>Employment, Study &amp; Volunteering</b> | I have no difficulty in managing caring and work and/or education.<br><br>I do not want to be in paid work or education.   | I have some difficulty managing caring and employment and there is a risk to continuing in work and/or education in the long term.<br><br>I am not in paid work/ education but would like to be in the long term. | I have difficulty in managing caring and employment and there is a risk to continuing in work and/or education in the medium term. I am not in paid work/education but would like to be in the medium term. | I have significant difficulty managing caring and employment and there is a risk to continuing in work and/or education in the short term.<br><br>I am not in paid work/ education but would like to be soon.    | I have significant difficulty managing caring and work and/or education and there is an imminent risk of giving up work or education.<br><br>I am not in paid work/education but would like to be now. |

| National Indicators<br>Adult Carers 2/2 | Caring has no impact   | Caring has low impact   | Caring has moderate impact  | Caring has high impact   | Caring has critical impact   |
|---|--|---|---|--|--|
| <b>Living Environment</b>               | My living environment is suitable, posing no risk to the physical health and safety of myself and the cared for person/people. | My living environment is mostly suitable but could pose a risk to the health and safety of me and the cared for person/people in the longer term. | My living environment is unsuitable but poses no immediate risk.  | My living environment is unsuitable and poses an immediate risk to the health and safety of myself and/or the cared for person/ people.                          | My living environment is unsuitable and there are immediate and critical risks to my health and safety and that of the cared for person/ people.                   |
| <b>Relationships</b>                    | My relationship with the person I care for is a good and I am able to maintain relationships with other key people in my life. | I have some concerns about my relationship with the person I care for and/or am able to maintain relationships with other key people in my life.  | I have identified issues with my relationship with the person I care for that need to be addressed and/or I find it difficult to maintain relationships with other key people in my life. | My relationship with the person I care for is in danger of breaking down and /or I am no longer able to maintain relationships with other key people in my life. | My relationship with the person I care for has broken down and my caring role is no longer sustainable and /or I have lost touch with other key people in my life. |
| <b>Future Planning</b>                  | I am confident about planning for the future and have no concerns about managing caring.                                       | I am largely confident about planning for the future but have minor concerns about managing caring.   | I am not confident about planning for the future and have some concerns about managing caring.  | I am anxious about planning for the future and have significant concerns about managing caring.  | I am very anxious about planning for the future and have severe concerns about managing caring.  |

## 6b. Indicators of Eligibility – Young Carers

| National Indicator<br>Young Carers 1/3   | Caring has no impact  | Caring has low impact  | Caring has moderate impact  | Caring has high impact  | Caring has critical impact   |
|--|---|--|---|---|--|
| <b>Social Opportunities</b><br><br><b>Reasons?: Financial, locality etc</b>  | <p>I have regular social activities with my friends and family that I am happy with.</p> <p>I have the choice of taking a break from caring and opportunities to take part in activities I have expressed an interest in.</p> <p>Groups I attend to be aware I am a young carer</p> | <p>I have some social opportunities with my friends and family.</p> <p>I have limited chances to take a break from caring and opportunities to take part in social activities with family and friends.</p> | <p>I have limited opportunities to engage in social activities with my family and friends.</p> <p>I have little chance to have a break from caring,</p> | <p>I rarely get a break from my caring role. I am able to engage in social activities with my friends very occasionally. As a family we do not have the opportunity to engage in social activities.</p> | <p>I never get a break from my caring role. I am never able to engage in social activities with my friends. As a family we do not have the opportunity to engage in social activities.</p> |
| <b>Emotional Well Being</b><br><br><b>Reasons?: No break from caring, learned negative coping strategies, other areas of life stressful, exam time etc</b> | <p>I have good emotional wellbeing.</p> <p>I generally feel happy and in control of my emotions</p> <p>School/other support services to be aware that I am a young carer.</p>   | <p>My well-being is beginning to be affected.</p> <p>I sometimes struggle to control my emotions but I have adults in my life and or friends I can speak to and trust.</p>                                 | <p>There is some impact on my emotional wellbeing.</p> <p>I have no one to speak to when I am worried. I struggle to control my emotions.</p>           | <p>There is a significant impact on my emotional wellbeing</p> <p>I have no one to speak to. I feel sad most of the time.</p>   | <p>My emotional well-being is breaking/has broken down</p> <p>I have no one to speak to. I feel sad all of the time.</p>   |
| <b>Physical Health</b>   | <p>I am in good health.</p>   | <p>My caring role is beginning to have an impact on my physical wellbeing</p>  | <p>My health is at risk without intervention.</p>   | <p>I have health needs that require attention. I am unable to attend GP or dental appointments.</p>   | <p>My health is breaking/has broken down. I have not attended GP or dental appointments.</p>   |

| National Indicator<br>Young Carers 2/3 | Caring has no impact   | Caring has low impact   | Caring has moderate impact  | Caring has high impact  | Caring has critical impact   |
|--|--|---|---|---|--|
| <b>Education</b>                       | I can concentrate in class and I never miss school/college due to my caring role. I am able to fully participate in my education.  | I sometimes struggle to concentrate in class. I am mainly on time and my attendance is good. I struggle more at stressful times .e.g. exams   | I am often late to school and/ or miss days at school due to my caring role. I have difficulty in concentrating in class and am not able to fully participate. I sometimes struggle to complete homework on time. | My attendance is low and my caring role is impacting on my ability to achieve. I am not able to concentrate in class and never get time to complete homework. I am not able to stay on at school and I am not sure if I could sustain a college course. | I am not able to attend school/college due to my caring role. I have no way of catching up on the work that has been missed.                     |
| <b>Living Environment</b>              | My living environment is suitable, posing no risk to the physical health and safety of myself and the cared for person/people.   | My living environment is mostly suitable but could pose a risk to the health and safety of myself and/ or the cared for person/people in the longer term.   | My living environment is unsuitable but poses no immediate risk.  | My living environment is unsuitable and poses an immediate risk to the health and safety of myself and/or the cared for person/ people.   | My living environment is unsuitable and there are immediate and critical risks to my health and safety and that of the cared for person/ people. |
| <b>Relationship with cared- for</b>    | My relationship with the person I care for is a good.<br><br>I have adults in my life that I can trust.<br><br>Family acknowledge and understand my role as a young carer. | I mostly get on with the person I care for but sometimes there can be arguments about the caring role. I share the positives and negatives of my life with them.<br><br>Family acknowledge and understand my role as a young carer. | I do not get on with the person I care for and feel I cannot share things with them.  | My relationship with the person I care for is in danger of breaking down. There are lots of arguments between me and the person I care for. I can't remember a time when the relationship was positive.   | I have a negative relationship with the person I care for. I no longer want to live at home and I will move out when I am 16.                    |

| National Indicator<br>Young Carers 3/3  | Caring has no impact   | Caring has low impact   | Caring has moderate impact  | Caring has high impact  | Caring has critical impact  |
|---|--|---|---|---|---|
| <b>Relationships with others</b>  | I have friends and family that I enjoy spending time with and that I can trust.  | I am able to maintain relationships with other key people in my life. I have friends that I enjoy spending time with and that I can trust.  | I have friends in school/ college but do not get to meet them outside of school. I have other family members but cannot rely on them.   | I speak to people in school/ college but they do not know about my caring role. I do not have any friends out with school. I have no other family members who help.                             | I have no one that I would call a friend. No one knows about my caring role. I sit next to people in class but don't share details of my life. I do not speak to other family members.  |
| <b>Future Planning</b><br><br><b>This is generally not something that we discuss until the young carer is around 14/ 15 years old</b> | I am confident about planning for the future and have no concerns about managing caring.<br><br>I am fully informed and know what will happen if I get a job/more away from the area etc<br><br>School/ college to be aware of young carer status and advice given as appropriate. | I am largely confident about planning for the future but have minor concerns about managing caring.<br><br>I sometimes wonder what will happen if I want to move away from the area.<br><br>School/college to be aware of young carer status and advice given as appropriate. | I am not confident about planning for the future and have some concerns about managing caring.<br><br>I don't know what will happen if I decide to go to college/ uni/ get a job/ move away from area | I am anxious about planning for the future and have significant concerns about managing caring.<br><br>I don't know how I can get a job/ go to college/ move away. There is no one else to care | I am very anxious about planning for the future and have severe concerns about managing caring.<br><br>I will continue to stay at home in my caring role as there is no other option. I do not feel I will be able to get a job/go to college etc |

## 7. Types of Support and Services

Where there is a **POWER to Support** this may include, but is not limited to, **universal or preventative services**. Where there is a **DUTY to Support** more **targeted services** may be available in addition. Carers may be signposted to external organisations for some of these services.

**Some examples of supports and services are:**

|   |  |
|---|--|
| <ul style="list-style-type: none"><li>• information and advice services</li><li>• leisure activities/services</li><li>• transport services</li><li>• welfare rights services (income maximisation services)</li><li>• volunteer services</li><li>• drug and alcohol services</li><li>• day care services</li><li>• employability/return to work services</li><li>• youth clubs/services</li><li>• education services</li><li>• advocacy services</li><li>• training courses</li><li>• counselling services</li><li>• befriending services</li></ul> | <ul style="list-style-type: none"><li>• short breaks from caring (respite)</li><li>• complementary social therapies</li><li>• victim support services</li><li>• moving/handling support</li><li>• health and wellbeing services</li><li>• community cafes and support</li><li>• bereavement support services</li><li>• emergency and future care planning</li><li>• more regular short breaks/respite care</li><li>• adult protection services</li><li>• home adaptations</li><li>• residential care placements</li><li>• social care services</li></ul> |
|---|--|

N.B This list is not exhaustive. Appropriate support and services to meet identified needs and outcomes will be considered during the completion of the ACSP and the YCS

## 8. Summary of Framework for Adult Carers

|                              |  |
|------------------------------|--|
| <b>Critical Impact/ Risk</b> | Indicates that there are critical quality of life issues or there is a critical risk to the adult carer's health and wellbeing, and to their capacity to have a healthy life balance. There is likely to be a need for very urgent/ immediate provision of more targeted support and services. |
| <b>High Impact/ Risk</b>     | Indicates that there are significant quality of life issues or there is a high risk to the adult carer's health and wellbeing, and to their capacity to have a healthy life balance. There is likely to be a need for the relatively urgent provision of more targeted support and services.   |
| <b>Moderate Impact/ Risk</b> | Indicates that there are some quality of life issues or there is a moderate risk to the adult carer's health and wellbeing, and to their capacity to have a healthy life balance. There is likely to be a need for provision of some support and services                                      |
| <b>Low Impact/ Risk</b>      | Indicates that there are some minor quality of life issues. There is a low risk to the adult carer's health and wellbeing, and to their capacity to have a healthy life balance. There may be some need for universal and/ or preventative support or advice                                   |
| <b>No Impact/ Risk</b>       | Indicates that there are no quality of life issues resulting from the caring situation. The adult carer's health and wellbeing is not at risk and they are able to achieve a good life balance. They do not currently have any requirement for support or advice.                              |

## 9. Summary of Framework for Young Carers

|                              |   |
|------------------------------|---|
| <b>Critical Impact/ Risk</b> | Indicates that there are critical quality of life issues resulting from the caring situation for the young carer. There is a critical risk to the young carer's health and wellbeing, their ability to have continued healthy growth and development and to have a healthy life balance. There is likely to be a need for very urgent/ immediate provision of more targeted support and services. |
| <b>High Impact/ Risk</b>     | Indicates that there are significant quality of life issues resulting from the caring situation for the young carer. There is a high risk to the carer's health and wellbeing, their ability to have continued healthy growth and development and to have a healthy life balance. There is likely to be a need for the relatively urgent provision of more targeted support and services.         |
| <b>Moderate Impact/ Risk</b> | Indicates that there are some quality of life issues resulting from the caring situation for the young carer. There is a moderate risk to the carer's health and wellbeing, their ability to have continued healthy growth and development and to have a healthy life balance. There is likely to be a need for the provision of some support and services.                                       |
| <b>Low Impact/ Risk</b>      | Indicates that there are some minor quality of life issues resulting from the caring situation for the young carer. In general, caring has a low impact on their risk to their health and wellbeing, their continued growth and development and to their capacity to have a healthy life balance. However, there may be some need for universal and/or preventative support or advice.            |
| <b>No Impact/ Risk</b>       | Indicates that there are no quality of life issues resulting from the caring situation for the young carer. The carer's health and wellbeing is not at risk. They feel supported to continue to have healthy growth and development and are able to achieve a good life balance.  |