



CARERS RESOURCE PACK



Adult Carer Support Plans



Did you know?

The Carers (Scotland) Act 2016 provides measures to support unpaid carers, including assessing their needs through an Adult Carer Support Plan.



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Understanding the Adult Carer Support Plan (ACSP)

An **Adult Carer Support Plan (ACSP)** is an opportunity for you, as a carer, to discuss your unique needs and circumstances. With an Adult Carer Support Plan you'll be able to outline the support or services you may require to help you in your caring role. An ACSP is designed to look at how caring impacts various aspects of your life—your physical health, mental and emotional well-being, and whether you feel able and willing to continue in your caring role.



What the Adult Carer Support Plan Should Cover?

The ACSP takes a holistic approach, covering a range of areas to ensure your needs are fully understood and supported:



About You: This includes details about your personal circumstances, such as your caregiving responsibilities, finances, work, and other commitments.



Planning for the Future: Discuss and record plans for your loved one's future care.



Your Well-being: Discuss how caring affects your daily life and overall well-being.



Your Goals: Identify your "personal outcomes," including opportunities for work, study, hobbies, and social activities alongside your caring role.



Your Health: This includes any physical, mental, or emotional health needs you may have.



Your Needs: Outline the specific support you require to continue your caregiving role comfortably. Your honest feedback is essential here to ensure you receive meaningful support.



Your Feelings and Choices:

Consider whether you are able and willing to continue providing care.



Planning for Emergencies: If desired, the ACSP can help you create a plan for your loved one's care in case of emergencies.



How will the local council determine my eligibility for support?

If you choose to share your plan with social work, they can decide if you qualify for services and/or direct payments based on their eligibility criteria. In general, you will meet these criteria if your health, well-being, or ability to continue providing care is significantly impacted, or is likely to be. For example, you may have eligible needs in specific areas, such as the risk of losing paid employment, while other aspects of your life may not be as heavily affected by your caring responsibilities.



If you do have eligible needs

If social work determines that you have eligible needs, they are legally required to address them, provided you want them to. They must create a support plan outlining how these needs will be met.

It may be decided that the best way to support you as a carer is by providing services directly to you, by providing services to the person you are caring for, or a combination of both.



If your needs do not meet the eligibility threshold

If social work determines that your needs do not meet the required threshold for them to provide services directly, they are still obligated to offer support in other ways.

This may include:

- Providing advice and information, or referring you to your local carers' information service
- Assisting you with claiming any benefits you may be entitled to
- Helping you create an emergency plan for your caring role
- Connecting you to local resources, such as your local carers' centre, community, leisure, or health services that could be helpful

Additional Information and Support Available

If you're sharing care responsibilities with other family members, each of you can have an individual ACSP tailored to your needs.

Your local carer centres are there to support you through each step. Please reach out to your local carer centre if you have questions or would like assistance in completing your Adult Carer Support Plan. They are there to help make this process as comfortable and beneficial as possible for yourself.



Carer Advice for Parent/Carers in Edinburgh

Did you know that The Action Group's Carer Advice service provides advice and support for parent/carers at all stages of their caring journey?

The Parent Carewell Service is a collaborative initiative delivered by four partner organizations: The Action Group, Edinburgh Development Group, FAIR, and VOCAL.

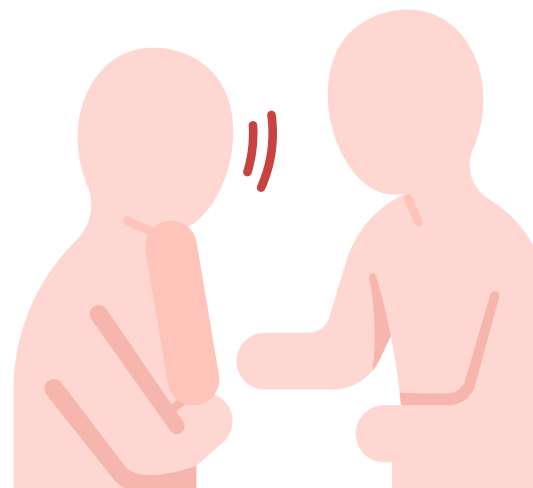
Our service provides carer-specific information, welfare rights advice, and holistic wellbeing support for parent/carers of children with additional support needs (ASN).

We're part of the
**Parents Carewell
Partnership**



Carer Advice is there for you to:
Help you think through what support you need in your own right as a carer
Help you complete Adult Carer Support Plan (ACSP)
Help you apply for grants where needed
Connect you to essential services like Housing, Education, and Social Work.
Monthly Carer events for parent/carers from Black and Ethnic Minority communities
Information sessions and workshops for parent/carers
Family days for parent/carers and their loved-ones

The Black and Ethnic Minority Advice Service (BEMAS) provides advice for Black and Ethnic Minority parent/carers of children with additional support needs living in Edinburgh.



CONTACT US

Whether you're new to caring and looking for guidance or have years of experience and need extra support, our friendly team is here to help.

To get in touch

[CLICK HERE](#)

Carer Advice and Support for Carers – the Lothians and Falkirk

Carers of West Lothian (CoWL)

Carers of West Lothian offers a range of services developed to meet the needs of unpaid carers and disabled people in West Lothian.



They provide a variety of services and support, including: Information and advice, training, emotional support, hospital-based carer assistance, peer support groups, counselling, signposting to services, young carer programs, recreational courses, short break funding.

For more information



Carers of East Lothian (CoEL)

Carers of East Lothian (CoEL) have a team of Carer Support Workers who work closely with carers in their local area to support them across a wide range of issues. Their services can provide anything from practical advice to supporting carers who are struggling to cope with the physical and emotional demands of caring for someone on a full time basis.

CoEL works with carers who live in East Lothian or carers who live outside the area but the person they care for lives in East Lothian.

For more information





Midlothian Carer Centre (VOCAL)

VOCAL Midlothian team provides advice and social support for unpaid carers.

The carer support team provides assistance with accessing additional support and services carers may require. VOCAL also aims to provide carers with social, learning and leisure opportunities to support their caring role or their own wellbeing and interests, and access to breaks from caring through Wee Breaks.

For more information



Falkirk & Clackmannanshire Carers Centre

Falkirk and Clackmannanshire Carers Centre is there to help carers of all ages by providing the information and support they need.

They can support carers with ensuring they are receiving all the correct benefits to help access grants to support personal well-being. They can also signpost carers to other organisations where required.

For more information

