

Inverclyde Carers Beacon Event 17-11-2023

Thank You for Attending!

Inverclyde HSCP, Your Voice and Inverclyde Carers Centre worked together to host an unpaid adult (18+) Carers event at the Beacon Arts Centre in Greenock. The programme included:

- Welcome & introduction - **Alan Best** - Interim Head of Health & Community Care, HSCP and event Sponsor.
- Carers Survey Findings - **Helen Morley** - Carers Act & SDS Lead, HSCP.
- Table Discussions and feedback - All.
- Final thoughts, and thanks. - **Kate Rocks** - Chief Officer Inverclyde HSCP.
- Lunch - Wellness sessions, networking, stalls.
- Facilitator - **Heather Simpson**, Strategic Lead HSCP.

“The legacy of being a young carer is lifelong, we need to ensure they are also supported well to allow them to have fulfilling lives as they grow up... Carers of all ages are the heart of HSCP strategic planning, and we need to hear your voices.”

- **Kate Rocks**

“The HSCP couldn’t do our job without unpaid carers’ vital support and care, but we need to ensure we are supporting YOU well in delivering our services.”

- **Alan Best**

Table discussions focussed on the following 4 main themes from the survey:

- **The day-to-day challenges Carers face.**
- **Short Breaks from your Caring role.**
- **Future Planning.**
- **Discharge without Delay.**



The slides from the presentation at the event, can be read and downloaded by scanning the below QR code, or by visiting the following URL: bit.ly/carersbeaconslides.



45 Carers
in Attendance



4 Major
Topics Covered



12 Local
Organisations

2023 Carers Survey Findings



bit.ly/carersbeaconslides

Day to Day Challenges

- Loneliness, lack of companionship - need someone to listen.
- Relying on professionals to do their jobs.
- Financial Hardship, struggling to eat.
- Feeling frustrated with the cared for, which makes the carer feel guilty.
- Lack of communication with carers.
- Difficulty working - sleep deprived.
- Need a disabled parking space.
- Unpredictable and changing routines are exhausting.
- Gave up work to care.
- Receiving calls back.
- Lack of social workers.



Short Breaks

- Hillend residential unit - one worker to one person.
- No confirmation of respite until two weeks before.
- Affordability - who is paying for food, petrol etc.
- Carers unsure of what they are entitled to.
- Support needed to go on short breaks.
- Alternative Breaks - bowling, zumba gym and swimming passes.
- Funding officer, work with local orgs.
- Caravan Breaks allow you to remain undisturbed, cheaper than a hotel.
- Increased funding for short breaks.
- Need permanent respite facility.
- Funding for a companion.



- We need legal advice.
- Too busy to make plans.
- Involve Carers in the plans.
- People deteriorate - future care.
- "Anticipatory Care Plan" - jargon!
- Can't always rely on family members.
- Difficult, everyone's situation is different.
- Having appropriate housing for future needs.
- Long term services in order to plan long term.
- Legal route - what does the cared for person want?
- If the "here and now" isn't working, you can't future plan.
- POA/Guardianship: yes, more knowledge about this is needed, (legal rights, what is needed, how and who you contact for this).



Future Planning



- Transport barriers.
- Lack of - consultation by doctors.
- Advertising on Community Radio.
- Lack of communication between hospitals, confusion about discharge.
- Carers unable to access GP/Dentist.
- Don't want people prying into your affairs.
- You might not want strangers in your house.
- Free newspaper for all Inverclyde Residents.
- Lack of time - consultation needs to come to them.
- Involve Carers in strategic planning - working group.
- Barriers to providing feedback, receiving information.
- Local adverts on TV (wouldn't work as well for young carers).

Discharge Without Delay

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What are the next steps?

We have listened to Carers and we have heard where support works and where we need to improve. The next steps will be:

1. Setting up short life work streams to develop the new refreshed Carers Strategy 2024-29 in response to what Carers have told us we need to improve on or develop new ways of working.
2. These groups will focus on the four areas:
Day to Day Support
Hospital Discharge
Respite/Short Breaks.
Future Needs Planning
3. We will contact those Carers who came forward at the event to take part in these groups, we are still looking for volunteers.
4. We will continue the engagement work with Young Carers and Young Adult Carers.
5. We will consider if Inverclyde needs a separate Strategy for Young Carers and Young Adult Carers not a combined strategy as needs are different.
6. We will review the eligibility criteria for Carers.

