



Think Carer

Training from VOCAL

Helping professionals identify and
support unpaid carers

Beth Wylie

Partnership Training Officer

bwylie@vocal.org.uk



About VOCAL



VOCAL provides support and services for unpaid carers in Edinburgh and Midlothian.

We have been around for almost 30 years.

We deliver Think Carer Training for healthcare professionals and students.

We deliver Think Carer Training for employers to support carer friendly workplaces across all sectors.



**The Carers
(Scotland) Act
2016 defines a
carer as:**

an individual who provides or intends to provide care for another individual.

An unpaid carer supports a family member, partner, relative or friend, of any age, who needs help to manage a long-term condition, disability, physical or mental health condition or addiction.





Unpaid carers have £13.1 billion economic value



Approximately 800,000 people providing care in Scotland



41% of carers are in employment

Unpaid Caring in Scotland



There are more older carers



83% of carers are female, 15 % male



Increasing numbers of carers are looking after more than one person



Average of 2 years before people identify as a carer



32% Carers describe their health as bad or very bad.



Carers (Scotland) Act 2016

The eight duties are:

Duty to prepare
**adult carer
support plan**

Duty to prepare
**young carer
statement**

Duty to set
**local eligibility
criteria**

Duty to
**provide
support**

Duty to involve
**carers in
carer services**

Duty to prepare
**local carer
strategy**

**Information
and advice
service for
carers**

**Carers'
charter**

The Act aims to ensure better and more consistent support for carers and young carers so that they can continue to care, if they so wish, in better health and to have a life alongside caring.



Transitions & carer needs

Conflicting emotions, guilt, relief, loss, anger.

Next steps & recovery.

Changes in caring role.

Loneliness and isolation.



Identification is key



- Many carers in a caring role do not recognise as carers as professionals you may be the first person to recognise them as such.
- Once you start paying attention and put carers at the forefront of your mind you will find that you notice carers more often
- Even if a carer does not see themselves this way, and does not want to be called a carer, they should still be able to access vital help, advice and information.
- We want carers to get support at an earlier stage to prevent crisis.



VOCAL Services

What can carers expect?

Access to information, advice, guidance and counselling

Peer support and mentoring

Welfare rights, income maximisation & access to grants

Legal surgeries for wills, power of attorney & long-term care

Dedicated Family Supports
Addiction Service

Carer training and events

Access to breaks

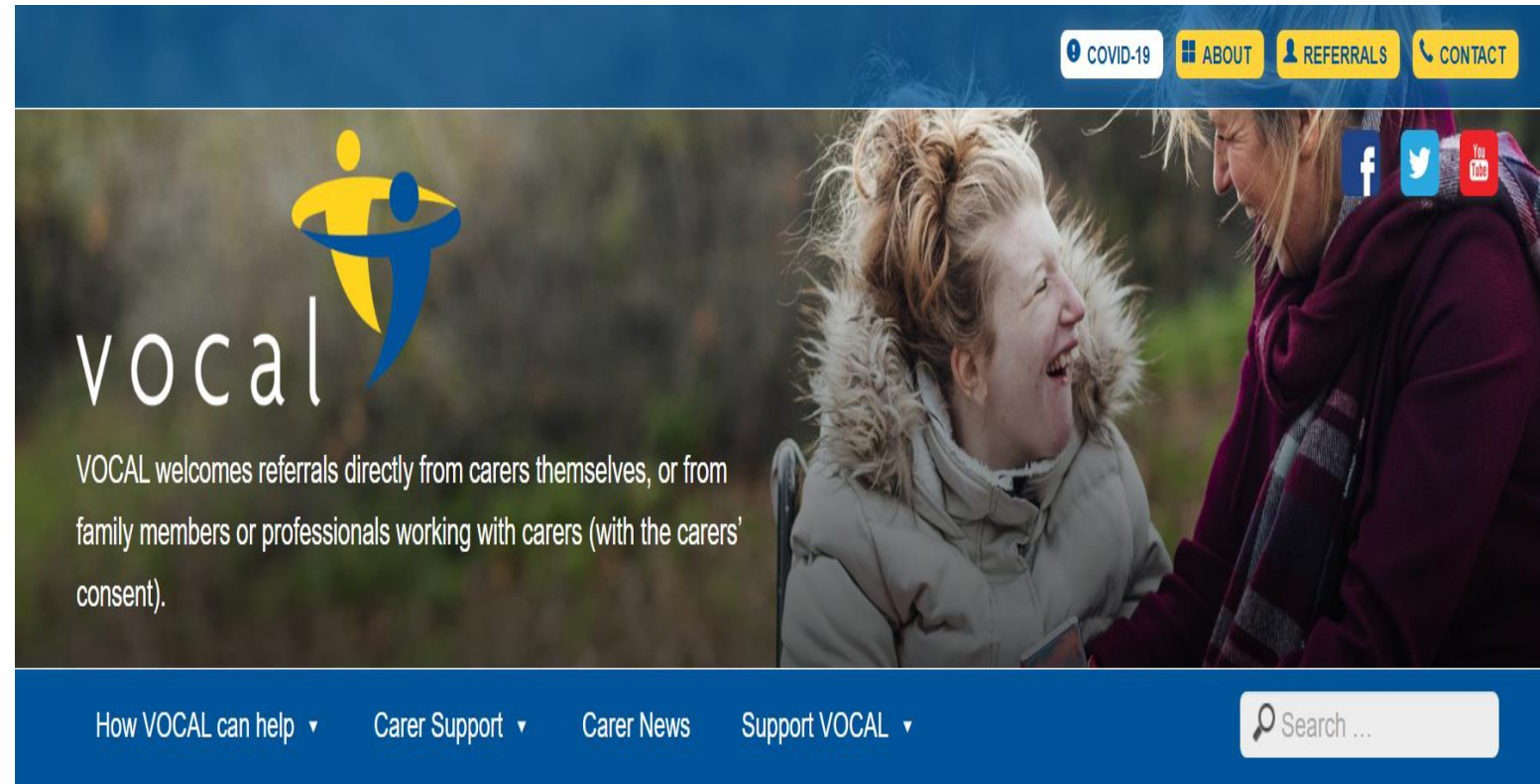
Complementary Therapies




vocal.org.uk

T: 0808 196 6666
E: centre@vocal.org.uk
VOCAL Edinburgh Carers'
Hub
60 Leith Walk
EDINBURGH
EH6 5HB

T: 0131 663 6869
E: midlothian@vocal.org.uk
VOCAL Carer Centre
Hardengreen Estate
30/1 Dalhousie Road
Dalkeith EH22 3NX



COVID-19 ABOUT REFERRALS CONTACT


vocal

VOCAL welcomes referrals directly from carers themselves, or from family members or professionals working with carers (with the carers' consent).

How VOCAL can help ▾ Carer Support ▾ Carer News Support VOCAL ▾

Search ...

Refer yourself as a carer or someone else (with their permission) to VOCAL for support



<https://weebreaks.com>

Wee Breaks

About us News Hawthorn Brae Carer stories Contact

Time off from caring!

Where to Start Community Support Breaks Available Plan your Break Funding your Break Donations & Partnerships





TreasureTree

Keep it local. Sell through VOCAL



TreasureTree

What is Treasure Tree?

Treasure Tree is a Social Enterprise owned and operated by VOCAL that sells privately bought pre-owned mobility equipment.



Donations from Care Homes or Hospitals

We are delighted to accept any privately bought mobility from other organisations i.e care homes or hospitals where the public may have donated un-needed items or they may have surplus stock after bereavement.





Think Carer

Training from VOCAL

Helping professionals identify and support unpaid carers



Free bespoke training offer for teams

Beth Wylie
Partnership Training officer
bwylie@vocal.org.uk



Any

Questions



vocal.org.uk



VOCAL - Voice of Carers Across Lothian
Scottish Charity: SC020755 | Company Registration: SC183050

