

## **Notes from the Clackmannanshire Carers' Voice Meeting**

**Wednesday 20 November 2024**

**Hawkhill Community Centre, Alloa**

**Present:** (carers) Heather Lindsay, Sheena Prentice, Alice Matthews, Gina Witty, David Tares (F&CCC Board member), Eugene Greasley (F&CCC Board member), Elizabeth Ramsay (F&CCC Board Member), Lynn Maher (CTSi), Hazel Chalk (C&S H&SCP), Caroline Quinn, Nicola Weedon (F&CCC)

**Apologies:** Audrey Cassels, John McSwan, John McClumpha, Paul Morris (carers), Jessie-Anne Malcolm (NHS FV), Cllr Ellen Forson, Vivienne Thomson (NHS FV), Donald Konkai (CAB Clacks),

Nicola Weedon welcomed everyone to the meeting.

### **1. Campaign/consultations Update**

Nicola provided an update on current consultations and campaigns:

- Carers Trust campaign around carers in receipt of state pension not receiving Carers Allowance / Carer Support Payment even though their caring role continues
- Follow up from the Joint Mental Health Services Inspection
- New Mental Health Strategy – open meeting in person or on Teams.

### **2. Carer Rights around hospital discharge**

Katie Baker, the Carer Support Worker based at Forth Valley Royal Hospital outlined the rights established in the Carers Act 2016.

#### **Section 28 Carer involvement in hospital discharge of cared-for persons**

(1) Each health board must ensure that, before a cared-for person is discharged from hospital, it involves any carer of that person in the discharge.

(2) A health board fulfils the duty in subsection (1) by—

(a) taking such steps as it considers appropriate to—

(i) inform the carer, as soon as reasonably practicable, of the intention to discharge the cared-for person, and

(ii) invite the carer to give views about the discharge of the cared-for person, and

(b) taking account, so far as it is reasonable and practicable to do so, of any views given by the carer in making decisions relating to the discharge of the cared-for person.

Katie then discussed with the group how this works in practice, with one issue being that the duty is placed on the health board only, whilst issues around discharge also need input from the Health & Social Care

Partnership as providers of care. Previously, patients stayed in hospital whilst awaiting a package of care, but that is no longer always the case. Where patients did not have a package of care before admission, they can be discharged with the care assessment taking place once they are home. This can place added strain on carers. Katie also highlighted that some carers only realise that they no longer feel able to care once the person they are caring for is admitted to hospital. With the presumption that the patient will be discharged and then assessed for care, this again can place the carer in a difficult situation. Katie suggested that completing an Adult Carer Support Plan can let Social Care staff know the impact the caring situation has on the carer and highlight whether the carer is willing and able to provide care.

Please get in touch with the Carers Centre if you would like to speak to a Carer Support Worker whilst your cared-for person is in Forth Valley Royal Hospital or Clackmannanshire Community Healthcare Centre.

### **3. IJB Update / Representative**

Nicola provided a brief update on recent IJB papers. Areas of interest to carers focussed on the commissioning of services relating to dementia and independent advocacy, and the policy relating to Self-Directed Support for adults with Learning Disability. Financial pressures were highlighted throughout the papers, with two main areas of concern being prescribing and adult social care.

As Paul Morris is stepping down as Carer Rep, we will be recruiting a new Clackmannanshire Carer Rep for the IJB. David Tares is interested in this role and a short statement from him is attached. If any other carers would like more information about the role, or the role as Deputy Carer Rep, please contact [nicolaweeton@centralcarers.co.uk](mailto:nicolaweeton@centralcarers.co.uk).

### **4. Carer issues**

Carers spoke about support for adults with learning disability, with there being a lack of respite and difficulty finding support services even when there is a self-directed support budget available. Another issue is that the rate of pay for support assistants is higher than provided, such that fewer hours can be purchased within the budget. Self-Directed Support Forth Valley can provide support and information around managing a self-directed support budget.

### **5. NHS/H&SCP/3<sup>rd</sup> sector updates**

Hazel, Short Breaks Lead for the H&SCP, reminded carers about the Carers Pack which provides details on services to support carers and those they care for across Clackmannanshire and Stirling. You can access the pack here: [Carers-information-Pack-Version-12.pdf](#)

Hazel also highlighted the survey currently open so that carers across Clackmannanshire & Stirling can let the H&SCP know what supports would benefit them. Nicola has shared this survey out to Clacks carers via email already, and Hazel had some paper copies. The survey will close on 12 December 2024.

Lynn from CTSi introduced herself and reminded everyone about the useful information in their monthly bulletin. You can sign up to receive the bulletin via email here: [Community News Bulletin – CTSi](#)

### **6. Date of next meeting**

The next meeting of Clackmannanshire Carers' Voice will be on Wednesday 12 March 2025.

## **Appendix – Recruitment of carer rep to IJB**

### **Statement from David Tares, candidate for IJB Carers Rep**

I have lived as a disabled person and user of services since 1991 when I began my road to independent living. Over the years I have been at the sharp end of services, which has helped me appreciate the differences between good and bad service delivery. I became increasingly confident in being able to challenge bad practice.

I served as a tenant member on the board of Margaret Blackwood Homes and Care between 2002 and 2007. I left the board to join the Care Inspectorate as a volunteer inspector, where I spent 11 happy years being a valued member of the team making a difference to services.

I returned to the board of Margaret Blackwood homes and care around 2018 and I am still currently on the board as well as the services sub-committee dealing with tenant issues.

I'm a member of the people-led Policy Panel which is facilitated by Inclusion Scotland. The panel is made up of people with lived experience and has input into the National Care Service. My work with Inclusion Scotland has directly led to myself advising the national care of design team on topics such as:

- Eligibility criteria,
- Self-Directed Support standards
- Developing a new hospital discharge policy for Scotland

It is extremely important to me due to my personal lived experience as a service user and carer that our voices are heard when it comes to planning and shaping services.