

Information Session for Professionals

**In Person at the Carers Centre in Falkirk
or online via Zoom**

The Centre's Information Sessions for Professionals are an ideal way for professionals who encounter unpaid carers to learn more about the needs and rights of carers and the support and services provided by the Falkirk & Clackmannanshire Carers Centre.

Sessions will take place on the last Thursday of each month, from 10.30 am to 12.30 pm

During the session, you will find out about:

- The Carers (Scotland) Act 2016, carers rights and how these inform the services provided by the Carers Centre.
- How we can work with you to help support unpaid carers in their caring role, and to have better outcomes for the cared-for person, carers, and service providers.
- There is also an opportunity to meet some of the team, ask questions, and find out about or simply update your knowledge about the range of services we provide, as well as an opportunity to meet other professionals.
- It is also ideal for students on placement to attend.

To book a place on one of our monthly sessions for professionals, or for further information, please contact Dayna Faulds:

Email: daynafaulds@centralcarers.co.uk

Please state whether you will attend online via Zoom or in person

Aims and Outcomes

Aims

- Outline what the Carers Centre does and how professionals can support carers effectively.
- Ensure attendees feel well-informed and equipped to support unpaid carers.
- Provide clarity on:
 - o who can access our service and how to refer
 - o Adult Carer Support Plans (ACSPs) and Young Carer Statements (YCSs)
 - o support available to unpaid carers, including emotional, practical, and rights-based support
 - o when to refer to social work vs. the Carers Centre
 - o facilitating hospital discharges
 - o carers rights
 - o Carers (Scotland) Act 2016

Outcomes

Attendees will leave with practical tools and contacts to help carers access information, emotional support, and more.

They will gain:

- Improved understanding of what a carer is, and the scope of unpaid caring roles
- Awareness of the Carers (Scotland) Act 2016, carers rights, and local eligibility criteria
- Knowledge of services offered by the Carers Centre, including:
 - o adult, young adult, and young carer support
 - o telephone support
 - o hospital support
 - o short breaks (Creative Breaks, Respite etc.)
 - o training opportunities
 - o involvement opportunities to help carers shape services.

Programme outline

Part One

The first hour of the session will include introductions, offering opportunities to connect with fellow professionals in the Falkirk area. Then Dayna Faulds, who runs these sessions, will talk through some slides covering:

- what a carer is
- the Carers (Scotland) Act 2016
- carers rights
- the Carers Centre, and what we do.

We will then have a comfort break where you can help yourself to tea, coffee, and cake.

Part Two

During the latter half of the session, a representative of each team from the Carers Centre will join us to talk through more about what specifically they do to support carers. There will be an opportunity for questions and plenty of time for discussion.

We will hear from the:

- Adult Carer Support Team
- Young Carer & Young Adult Carer Support Team
- Involvement Team
- Short Breaks Team
- Telephone Support Team
- Hospital Support Team
- Carer Training / Care with Confidence Team.