



REPORT TO: HEALTH AND SOCIAL CARE INTEGRATION JOINT BOARD – 18 FEBRUARY 2026

REPORT ON: CARERS STRATEGY 2026-2032

REPORT BY: CHIEF OFFICER

REPORT NO: DIJB2-2026

1.0 PURPOSE OF REPORT

1.1 To seek approval of the proposed Dundee Carers Strategy 2026-2032 and revised Carers Short Breaks Statement developed by the Dundee Carers Partnership.

2.0 RECOMMENDATIONS

It is recommended that the Integration Joint Board (IJB):

2.1 Note the work undertaken by the Dundee Carers Partnership, supported by the Strategic Planning Advisory Group to develop a revised Carers Strategy 2026-2032 and Carers Short Breaks Statement (section 4.2).

2.2 Approves the updated Carers Strategy 2026-2032 for their interests. The revised strategy will also be submitted to the Dundee City Council Children and Families Committee on 02 March 2026 (appendix 1).

2.3 Approves the revised Carers Short Breaks Services Statement (appendix 2).

2.4 Notes that the associated delivery plan will continue to be reviewed throughout the duration of the strategy with a formal review every three years in line with the statutory review of the Strategy.

3.0 FINANCIAL IMPLICATIONS

3.1 None

4.0 MAIN TEXT

4.1 Background

4.1.1 The Carers (Scotland) Act 2016 introduced a duty, under Section 31 (1), for each local authority and health board to jointly prepare a local carer strategy. This duty and other associated duties under Part 5 of the Act were subsequently delegated to Integration Authorities under the Public Bodies (Joint Working) (Scotland) Act. The current strategy, *A Caring Dundee 2: A strategic plan for working alongside, supporting, and improving the lives of carers in Dundee 2021-2024*, was approved by the IJB in October 2021 and published in April 2022 (Article XIII of the minute of the meeting of the Dundee Integration Joint Board held on 27 October 2021 refers).

4.1.2 In October 2024, a report to the IJB advised of plans for the Statutory Review of 'A Caring Dundee 2', the local carers strategy (article XIII of the minute of the meeting of the Dundee

Integration Joint Board held on 23 October 2024 refers). Following the completion of the statutory review process by Dundee Carers Partnership and supported by the Strategic Planning Advisory Group, in April 2025 a report to the IJB was approved for the Carers Partnership to proceed with the revision of both A Caring Dundee 2 and the Dundee Short Breaks Statement (Article VI of the minute of the meeting of the Integration Joint Board held 16 April 2025 refers.) This revision was carried out by the Dundee Carers Partnership with further engagement with carers and a wide range of stakeholders.

4.2 Strategy Revision Process & Outcome

4.2.1 A range of engagement sessions were carried out including a carers strategy review workshop, an electronic survey, discussion at the Carers Advisory Group, the Dundee Carers Partnership meetings and a Carers Partnership Workshop to finalise the revised strategy document and update the associated delivery plan.

4.2.2 A data set for local and national information was explored and analysed - including information about male / female carers, adult carers / young carers and families, finances and employment. This information is also being used to inform the delivery plan that supports the strategy.

4.2.3 The strategy has been updated in line with the National Carers Strategy (Scottish Government) published in December 2022, and four strategic outcomes agreed based on the feedback from carers and wider stakeholders:

- Outcome 1 I am heard, recognised, respected, valued, and I am able to be involved.
- Outcome 2 I am supported to have the best possible caring experience.
- Outcome 3 I can live a full and healthy life and have the support I need to do this, including support and advice to have financial security.
- Outcome 4 I can have a life of my own alongside my caring role.

A high-level short version of the strategy has been developed for members of the public and other stakeholders who do not wish to read the full document (appendix 3).

4.2.4 The Carers Partnership has made considerable progress towards achieving the Strategic Outcomes set out in a Caring Dundee 2 through completing and delivering actions recorded in the Carers Strategic Delivery Plan. Progress is recorded in the delivery plan and analysed through a regular assurance report provided to the Carers Partnership. Qualitative and quantitative information has supported analysis of the impact of the planned actions. Work has continued to record and analyse data about carers in Dundee and across Scotland via the Carers Partnership Data Subgroup. These arrangements will continue to support the implementation of the revised strategy. Carer engagement will also continue throughout the 6 years of the proposed Strategy via the Engagement Subgroup and Involvement Framework established in August 2024.

4.2.5 In May 2026, the Care Reform (Scotland) Act 2025 is expected to bring some changes to the responsibilities and duties placed on Partnerships in relation to unpaid carers:

- Increased promotion of Carer support
- New rules on timescales for Adult Carer Support Plans and Young Carer Statements
- A right to sufficient personalised short breaks for Carers who need them.

The details are not finalised, but the proposed local strategy has been written in a flexible way to avoid the need to rewrite, with any required changes being reflected in the updated delivery plan.

4.2.6 Revised priority areas of work for the Carers Partnership include:

- Continue a pro-active approach towards identifying those Young Carers who may require a Young Carer Statement & to look further into circumstances, views and needs of Young Carers.
- Continue to enhance use of data to inform strategic planning and improvement.
- Recording carers involvement information across local planning and delivery activity from a range of partners on www.carersofdundee.org.
- Increasing the numbers of carers who choose to accept Adult Carer Support Plans, and develop an emergency plan on mosaic for carers and supported people to ensure contingency arrangements are recorded and easily accessed.
- Carers Partnership to engage with Transitions Group to align support for Young Carers and parent Carers to ensure smooth transitions and continuity of care, coordinated support across children's and adult services.
- Work with the money advice and employability services to ensure that Carers know their rights, information and advice is available and enhance access to financial support and employment.
- Continue to work with individual carers to identify the best form of support including Self-Directed Support (SDS) options to enhance carer outcomes, reduce barriers to accessing support.
- Further enhance carer involvement in hospital discharge, to address requirements of section 28 of the Carers (Scotland) Act 2016.
- Implementation of the revised Short Breaks Services Statement.

5.0 POLICY IMPLICATIONS

5.1 This report has been subject to an Integrated Impact Assessment to identify impacts on Equality & Diversity, Fairness & Poverty, Environment and Corporate Risk. An impact, positive or negative, on one or more of these issues was identified. An appropriate senior manager has checked and agreed with this assessment. A copy of the Integrated Impact Assessment showing the impacts and accompanying benefits of / mitigating factors for them is included as an Appendix to this report.

6.0 RISK ASSESSMENT

Risk 1 Description	Strategic planning and commissioning do not fully reflect the health and social care needs and preferences of the population of unpaid carers and is therefore less effective in terms of impact on health and social care outcomes.
Risk Category	Financial, Political
Inherent Risk Level	Likelihood 3 x Impact 4 = Risk Scoring 12 (which is High risk level)
Mitigating Actions (including timescales and resources)	<ul style="list-style-type: none"> • The strategy has been co-produced with carers and a range of stakeholders to improve the likelihood that actions planned will deliver desired outcomes. • The production of a detailed delivery plan and performance measures will support successful implementation. An annual performance review will enable any areas of concern to be identified and adjustments made in partnership with carers and other stakeholders.

	<ul style="list-style-type: none"> Scottish Government Carers Act implementation funding targeted at areas identified as a priority within the previous plan have now been mainstreamed with approval of the IJB, to ensure continuity of supports.
Residual Risk Level	Likelihood 2 x Impact 3 = Risk Scoring 6 (which is Moderate risk level)
Planned Risk Level	Likelihood 1 x Impact 3 = Risk Scoring 3 (which is Low risk level) (With the current budget pressures this target is not likely to be achieved.)
Approval recommendation	Given the impact of mitigating actions to reduce the level of risk as far as is reasonably practical, it is recommended that the risk should be accepted.

7.0 CONSULTATIONS

7.1 The Chief Finance Officer and the Clerk were consulted in the preparation of this report. The range of wider consultation and engagement is detailed in the Integrated Impact Assessment.

8.0 DIRECTIONS

The Integration Joint Board requires a mechanism to action its strategic commissioning plans and this is provided for in sections 26 to 28 of the Public Bodies (Joint Working)(Scotland) Act 2014. This mechanism takes the form of binding directions from the Integration Joint Board to one or both of Dundee City Council and NHS Tayside.

Direction Required to Dundee City Council, NHS Tayside or Both	Direction to:	
	1. No Direction Required	X
	2. Dundee City Council	
	3. NHS Tayside	
	4. Dundee City Council and NHS Tayside	

9.0 BACKGROUND PAPERS

9.1 None

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Chief Officer

DATE: 31/12/2025

Angie Smith
Interim Head of Health and Community Care Services

Neil Campbell
Co-Chair, Dundee Carers Partnership

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Dundee Carers Strategy

2026- 2032



The vision of this strategy is:

A Caring Dundee

in which all Unpaid Carers are heard, valued, understood and supported so that they are healthy and have a life of their own alongside their caring responsibilities.

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Dundee Carers Strategy 2026-2032

Dundee Carers Strategy 2026- 2032	1
Carers of Dundee- The Experiences of some local Carers.	3
Dundee Carers Strategy 2026-2032	6
1. FOREWORD message from IJB chair will be added when strategy has been agreed	6
2. INTRODUCTION- About the Dundee Carers Strategy	6
3. THE DEFINITION OF CARER (from ‘A Caring Dundee 2’)	7
4. INFORMATION ABOUT CARERS IN DUNDEE AND ACROSS SCOTLAND	8
5. PROGRESS MADE SUPPORTING DUNDEE CARERS.....	17
6. CARER ENGAGEMENT	21
Ways Carers and those who care about them gave their views.	21
Carer Representatives and Advisory Group	21
Young Carers Subgroup	21
Young Carers Voice	22
Young Carer Ambassadors	22
Engagement to update Dundee Carer Strategy.	22
Some Themes and Key Information from Engagement	23
7. THE VISION	24
8. CORE PRINCIPLES.....	24
9. CARERS RESOURCES Supports and services for Carers in Dundee.....	26
Information and Advice.....	26
Support for Young Carers.....	26
Support For Adult Carers	27
Adult Carer Support Plans	28
Support for the Child or Adult that the Carer looks after	32
Support for childrenIf you are unsure of who to contact, you can seek advice by phoning the Child Protection phoneline on 01382 307999.....	32
Support for Adults	32
10. ANTICIPATED CHANGES DUE TO CARE REFORM (Scotland) Act 2025	33
Right to breaks	33
11. STRATEGIC OUTCOMES FOR CARERS IN DUNDEE	33

Carers Strategy Outcome 1	34
Carers Strategy Outcome 2	35
Carers Strategy Outcome 3	36
Carers Strategy Outcome 4	37
12. FINANCE and RESOURCES	38
Dundee IJB Financial Position	39
13. MONITORING PROGRESS	39
Advice for a Carer	40

Carers of Dundee- The Experiences of some local Carers.

The information that follows is based on real circumstances in the lives of Carers in Dundee who have agreed that their situations can be shared. Names have changed. Thanks to Dundee Carers Centre colleagues for sharing information about Carers they have supported.

Adam: Balancing Multiple Caring Roles Under Pressure

Adam, a 37-year-old man, was referred to Carer Support Services by a member of the Hospital Discharge Team. He cares for his partner, who has significant mental health challenges. He also supports his uncle and aunt, both older and living with complex health needs. His uncle was recently admitted to Ninewells Hospital for assessment. In addition to his physical health needs, Adams' uncle also has paranoid schizophrenia. His aunt, who has early-onset dementia, has become increasingly forgetful and doesn't easily accept support.

Adam supports his aunt and uncle with shopping, prescriptions, medical appointments, and daily check-ins. He expressed concern that hospital staff did not have the full picture —his aunt said she was the main Carer for his uncle and did not recognise her declining ability to manage his needs. Adam faced hostility from his aunt when trying to help, particularly around food preparation. These concerns were raised with hospital staff.

Adam's uncle was discharged but within one week was readmitted and discharged again. Adam had to take time off work due to stress, after his partner had a psychotic episode.

Adam was directed to advice on benefits for his aunt and uncle and information on applying for Power of Attorney for them, to allow him to consider how best to plan for the future. He accessed the Carers Short Breaks Service, where he received funding for a gym membership to support his physical and mental health.

Beth: Navigating distance, family responsibilities and financial strain

Beth, a 29-year-old woman who is currently on maternity leave, was identified through a call from her sister who lives nearly 150 miles away. Their mother had been admitted to Ninewells Hospital following a brain bleed and required a period of rehabilitation. Beth lives in Dundee. Her mother was discharged to Cameron Hospital in Fife because her home address is in North-East Fife,

Beth was extremely anxious. With a new baby and limited income, the prospect of frequent travel to Fife was overwhelming. She was also under the impression that she would need to arrange transport home for her mother. Beth was supported to speak with ward staff, who explained the rationale for the discharge destination and reassured her that hospital transport would be arranged. Although no financial support was available for her travel, she was relieved to learn that video calls (Facetime) could be used to stay connected with her mother. Beth was referred to Fife Carers Centre for advice regarding her caring role with her mother and her hopes to arrange for her to live in Dundee.

Cal : Carer having a voice during a critical transition

Cal is a 60-year-old Carer, whose mother, Mary, was an inpatient in Ninewells Hospital. Cal was distressed when there were discussions of Mary's return home from hospital. Cal felt hospital staff were not acknowledging concerns about Mary's cognitive decline. Cal's anxiety grew because Mary might return home soon, and Cal was due to go on holiday.

Cal was supported to express their concerns. Medical staff reassured Cal that further assessments would be carried out and that Mary would be transferred to Royal Victoria Hospital for continued evaluation.

Although Cal described the caring situation as "all-consuming," practicing meditation had been helpful and Cal was made aware of other support services available if needed.

Eve's Journey: Young Carer– From Overwhelmed to Empowered

Eve is 17 years old, an only child living with her single mother. Her mum has complex mental health challenges and a physical condition that often leaves her reliant on a wheelchair (indoor and outdoor).

Eve's caring role means she is a cleaner, a cook, a shopper, and a constant source of emotional support. Eve's caring responsibilities left her feeling isolated and overwhelmed. Her own well-being and teenage years have been shaped by responsibilities that many of her peers can't begin to imagine.

When Eve first connected with the Carers Centre, her school attendance was just 17%. She was struggling academically, emotionally, and mentally. Eve was referred to Carer Support by her School. A Carers Centre Support Worker Sam has continued to meet with Eve on a one-on-one basis. Sam also worked closely with Eve's mum to ensure that Eve's needs were being recognised at home as well as school.

Eve has spent time as an inpatient at the Child and Adolescent Young People's Unit because of self-harm and complex mental health struggles. But with the right medical and social support, Eve began to see positive changes.

Eve began to re-engage with school. A part-time timetable was created that included her Young Carers sessions—something she found was an emotional and social lifeline. Eve is now a Prefect at school, a leader in the Young Carers Group, and a passionate advocate for Young Carers' Rights. With the right support in place, she's managing her responsibilities and looking ahead with hope.

Nik: Young Carer

Nik cares for their sibling, Toni, who has complex needs and uses a wheelchair. Toni needs support in many areas of life and has a very vulnerable immune system. Nik also cares for their parent, Mo, who has multiple sclerosis. Mo's multiple sclerosis means that they can have falls more easily and Mo has an increased risk of becoming unwell. As a result of both these caring roles Nik takes on a lot more responsibilities than their peers. Nik also spends time visiting Rachel House (Children's Hospice) with their family to get some respite and quality time together.

Nik decided to build their confidence by completing a Dynamic Youth Award, and Nik decided to review local parks and green spaces to see if they were accessible for Toni to use them and enjoy the play equipment. Nik then visited the parks with their Carer Support Worker and with their parent before writing reviews and discussing how accessible the parks were.

Nik received feedback that they made a "Fantastic Submission with great personalised evidence". The Award made Nik feel more confident and they shared their certificate with school staff that they had a relationship with

Maddison: From Isolation to Empowerment

Maddison is an Adult Carer who has been in a caring role since the age of 13. She currently cares for her mother, who has dementia. Until recently, she also cared for her husband, who had a chronic illness.

Maddison described her life as one of continuous caring, with little recognition or support. It was only after the passing of her husband a year ago that she reached out for help, feeling overwhelmed and emotionally depleted.

Maddison's decision to seek support from the Carers Centre marked a significant turning point. At the time Maddison described her mental health as being at "rock bottom" She was not receiving any formal mental health support and felt isolated in her role.

Maddison accessed counselling services through the Carers Centre. She described the support as "invaluable" and even referred to it as a "life saver," highlighting the profound impact it had on her wellbeing.

Maddison began attending a Connecting Carers Café, a monthly peer support group. Over the months, however, Maddison has grown in confidence and reflects that she is feeling included, valued, and connected—not only as a Carer but as a member of her local community.



Dundee Carers Strategy 2026-2032

1. FOREWORD message from IJB chair will be added when strategy has been agreed

2. INTRODUCTION- About the Dundee Carers Strategy

The Dundee Carer Strategy is a plan which sets out the approach and actions for supporting Carers in Dundee City. This Plan is a Revision of the last Dundee Carers Strategy 'A Caring Dundee 2'¹. In April 2025, Dundee Carers Partnership reviewed 'A Caring Dundee 2'. The Dundee Integration Joint Board (IJB) accepted the recommendation of the Carers Partnership to revise the strategy. During this development process, the Partnership agreed to extend the revised strategy to 2032 to support longer-term planning. The revised strategy will be reviewed every 3 years.

The Revised Strategy (Plan) has been:

- Developed by the **Dundee Carers Partnership**, a multi-agency group including Carers, Carer representatives, and organisations that work with Carers.
- Supported by **Dundee Health and Social Care Partnership** on behalf of the **Integration Joint Board (IJB)**.
(Additional information about Dundee IJB can be found at www.dundeehscp.com.)
- Aligned with the **National Carers Strategy** and the **Carers (Scotland) Act 2016**. The Plan extends the Strategy period to **2032** to support stable, long-term planning and delivery

The refreshed Carers Strategy:

- Builds on the commitments made in 'A Caring Dundee 2', updating and expanding them.
- Explains how Dundee Integration Joint Board (IJB) through Dundee Carers Partnership will continue to support Carers and protect their rights.
- Sets out long-term plans for support for Carers in Dundee.
- Will lead to an updated delivery plan with clear goals and ways to measure progress.
- Reflects what Carers have said about their experiences and the challenges they face.
- Includes changes based on the National Carers Strategy.

¹ <https://www.dundeehscp.com/publications/caring-dundee-2-strategic-plan-working-alongside-supporting-and-improving-lives-Carers>

- Considers that there will possible changes resulting from the Care Reform (Scotland) Act 2025ⁱ and Statutory Guidance which will be developed in 2026.
- Will be published as required by law (under the Carers (Scotland) Act 2016ⁱⁱⁱ).

You can find more details about the laws and policies that influence this strategy in Appendix A.

The National Carers Strategy recognises that ‘Unpaid care is vital to how social care is provided in Scotland, and the value of the dedication and expertise of Carers cannot be overstated’

3. THE DEFINITION OF CARER (from ‘A Caring Dundee 2’)

The Carers (Scotland) Act 2016 identifies a Carer as someone “who provides or intends to provide care for another individual”. Carers who are the intended target of this Local Carer Strategy include:

- Anyone who supports (plans to support) a friend, partner or family member of any age who is affected by long term illness, disability, frailty, mental health or alcohol or drug use.
- Individuals who give this support who also receive Carers Allowance or Kinship Care payments as well as those who do not these allowances.
- Adults, children and young people who share the care and support of someone with others including other unpaid Carers and paid care workers.

Carers are part of every community and culture and can be any age. Although other people in the City may benefit from some of the actions and plans made as a result of this Strategy (e.g. Foster Carers looking after a child with Additional Support Needs/ disability, and people who give care and support on a paid basis or as part of employment or voluntary work) these people are not the main focus of this plan.

A Young Carer is defined as a child or young person under the age of 18 (or 18 and still at school) who has a significant role in looking after someone in their household/family network. There are some children and young people who may not have any direct caring responsibilities, who experience many of the effects of a caring situation. The Dundee Carers Partnership recognises these young people as ‘affected by care responsibilities’ and acknowledge that support planned through the Carers Partnership may be needed to address the impact on the outcomes for these young people.

In Dundee, the Carers Strategy supports Carers of all ages. This includes Carers who live in Dundee and those who care for someone living in Dundee, even when the Carer lives elsewhere

Becoming a Carer can be transformational and happen at the turn of a switch, or at least that is what happened to us. One minute, life is normal, the next minute it is abnormal and being able to access support, quickly, from someone with experience and knowledge was very important.

A local Carer 2024

The Dundee Carers Partnership Group brings together Carers, their representatives, and agencies that support Carers in Dundee. The Group leads the strategic planning for Carers in Dundee in

relation to the Carers (Scotland) Act 2016. The Carers Partnership is supported by Dundee Health and Social Care Partnership (HSCP) on behalf of the Dundee Integration Joint Board (IJB). The group's main purpose is to develop and review the Dundee Local Carers Strategy, oversee its implementation, and create a Performance Framework. The group monitors and reviews actions from the Plan in several ways. This includes creating communication and involvement activities for Carers and stakeholders, checking progress, and producing progress reports.

4. INFORMATION ABOUT CARERS IN DUNDEE AND ACROSS SCOTLAND

The Dundee Carers Partnership has access to a large amount of data to support strategic planning. A Data Subgroup has been meeting regularly to plan for information needs, review Carers' population data, and check progress against the actions and outcomes in *A Caring Dundee 2*. The subgroup provides written and verbal reports to the Partnership at quarterly meetings. These reports include relevant data and an assurance update. The information below, and elsewhere in this document, is a sample of what is available to the Partnership.

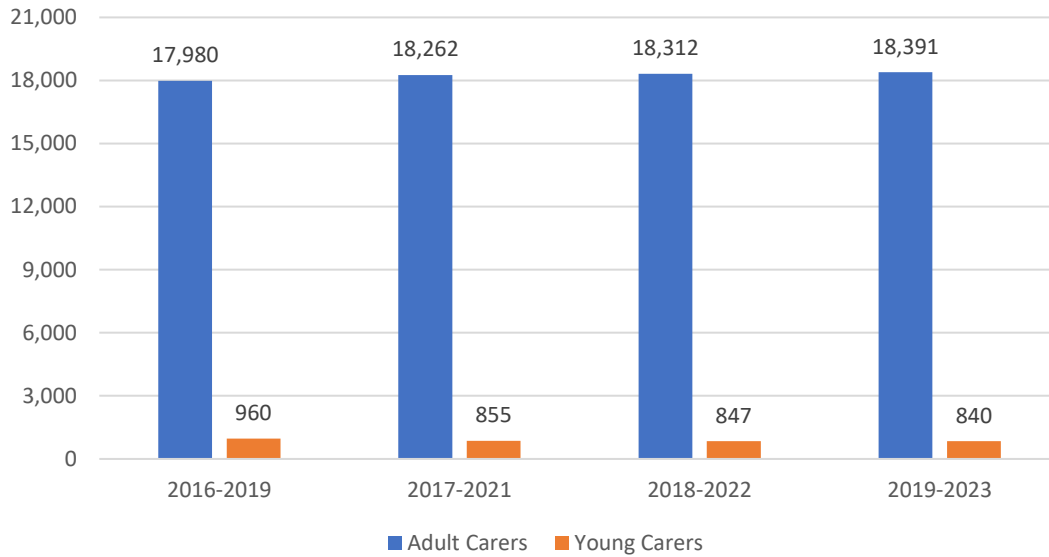
Scotland's Census is the official count of every person and household in the country. It takes place every 10 years. The 2021 Census was delayed until 2022 because of the pandemic. The Census records Carers across Scotland and provides information about Carers in Dundee and nationally. Health, disability, and unpaid care data was published on 3 October 2024. The census only records unpaid care if the person completing the form identifies a Carer in the household.

Data from the 2022 Census shows a 27.5% increase in people providing unpaid care since 2011. Across Scotland, 12% of the population now provides unpaid care. Almost a quarter (24.3%) of Carers provide 50 hours or more of unpaid care each week. ⁱⁱ

In Dundee, there are about 19,200 Carers. Around 850 of them are young Carers.

Chart 1: Number of Adult and Young Carers in Dundee: 2019 – 2023

Dundee Carers Strategy 2026-2032

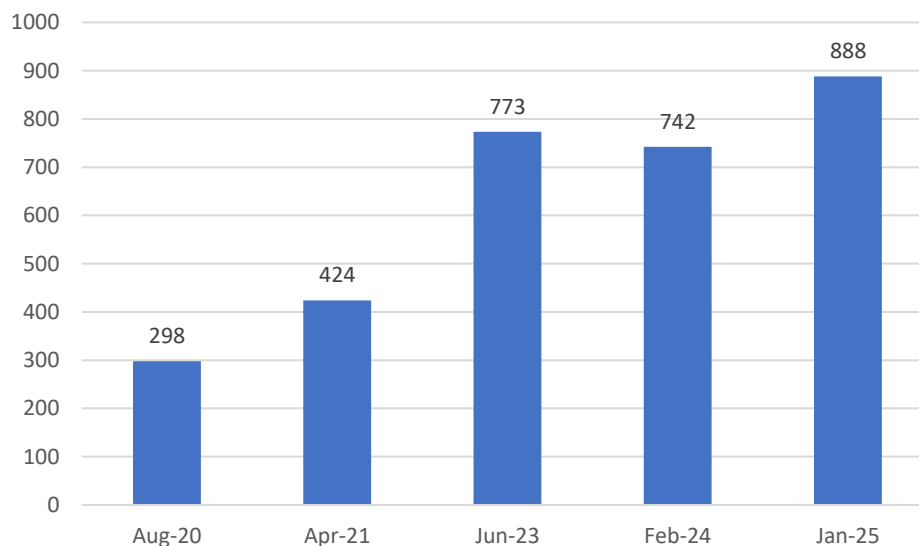


Source: Scotland's Carers Update Release March 2025 - gov.scot

In Dundee, the number of Adult Carers has increased over the last 3 reporting periods (17,980 (2016-2019) to 18,391 (2019-2023)).

The number of recorded Young Carers in Dundee Schools has decreased over the last 3 local reporting periods [960 (2016-2019) to 840 (2019-2023)]. This decrease has occurred despite intense efforts in services for children and young people to identify and support Young Carers. It is not clear why the numbers of recorded/ identified Young Carers have reduced. Dundee Carers Partnership has agreed to investigate this and consider if action is needed as a result.

Chart 2: Number of Young Carers at School, Dundee, 2020 - 2025



Source: Dundee City Council Education Department, SEEMIS

In the Dundee Carers Strategy Survey, 2025.

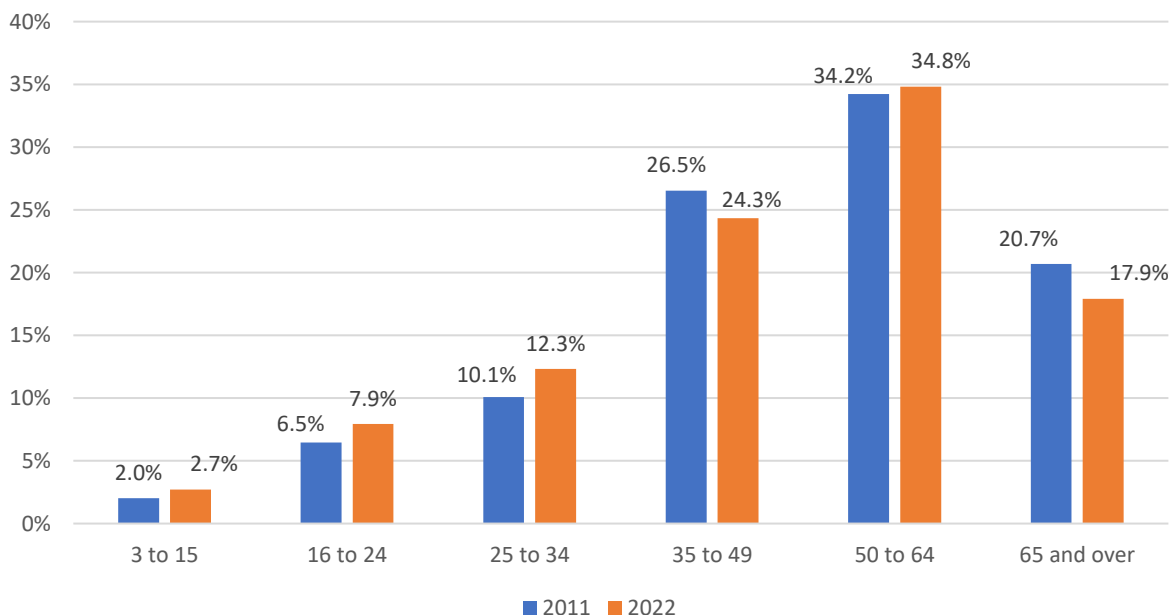
Respondents selected the 2 most important aspects of the strategy which were that

- it should have views from Carers and the people Carers support - 86% and
- it must be based data and information about local Carers -46%

As reported by the National Census Scotland, the following chart shows the % of (self-identified) Carers by age group for Dundee. (In 2011 and 2022)

Most identified Carers in Dundee are aged between 50 and 64. Over the past ten years, the number of Carers aged 35 to 49 has gone down. At the same time, there has been an increase in the number of Young Carers (aged 16–24) and Carers aged 25–34. It’s likely that more people over 65 are also Carers but don’t identify themselves as such in the Census. This can be because older couples don’t see themselves as Carers—they just see it as helping their partner. The 2022 Census for Scotland shows that more people over 65 are now identifying themselves as Carers. This may be because older Carers are more aware of their role and are more likely to ask for support for caring. It could also mean that more older people are becoming Carers.

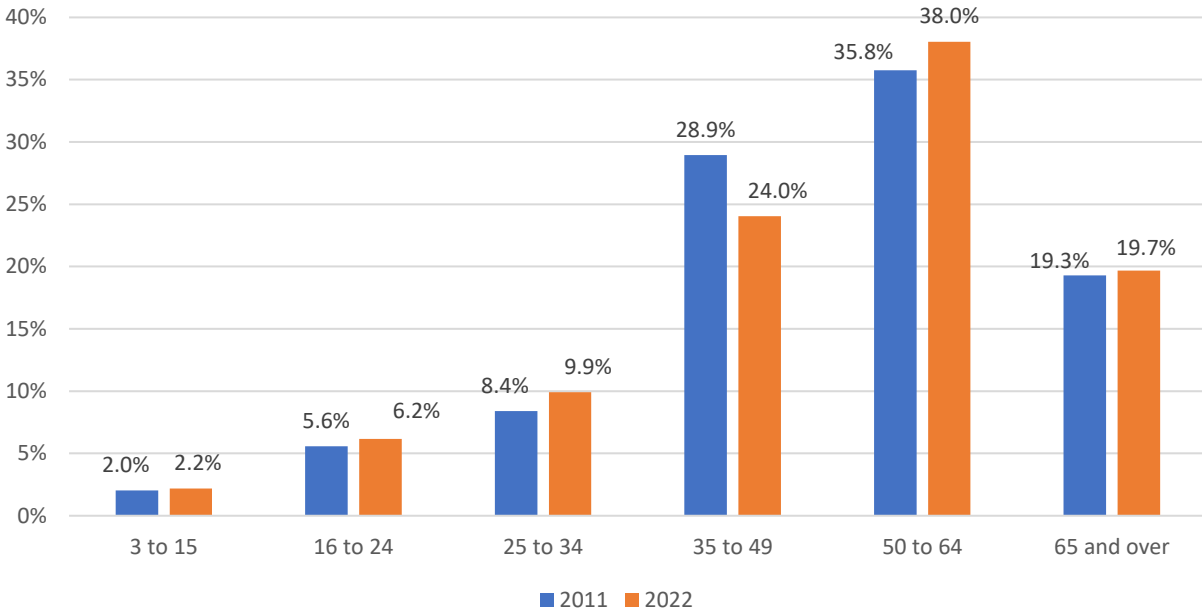
Chart 3: Percentage of Carers by age group, Dundee, 2011 and 2022



Source: Scotland’s Census 2022 - Health, disability and unpaid care | Scotland’s Census

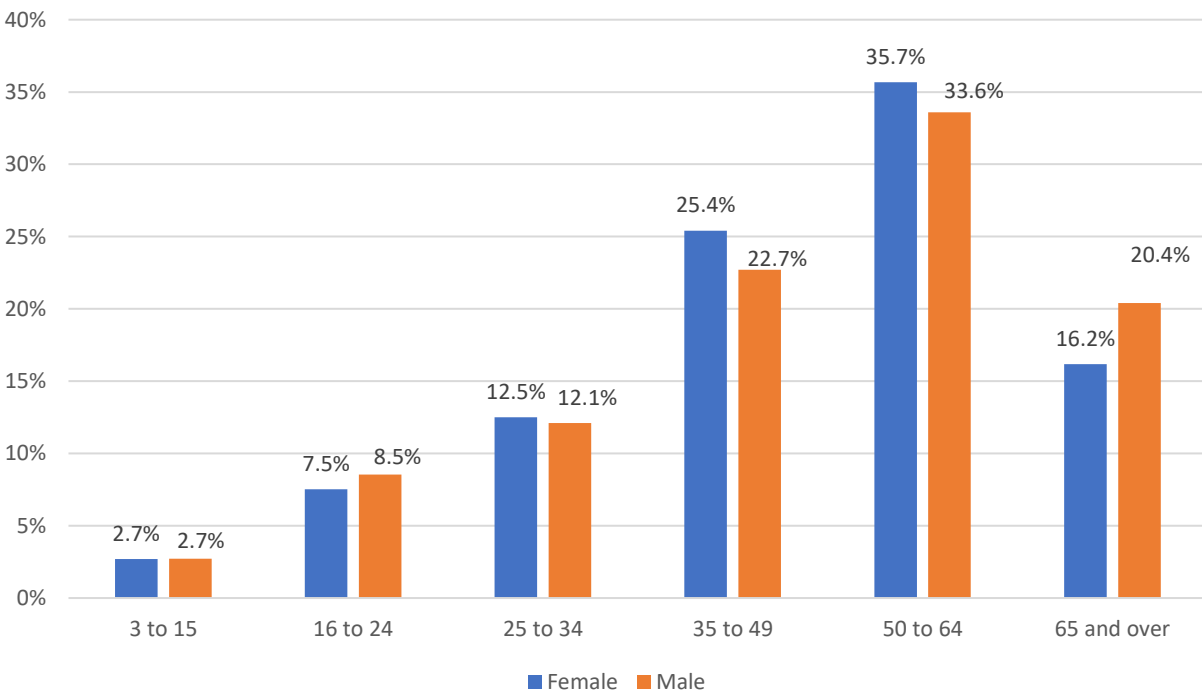
Chart 4: Percentage of Carers by age group, Scotland, 2011 and 2022

Dundee Carers Strategy 2026-2032



Source: Scotland's Census 2022 - Health, disability and unpaid care | Scotland's Census

Chart 5: Percentage of Carers by age and sex, Dundee, 2022

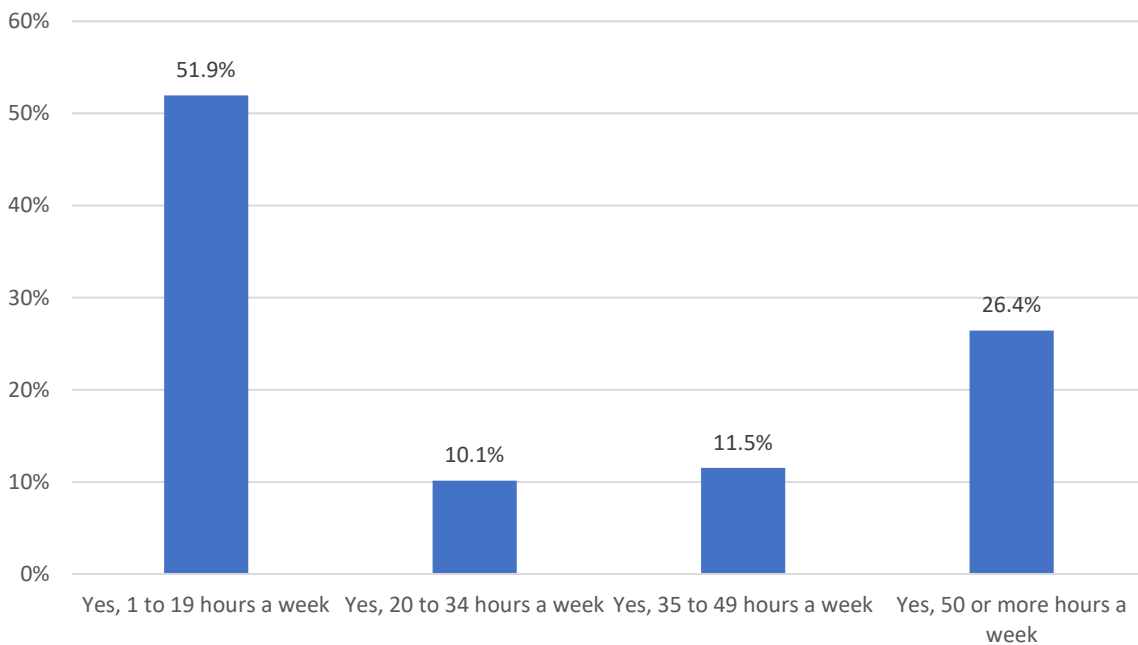


Source: Scotland's Census 2022 - Health, disability and unpaid care | Scotland's Census

Chart 5 shows the percentage of Carers by age and sex in Dundee, as a portion of the total number of identified Carers. For many years the data collected via the census suggested that Carers were

predominantly female. Between 2011 and 2022 the number of male Carers who recognised their role increased. The percentage of men in the age group 65 and over has now increased in Dundee and men outnumber Carers who are women in this group.

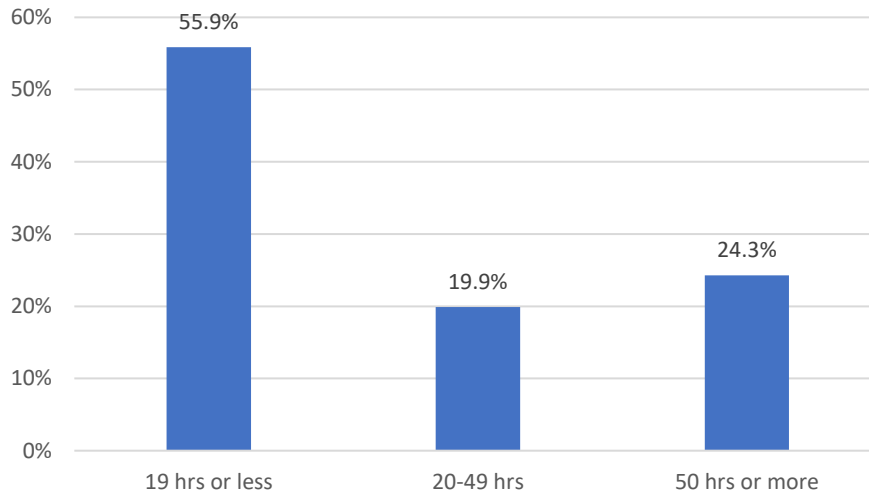
Chart 6: Percentage of Carers providing care by hours per week, Dundee, 2022



Source: Scotland's Census 2022 - Health, disability and unpaid care | Scotland's Census

In Dundee, over half of the known Carers support someone for up to 19 hours per week. This number is less than across Scotland. There is a higher proportion of Carers in Dundee who provide over 50 hrs a week of care.

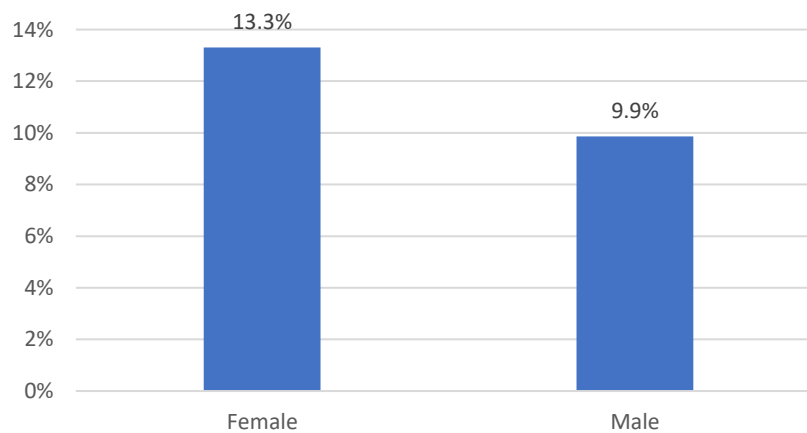
Chart 7: Percentage of Carers providing care by hours per week, Scotland, 2022



Source: Scotland's Census 2022 - Health, disability and unpaid care | Scotland's Census

13.3% of females Dundee reported that they provide unpaid care, compared with 9.9% of males (Scotland's Census, 2022)

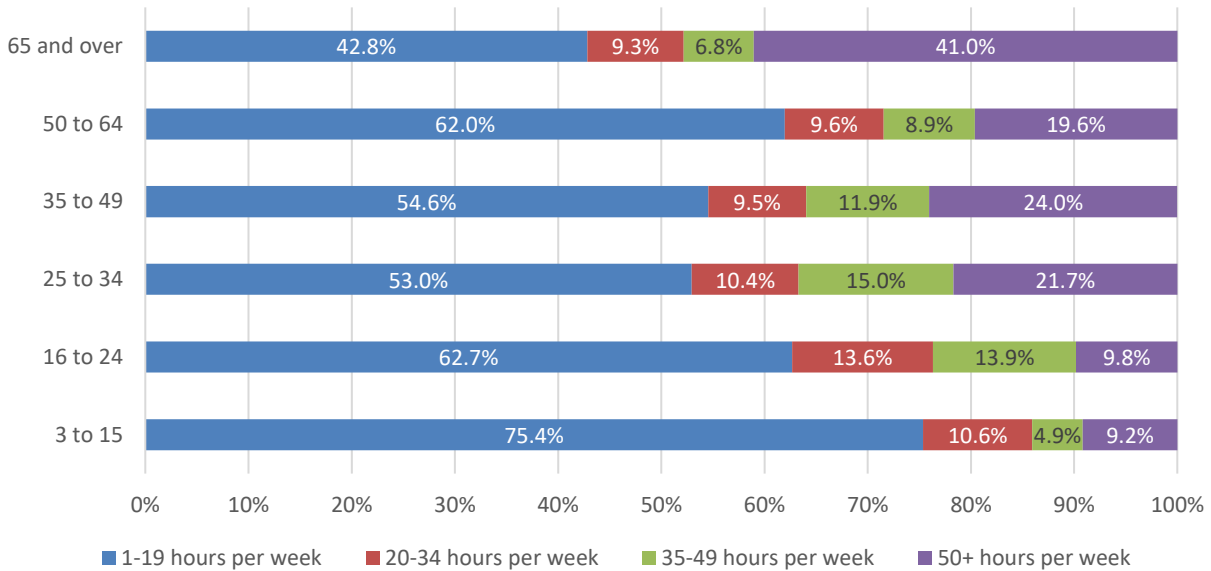
Chart 8: Percentage of Carers by sex, Dundee, 2022



Source: Scotland's Census 2022 - Health, disability and unpaid care | Scotland's Census

Chart 8 shows the percentage of Carers by sex in Dundee, as a portion of the female and male population.

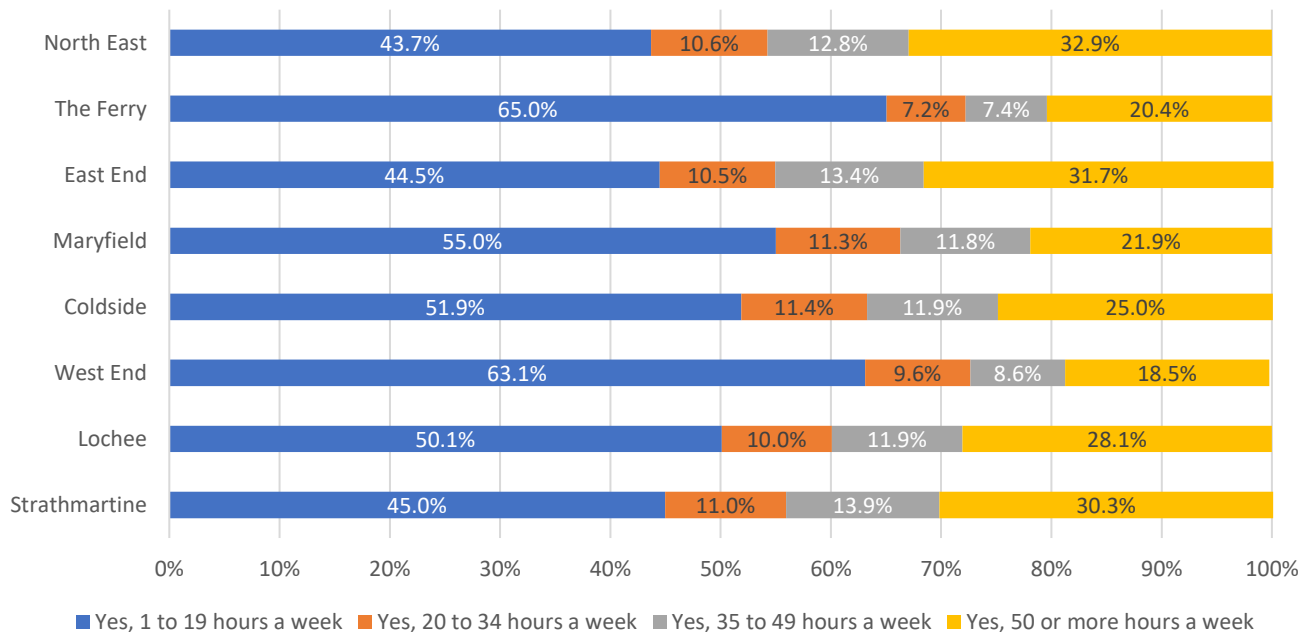
Chart 9: Percentage of Carers providing care by age and hours provided per week, Scotland, 2022



Source: Scotland's Census 2022 - Health, disability and unpaid care | Scotland's Census

Over 50% of Carers are aged 50+, with 30% of Carers aged 50+ providing 50+ hours of care each week (Scotland's Census, 2022).

Chart 10: Percentage of Carers providing care by hours per week and locality, Dundee 2022



Source: Scotland's Census 2022 - Health, disability and unpaid care | Scotland's Census

This chart shows the % of Carers as a portion of all identified Carers in each local Electoral ward area, known as a “Locality”, and the number of hours of care provided per week.

In 2025 Carers UK ⁱⁱⁱ advised that across Scotland

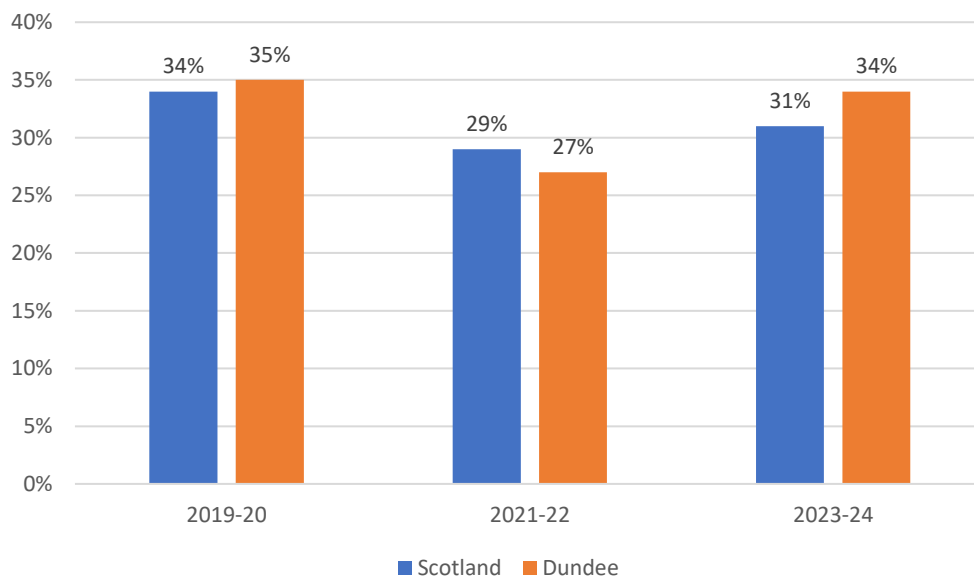
- As many as 100,000 Carers are living in poverty.
- The rate of poverty amongst Carers is 56% higher than those who do not provide unpaid care.
- 50% of Carers are below the poverty line;
- 8% of Carers live in deep poverty.

The impact of caring on employment.

Nearly half of working age Carers lose £12,000 of income per year because they provide care Scottish Care (2025) concluded that “Financial strain is another pressing issue..... This economic hardship often forces Carers to reduce working hours or leave employment altogether, exacerbating their financial vulnerability. Regarding the impact of caring on employment, Carers UK^{iv} said, ‘nearly half of working age Carers lose £12,000 of income per year because they provide care’.

In Dundee Carers in the North-East and in the East End are more likely to be caring for more than 50 hours per week. These areas are areas where there is more social deprivation. In the West End and The Ferry, areas where there is less social deprivation, more Carers care for 19 hours per week or less.

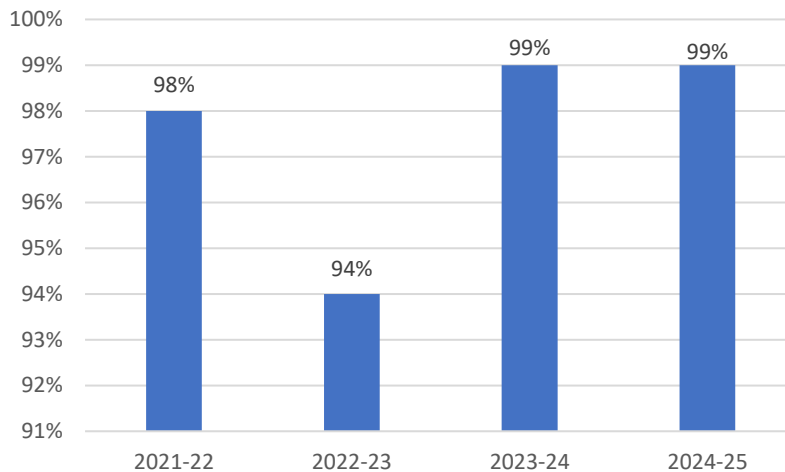
Chart 11: Percentage of Carers who feel supported to continue caring, Dundee & Scotland, HACE Survey, 2020 - 2024



Source: Health and Care Experience Survey - gov.scot

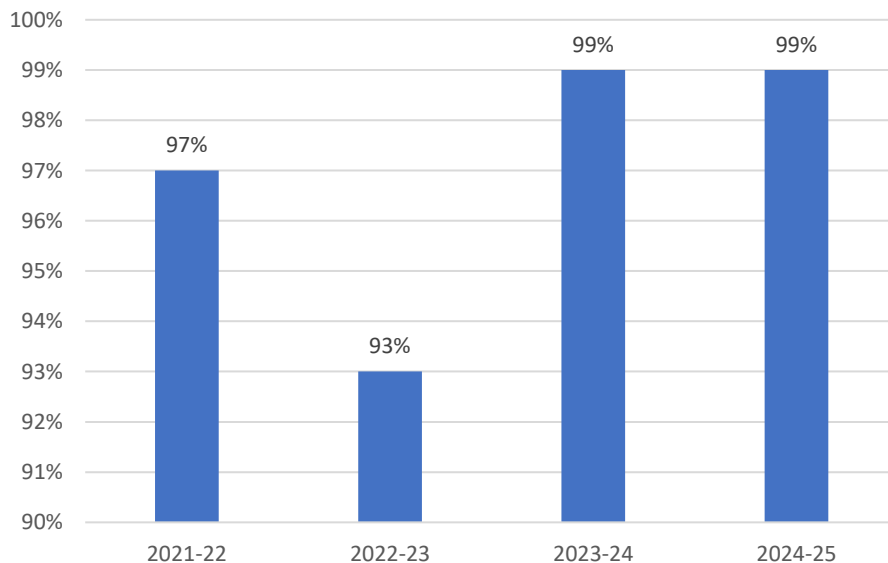
In a national survey, 34% of all Carers in Dundee reported that they feel supported to continue their caring role. This is slightly higher than the Scotland result of 31% (Scottish Government, 2024). Carers supported by the Carer’s Centre reported positively in a recent survey of outcomes (99% feeling improved health and wellbeing and feeling more confident). Whether carers “feel supported to continue caring” will also include things like financial situation, housing circumstances, availability and acceptance of Health and Social Care for the person they care for, and other factors like workplace support arrangements and support from other family members (siblings, co-parents etc.).

Chart 12: I feel my health and wellbeing has increased as a result of receiving support, Carers Centre Service Outcome Survey, 2022 - 2025



Source: Dundee Carers Centre

Chart 13: I feel more confident and able to care as a result of receiving support, Carers Centre Service Outcome Survey, 2022 - 2025



5. PROGRESS MADE SUPPORTING DUNDEE CARERS

FROM 2021

2021 Onwards - New learning opportunities were created to help practitioners better understand Carers, their needs, and how to support them. A new online Learning Portal was launched at www.Carersofdundee.org, which Carers can also use for their own learning.

2022/23 A successful Carers of Dundee Awareness Campaign ran during National Carers Week, including TV adverts, to help the public understand who Carers are and the different roles they play.

2022/23 and 23/4 Winter Assistance Funds were awarded to Carers in Dundee to help with basic needs like heating costs, warm bedding, clothing, and essential household items. (The Carers Winter Fund was not continued after 22023/24.)

2022/23 Local employers were encouraged to support employees who are Carers by using the Local Carers Charter. Over 50 organisations were awarded the Charter; many employers have increased their understanding of Carers in the workplace, and some have found they can offer flexible working options to Carers.

June 2023 - Young Carer Ambassadors and College Carer Ambassadors were recruited and trained. They continue to work with school coordinators and link workers on local projects. Recruitment is ongoing as Ambassadors grow older and leave education.

June 2023 – improvement work completed to enhance the uptake of adult carers support plans including guidance to facilitate the waiving of fees, where assessed as appropriate.

2023. Dundee Carers Centre and Lead Scotland ran drop-in sessions to help Carers of all ages improve their digital skills.

2023 onwards- The Community Listening Service was expanded to meet growing demand, including from Carers. Awareness campaigns were run to promote the service

2022/23 Carer Health Checks and Wellbeing Sessions offered (through The Corner) to all identified Young Carers in Dundee.

2023 Funding was increased for the Dundee Carers Centre counselling service to help meet rising demand.

2024 Sessions at Dundee HSCP Providers Forums to raise awareness of Dundee Carers Strategy and encourage feedback.

November 2024 The Dundee Carers Partnership launched a new Carers Involvement Framework^v to help Carers have a stronger voice in decisions.

2024/25- Work undertaken to support Carers to be more involved in hospital discharge planning, especially at Ninewells Hospital, with better identification and referral for support.

2024/5 Work began to optimise the Triangle of Care approach at Carseview Mental Health Centre This includes collaboration between Carseview staff, mental health agencies, and Carers, with information sessions to help staff understand each other's roles to enhance support to Carers.

Early identification is vital. Carers who are not identified will not be able to know and claim their rights.
Carer Support Worker

Information from Carers Strategy Survey 2025.

24 out of 56 people thought life had 'got worse for Carers in Dundee.' in the last few years. 18 people thought there were some improvements in Carer Support with one person saying "support is still high quality, but services are stretched. many factors that are out with individuals' control such as financial and cultural division (racism & homophobia etc.) make the lives of Carers worse ". See Chart 14 for answers in Survey.

Chart 14: Carers Strategy Survey Results 2025

5. Tell us more about any changes you have noticed for carers over the last few years. *If you wish to tell us more about your answer please select 'Other'.*



Source: Carers Strategy Survey results 2025

The Carers Strategy Survey 2025 asked what was for respondents to identify their Top 3 priorities for the Carers Strategy to address. There was a broad selection identified. See the following Diagram.

Carers health and wellbeing 29	Short breaks for Carers 23	Replacement care for Carers to allow them to have a rest 21		Local support services and groups for Carers 17	
		Carer support to continue/access education and employment 16	Workplace Support 12	Support for Carers to manage discharge from hospital of the person they care for 12	
Financial support/ assistance for Carers 24	Carer whole family support 22			Carer information and advice opportunities to learn how to manage your caring role 16	Identification of Carers 11
		Other 3			

Source: Carers Strategy Survey results 2025

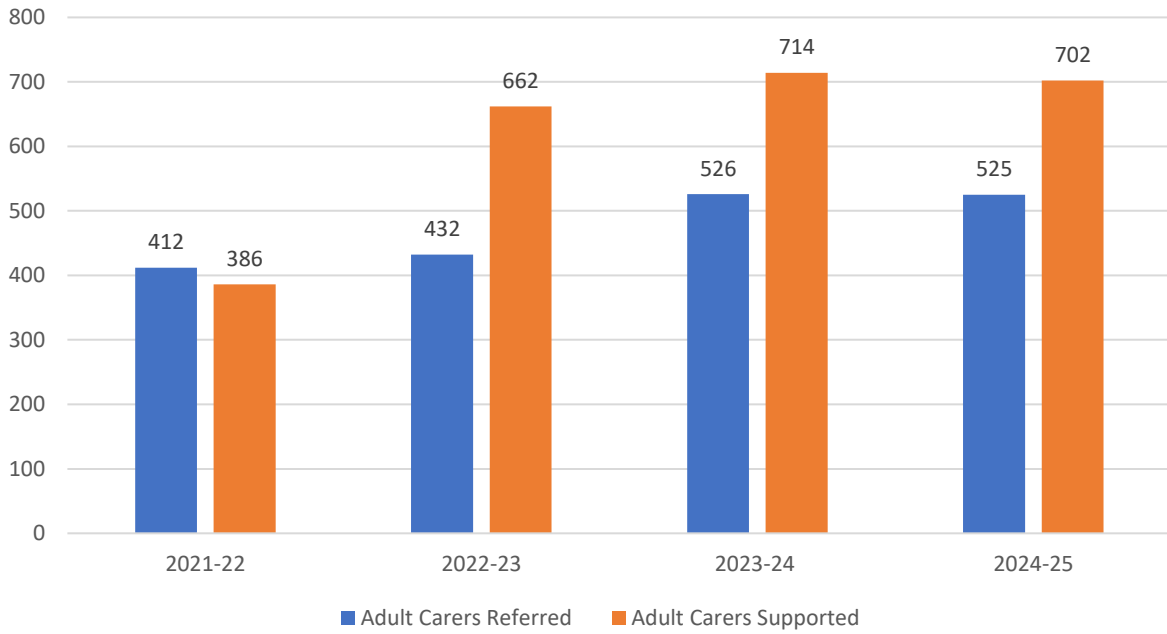
One person said ‘I can't pick 3 because caring roles vary so much’

Resources are very limited. Carers are individuals with different needs and expectations of a very small pot of resources.
Carers Strategy Survey 2025

Carers in Dundee are supported by a wide range of services. Support that Carers access such as the Listening Service (NHS) can be accessed by all residents in Dundee. Carers can access services specifically designed to meet their needs, including Dundee Carers Centre support. The following chart notes the number of Carers supported each year by Dundee Carers Centre.

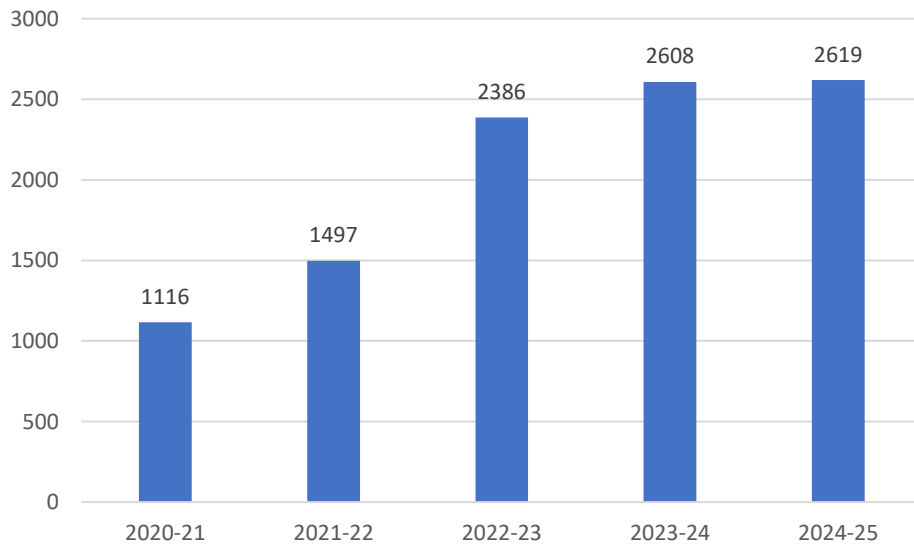
Chart 15: Number of Carers Support referrals and total number of Adult Carers Supported, Carers Centre

Dundee Carers Strategy 2026-2032



Source: Dundee Carers Centre

Chart 16: Number of people supported across all services from Dundee Carers Centre



Source: Dundee Carers Centre

6. CARER ENGAGEMENT

Ways Carers and those who care about them gave their views.

Dundee Carers Partnership works continuously to hear from local Carers and find new ways to involve them. Every Carer is different, and how they choose to get involved depends on what matters to them and what they want to achieve. The Dundee Carers Involvement Framework^{vi} explains how organisations and services can work with Carers, giving them a chance to help shape the support and services they receive.

Strategies are vital and more Carers views are important in the making of Carer strategies and how to go forward with realistic outcomes that are achievable and not promoting outcomes that are far out of reach to implement in the real caring Dundee community.

(Person who has support from a Carer) Carers Strategy Survey 2025

Carer Representatives and Advisory Group

As well as other ways of getting involved, some Carers in Dundee act as Carer Representatives (Reps). These Reps play an important role in helping plan health and social care services. Dundee Carers Centre supports Reps by giving advice and helping them connect with other Carers.

A new group has also been set up by Dundee Carers Centre called the 'Carer Advisory Group'. The Group is made up of Adult Carers who use their caring experience who have agreed to help guide and improve the Dundee Carers Strategy and other areas important to them. The aim is that they will strengthen Carer involvement across the Dundee to make sure Carers' concerns, views, and ideas are heard and taken seriously.

Young Carers Subgroup

The Young Carers subgroup has been established to ensure the implementation in Dundee of the duties to Young Carers under the Carers (Scotland) Act 2016.

This group will carry on and build on previous work to:

- Increase the number of Young Carers in Dundee that are identified, in particular the number of Young Carers identified before reaching a crisis point.
- Increase the number of Young Carers in Dundee that receive the appropriate support, and work towards ensuring that the Young Carers receive support as early as possible.
- Develop training, information and resources to ensure that the wider Children & Families workforce is confident, skilled and has access to resources to identify and support Young Carers and their families and feel supported in that role.
- Work with 'Young Carers Voice' to raise awareness throughout Dundee – in communities, workplaces, services, schools and other educational settings - of Young Carers and their rights.

- Work with key partners to develop relevant indicators and methods to evidence the impact of the work of the group, report on progress and plan future priorities for action.

Young Carers Voice

'Young Carers Voice' are a group of Young Carers (aged between 14-18 years old) from across Dundee. They are supported by Dundee Carers Centre. They have been the driving force of change in the City, working with key decision makers and ensuring Young Carers' voices are heard and acted upon.

'Young Carers Voice' have identified that while Dundee has made significant progress in identifying Young Carers, the wider community still does not understand the diversity and variety of caring roles Young Carers undertake and their different experiences.

The group also leads 'Young Carers Action Day' in Dundee – an Annual National event that raises awareness of Young Carers, and the incredible contribution Young Carers make to their families and their local communities.

Young Carer Ambassadors

Young Carer Ambassadors are young volunteers with experience in a Caring role who give their time to raise awareness of Young Carers in their school and community, including Young Carers' rights and the support available to them.

They work alongside Dundee Carers Centre staff and School Young Carer Coordinators to develop tailored opportunities to identify and support Young Carers within their school community.



DUNDEE CARERS PARTNERSHIP

**Carers Involvement
Framework 2024**

Engagement to update Dundee Carer Strategy.

Throughout the life of 'A Caring Dundee2', Carers have shared their views in both formal and informal ways. Formal feedback regarding the Strategy Review started at the Dundee Carers Centre Annual General Meeting on 25 October 2024, where around 60 Carers and stakeholders took part in discussions and shared their thoughts. This helped guide the next steps and indicated that the

direction of travel for 'A Caring Dundee 2' was the right one indicating that it might be best revised rather than replaced.

This was followed by a series of visits to local Carers groups to hear views from over 45 Carers. The Carers Partnership and its Communication and Involvement sub-group also gathered feedback from organisations and services that work with Carers, helping to build a fuller picture of what Carers need and want.

An on-line survey was shared in September 2025 to gather views for the refreshed strategy. Just under 60 people completed the survey, including 34 Carers and 13 former Carers as well as other stakeholders. Most responses came from adults, with a small number of under 18-year-olds with experience of being a Young Carer. 21 of those adults who responded worked in Health, Social Work or Social Care.

Some Themes and Key Information from Engagement

Managing caring

Advice & Information

People said

- We have difficulty finding Information about services and support for person we care for.
- You need to look at how to better share info with the older generation.
- Schools should do more to identify Young Carers.
- Young Carers miss out on having a normal childhood, learning and friendships.

Care to support, release, relieve and/or replace Carer.

People advise that

- Sometimes the person the Carer supports refuses services because they worry about means-testing and costs.
- There are not enough care services/supports (e.g. Day time support to occupy young adults with learning disabilities).
- Having a recuperative (or even essential) activity often needs forward planning, but Respite Care admission planned dates are often not possible/available.
- When Carers are seeking Respite Care Placements, they worry about costs- the thought of charging means some Carers and some people don't want even to look into Respite.
- Carers are experiencing high level of distress follow hospital discharge if services are not enough to meet needs
- Concern that there are no longer any Day Centres for disabled adults
- Some service users seem to have extremely long waits for outcomes of Self-Directed Support assessments, and this impacts the Carer.

Transitions of Young People to adulthood

Some people raised that

- There are issues with transitions to adulthood (for disabled young people), including lack of information, and conflicting information (e.g. guardianship).

Good Lifestyle

Carer Support

People suggested that

- We capitalise on Peer Support Groups -to support Carers continue in their caring role. Volunteers (with Carer experience) could be supported to provide peer support and contacts. Support like this could be based in local community centres.
- We need to support Young Carers as they can have even more challenges, especially their own education needs with managing their caring role.

Financial

Finances

People clearly told us

- Lack of money is a problem for many Carers. There is disparity as not all Carers can access Carers benefits, and not all disabled people get disability benefits. There needs to be greater awareness of what financial support is available.
- The Cost-of-Living Crisis is a major concern. There can be increased costs looking after someone with a disability.
- Heating is a big issue, and uncertainties around winter fuel allowance are causing stress.

Carer Health

Mental Wellbeing

People said

- Mental Wellbeing is a major concern in Carers day-to-day lives
- The mental health and wellbeing of the person Carers care for can have major impacts on the Carers wellbeing
- Carers can struggle even more when it's hard to get the right mental health support for the person they're looking after.

Sharing information with Carers

'General Practices are an untapped resource. Carers usually speak to doctors first and doctor's receptionists'

Carers Centre AGM 2024

7. THE VISION

Strategies like this usually have a stated vision; this confirms what the strategy is looking to achieve. Carers and stakeholders have suggested that the previous vision be updated slightly to reflect their current thoughts.

The vision of this strategy is:

A Caring Dundee in which all Unpaid Carers are heard, valued, understood and supported so that they are healthy and have a life of their own alongside their caring responsibilities.

8. CORE PRINCIPLES

These Core principles have continued to be the basic guidelines of the strategy. These have been copied from 'A Caring Dundee 2'. See the following Health and Social Care Standards information and EPIC information.

Across Dundee we listen to and work with Carers in accordance with the Health and Social Care Standards prioritising and respecting people and their choices when they seek support.



The Equal Partners in Care (EPiC) principles developed by NHS Education for Scotland (NES) and the Scottish Social Services Council (SSSC) are embodied in local plans, actions and direct work with Carers. This strategy embeds the Equal Partners in Care (EPiC) core principles: Carers are identified; Carers are supported and empowered to manage their caring role; Carers are enabled to have a life outside of caring; Carers are free from disadvantage and discrimination related to their caring role; Carers are fully engaged in the planning of services; Carers are recognised and valued as equal partners in care. See Figure 1



Figure 1

9. CARERS RESOURCES Supports and services for Carers in Dundee

Considerable data and information is available to support the Carers Partnership plans for Carers in Dundee. The information that is available is structured in a way that allows the Carers Partnership to consider the extent to which the Strategic Outcomes have been achieved.

Everything has rules and red tape. Even when the person is entitled, it seems there are always waiting lists. It is difficult for everyone. One Carer of 5-year-old says they cannot get specialist help to meet their needs. Carers at group meeting

Information and Advice

Dundee Carers Centre continues to provide Information and Advice on behalf of Dundee HSCP. The arrangements for this include providing advice and information by phone, or face-to-face and through the Carers of Dundee Website - www.Carersofdundee.org

Support for Young Carers

The Carers Strategy Survey asked, 'Do you feel any changes need to be made to ensure Young Carers can have a life of their own alongside their caring role?' Most of those who answered thought support for Young Carers was important.

Comments about what is needed included:

Young Carers groups in school do help.

Respite time to recharge from their high demanding caring role that impacts their own health and well-being.

Make sure 'services to care for the looked after person while the young Carer has a break or support as a young Carer

Young Carers need to be provided with protective time of their own to explore their own life experiences and journeys.

I was a Carer at age 21. I personally have experience of isolation and loneliness with no support from peers, no social life. It can be a very lonely place for a young Carer to be

We need more youth groups for 8+.

Moving into adult life, finding work, going to university, etc. can be quite difficult.

Transition support from primary to secondary moving onto further education.

Financial means to support IT equipment, travel, etc.

This what 'A Caring Dundee 2' said

Support to Young Carers is part of the 'Getting it Right for Every Child' (GIRFEC) approach in Dundee, which improves outcomes and supports the wellbeing of children and young people by providing the right support at the right time. For more information on GIRFEC in Dundee go to www.dundeeprotectschildren.co.uk

Some children and young people who are Young Carers are assessed as having Additional Support Needs and where there is a need for coordination of support this is done through the TATC (Team Around The Child) process and a Child's Plan may be created to coordinate and monitor outcomes.

Schools in Dundee have a designated Young Carer Coordinator, an Education employee, who works closely with identified link workers (from Dundee Carers Centre) to support the needs of Young Carers. The Co-ordinators ensure other school staff are aware of any concerns that may impact on the engagement and participation of the Young Carer in School commitments and activities. In some schools the Co-ordinators facilitate a Young Carers group allowing a safe space for Young Carers to share views, advice and mutual support and come together with others experiencing similar caring duties. Every secondary school has a group of young Carers who volunteer as Young Carer Ambassadors. There are currently 32 Young Carer Ambassadors who lead activities for their peers, raising awareness of what it means to be a Young Carer. Dundee City Council Children and Family Service have two Carers Champions who are working with Dundee Carers Centre link workers to develop the Champions role within children's social work teams to better identify and support Young Carers in those settings. Young Carer Ambassadors have recently been recruited at Dundee & Angus College to develop this programme beyond Secondary School.

Support For Adult Carers

Carers Personal Outcomes continue to be a focus for casework with Adult Carers. The information in "A Caring Dundee 2" remains relevant. This is what A Caring Dundee 2 said:

Carers can currently access both formal and informal supports for themselves from a range of resources across Dundee. Personal Outcomes for Adult Carers are described in the following diagram. Local Carers identified outcomes that were relevant to them these are grouped under outcome domains of Health; Having a Good Lifestyle; Financial Security and Managing the Caring Role. See diagram. (Figure2).



Figure 2

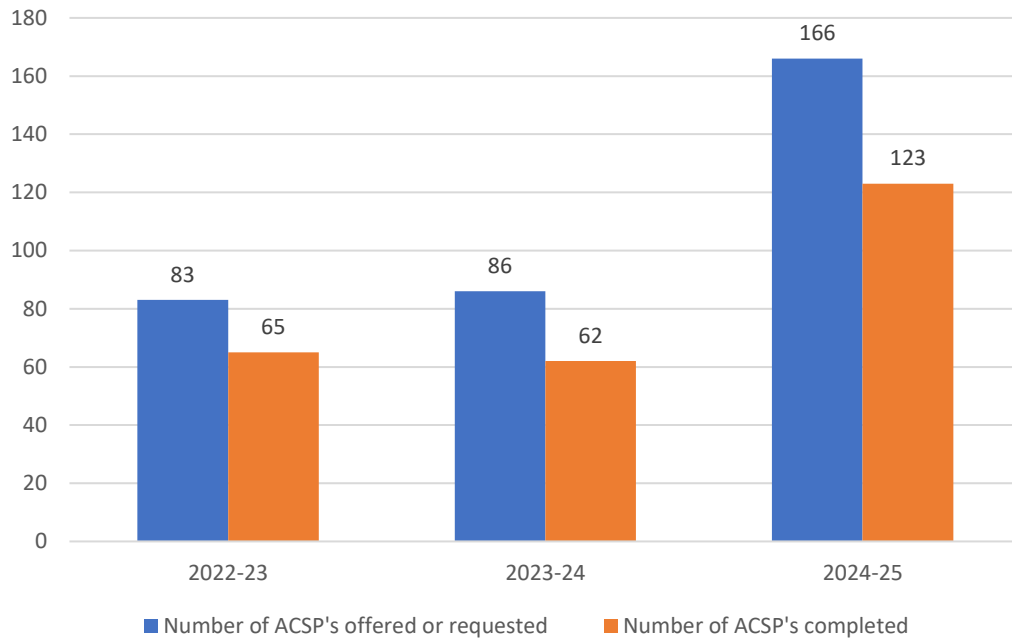
In Dundee it is recommended that Assessment Practitioners complete Adult Carer Support Plans within 90 days of the initial request for these. All known Carers of people who are terminally ill should be offered an Adult Carer Support Plan or Young Carer Statement within 2 working days of a person being identified as a relevant Carer. A “substantive conversation” should take place with the within five working days with ACSP/YCS within ten working days.

Adult Carer Support Plans

There are many supports that can be accessed directly by Carers without a formal Adult Carer Support Plan. Adult Carer Support Plans continue to be the best option when Carers have accessed the other supports and have needs that cannot be met in other ways. In addition, an Adult Carer Support Plan can help the Carer identify their goals and aspirations.

Just now I feel that my longer-term Mental health struggles are reducing my caring capacity. I feel I am not seen as a person, I would like the chance to develop my writing and blogging, to generate income with this but cannot find support for myself to do this. Local Carer

Chart 17: Number of Adult Carer Support Plans offered or requested with number of Adult Carer Support Plans completed, 2023 – 2025



Source: Dundee HSCP, Mosaic

The following information is from A Caring Dundee 2.

The next diagram (Figure3) shows the Triangle of Support which illustrates the level of risk that Carers might not achieve their personal outcomes. The lower part of the triangle describes the support that Carers can access directly. When the risk to a Carer achieving their personal outcomes is higher they should access supports at other levels as well. During the Adult Carer Support Plan Process Carers explore their outcomes on a one-to-one basis with an assessment worker who can identify their eligibility for a funded support plan as well as considering other resources and supports.

Individually Funded Adult Carer Support Plans are available for Carers who meet the Eligibility Criteria for Carers in Dundee; that is, they are identified to be at a very high level of risk to achieving one or more of any of the 4 Carers personal outcomes. Individually Funded Adult Carers Support Plans will be offered as Self-Directed Support where Carers can choose from 4 options in order meet their outcomes. These options include getting the funding to spend on their own support; agreeing their support and asking for this to be paid; having the support arranged or a mixture of these 3 options. Table1 gives information about the type of support that might be available to Carers who live in Dundee as well as Carers who support someone in Dundee. In order to support Carers and help them maintain or reach their personal outcomes there is a wide and varied choice of supports for Carers who do not reach the Eligibility Threshold. Carers who live in Dundee can also access all the supports that are available below the threshold. Responsibility for Adult Carer Support Plans for Carers who live in Dundee but support someone out with Dundee rests with the area the person they support lives in and that areas Carers Eligibility Criteria will be applied.

Triangle of Support for Adult Carers

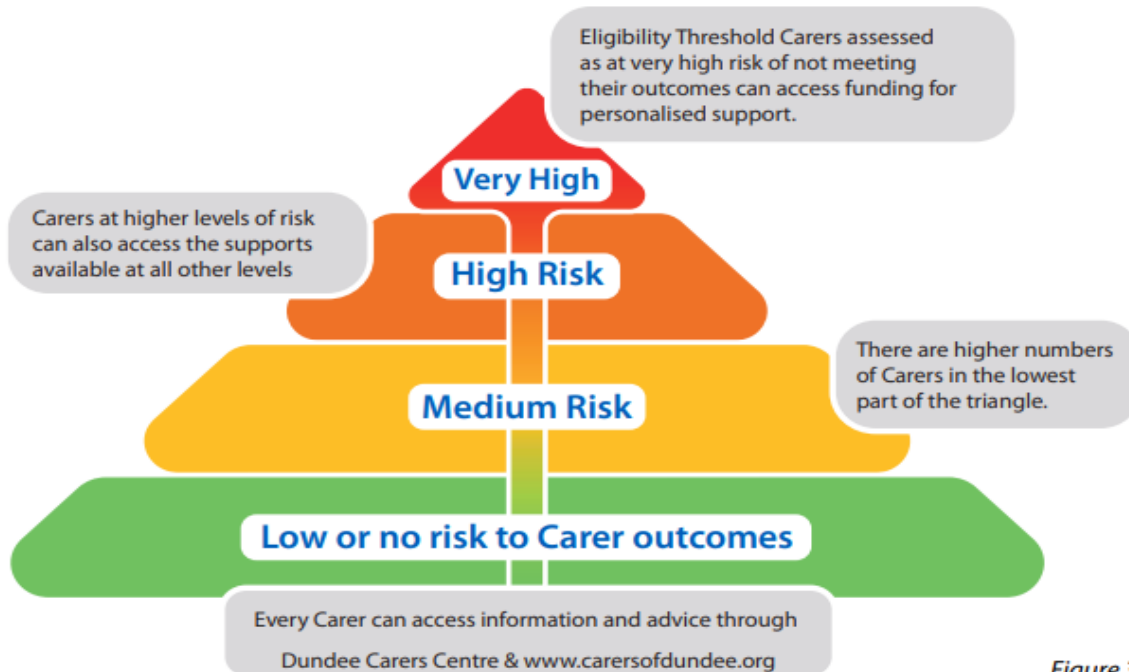


Figure 3

The level of risk to Carer outcomes		Examples of types of support (not exhaustive) Specific Examples given may not all always be available	
Very high risk	Eligible for funded support	Personalised support e.g. Counselling, training for care role/tasks or whatever else that can meet outcomes and is not available in Green, yellow amber stages. Can still access all other supports in other stages to make full package. Advice can be given to Eligible Carers through Self-directed support service at Dundee Carers Centre	
High Risk	Direct support & intervention from one or more agency	Support from Community Nurse, Social Care Organiser etc. along with One-to-One support from Carers Agency. Sources of Support, Community Health Service. Can still access all other supports in yellow and green stages to make full package.	
Medium risk	Mainstream Carers support that can be accessed directly	Alzheimer's Society, Penumbra Carers Support, Carers cinema Club (Adler Community Centre) Short Break Brokerage. Peer support groups. Can still access all other supports in green stages to make full package. Parent-to-Parent	
No/Low Risk	Self-Care, friends and family, Carers agencies like plus other Universally available supports available for all in local community	Local Zumba Class, Mindfulness, Community Centre Social Groups, Welfare Rights/Money Advice. Learning Portal on CarersofDundee. Carers Decide Groupwork National Support on line e.g. Mobilise. Workplace Carers groups. Virtual Hubs. Local Walking Groups, Mindfulness. Volunteering. Dash. Dundee Deaf Hub. Activities in local Community Centre's.	
Information and advice are available for all Carers. For contact information for organisations visit carersofdundee.org/organisations/ & www.aliss.org/			

Dundee Carers Strategy Survey 2025

43% of respondents thought 'Life has got worse for Carers in Dundee'

32% said 'There have been improvements in Carer support in Dundee'

23% said 'Carer support in Dundee is not as good as a few years ago'

Support for the Child or Adult that the Carer looks after

The child or adult that the Carer supports can also be supported by services that may relieve or support their Carer. These would be based on either a Childs Plan for the child with additional support or wellbeing needs or an outcome focussed assessment of the supported adult. Many Carers worry what will happen if the child or adult they care for needs care in an emergency. When a Carer wants to plan with the person they support in case the Carer becomes suddenly unavailable the professionals who are responsible for assessment of the child or adult who the Carer looks after should discuss alternative care and support and help make a plan for this.

Any Carer who is experiencing a crisis and needs additional or emergency support for caring responsibilities they should contact the professionals already working with the person they care for- this could be a named person, school contact, a health care contact or someone in Social Work or Social Care.

Support for children

Children and young people who have additional support needs the Children and Families Supporting Learners Strategy www.dundee.gov.uk/additional-support-needs/support-for-learning supports their needs, as well as the Team Around The Child Framework. For more information visit www.dundee.gov.uk/service-area/children-and-families-service

If you are unsure of who to contact, you can seek advice by phoning the Child Protection phoneline on 01382 307999.

Support for Adults

When a Carer is looking for more support for an adult, if the Carer is unsure of who to contact they should seek advice from the Dundee Health and Social Care Partnership First Contact Team on **01382 434019**.

Information about how to get support from Social Work Out-of-Hours services will be given via First Contact Team answer machine service. Further information about resources for the person that the Carer supports are available through Health, Social Care, Social Work and the Third and Independent agencies can be sourced through <https://www.aliss.org/> Information about supports for Carers and the person they support is available at <https://www.carersofdundee.org>.

Some Carers raised concerns about not getting accurate communication about Self-Directed Support. *'I was told to ask about SDS through Carers Centre because there was no suitable service available for my mum, but this was not a solution she wanted, and we can't imagine that we could organise support 4 times a day through this especially as her needs are growing quickly.'*

Comment from Carer- 2025

10. ANTICIPATED CHANGES DUE TO CARE REFORM (Scotland) Act 2025

A number of changes will be introduced as a result of the Care Reform Act implementation. The changes are expected to have a positive impact on Carers directly and indirectly. Decisions on the implementation date are likely to be taken by incoming Ministers, following the May 2026 Scottish elections. The changes mean:

- There is a new duty on “relevant bodies” to promote take up of support to Carers.
- Scottish Government Ministers have the power to set timescales for the preparation of Adult Carers’ Support Plans and Young Carers’ Statements.
- The Carers Act, as amended by the 2025 Act, will deliver a right to personalised short breaks for Carers who need it
- Local Authorities (Council and Health and Social Care Partnership) will determine whether a Carer is able to take sufficient breaks from their caring role. This will be determined through assessment for a Carer’s Personalised Plan (Adult Carer Support Plan and Young Carer Statement). The Local Authority will be expected to provide support to enable sufficient short breaks for the Carer. Any reference to a Carer taking a break may also include the person they care for.
- Further regulations from Ministers are expected to expand the support available to Carers and on the definition of “sufficient” breaks, supporting criteria and types of support.

A lot of stress and worry comes with the cared for person not receiving the support they require, so (need to do) something regarding this as well. Carers Strategy Survey 2025

Right to breaks

Short breaks are recognised as essential for Carers to maintain and improve their wellbeing and that of the people they care for. This means Carers in Scotland will have a legal right to a break which will be subject to new statutory guidance to be issued after May 2026

Short Breaks Service Statement

A refreshed Short Breaks Service Statement for Dundee will be available in 2026. The statement may need further updated after regulations are set. There is likely to be a new duty that requires more detail to be provided in Short Break Services Statements about the range of breaks and how sufficient availability and variety will be ensured.

11. STRATEGIC OUTCOMES FOR CARERS IN DUNDEE

Strategic outcomes are goals that Dundee Carers Partnership and local Carers want to achieve with and for Carers. The Outcomes from “2A Caring Dundee2” have been refreshed after hearing from local Carers and stakeholders and are influenced by the National Carers Strategy Themes and Outcomes. The Carers Strategy Survey indicated general agreement on the outcomes which had

been revised following earlier discussions. There were additional comments, mainly from Carers, to emphasise the importance of delivering the outcomes at all levels to make the aims a reality. One Carer noted that *'Outcomes are important as detailed but only if they can be implemented and fully funded. We need to work towards positive outcomes for Carers within Dundee and explore new ways to support them more as they are our key to caring within communities and they provide vast number of hours caring for another and unpaid for many. Certainly, new strategy needs to be realistic in outcomes due to underfunding over years Carers support services are overly stretched and struggling to meet increasing demands on their services.'* This was echoed in responses across the Survey that raised concerns about potential limitations on resources.

Until unpaid working age Carers are paid a decent amount; they will rarely have financial security. The Welfare system also changes regularly, so there is never any guarantee the income they have will continue.

Carers strategy survey 2025

Carers Strategy Outcome 1

As a Carer in Dundee:

I am heard, recognised, respected, valued, and I am able to be involved.

This means

- Carers will know and understand their rights as a Carer.
- Carers' voices will be heard, and their views and experiences are considered in decisions which affect them
- Carers will have been identified, recognised and valued by a wider society and local communities, as well as those they are directly involved with. This will be reflected in local policy making in all areas relevant to Carers.
- Carers have a voice and feel listened to, heard, understood and respected and an equal partner in the planning and shaping services and supports for those they care for. In addition, they have an opportunity to contribute to future planning for services and support across the city for them and those they care for

National Carers Strategy- Relevant Themes and Outcomes

- Valuing, Recognising and Supporting Carers
- Carers are recognised and their contribution is understood and valued by society.
- Carers' voices are heard, and their views and experiences are taken into account in decisions which affect them.

Actions for Dundee Carers Partnership Delivery Plan

1. Develop a plan to build confidence and skills of the workforce in supporting Carers and understand and implement their roles and responsibilities in relation to identification of/support to Carers of all ages.
2. Dundee Carers Partnership to investigate reduction of numbers of Young Carers recorded through Schools and consider if any action is needed as a result.
3. Continue a pro-active approach towards identifying those Young Carers who may require a Young Carer Statement and to look further into circumstances, views and needs of Young Carers.
4. Complete review of contractual arrangements for engagement with Carers in wider Carers Centre Service Review
5. Deliver targeted work to develop and strengthen support and opportunities for Carer participation in the decisions that impact their lives, services and communities.
6. Include review of contractual arrangements for engagement with Carers in wider Carers Centre Service Review
7. Dundee Carers Partnership, working with other agencies, will continue to carry out plans to support Carers to identify their caring role.
8. Carers Partnership to consider how best to support Carers representatives in Strategic Planning including IJB Carers Rep

Due to a lack of opportunities for young people (who have Disabilities) transitioning from school to adult services, I am unable to do many of the things I want to do to enable me to do the things I want to do and spend time with people outside my caring role.

Carer (mother of young adult)– Carers Strategy Survey 2025

Carers Strategy Outcome 2

As a Carer in Dundee:

I am supported to have the best possible caring experience

This means:

-Carers will feel supported throughout all stages and developments in their own life and the lives of the people they care for.

-Carers will have positive experiences of services designed to support them and the person they care for.

-Carers will feel services are well coordinated for them and the person they care for, and they have access to the information and advice they need, when they need

National Carers Strategy- Relevant Themes and Outcomes

Social & Financial Inclusion

- Carers can participate in and are valued by their community and wider society.

Young Carers

- Young Carers are supported and protected from inappropriate caring and negative impacts on their education, social lives and future opportunities.

Actions for Dundee Carers Partnership Delivery Plan

1. Continue workforce learning & development via HSCP Adult Carer Support Plan Improvement Activity
2. Develop and promote use of Mosaic workflow and contingency plan for supported person, consider links with ACSP improvement work
3. Improve the extent to which Young Carers views, and the impact of the caring role, is taken into account by all services when planning for the supported person.
4. Carers Partnership to work collaboratively with HSCP/Children's services colleagues to explore support available for parents/Carers of children with additional support needs
5. Carers Partnership to engage with local Transitions Group to align support for Young Carers and parent Carers to ensure smooth transitions and continuity of care, coordinated support across child and adult service

Young Carers and adult Carers in Dundee share some overlapping challenges, but they also face distinct issues due to differences in age, life stage, and support systems.

Carers Strategy Survey 2025

Carers Strategy Outcome 3

As a Carer in Dundee:

I can live a full and healthy life and have the support I need to do this, including support and advice to have financial security.

This means:

opportunities to lead a full and healthy life.

-Carers will have

-Carers can access support and assistance to improve their own health and wellbeing, and financial security.

-Carers will say they can identify what is important to them and how they will achieve their goals for the future

National Carers Strategy- Relevant Themes and Outcomes

Health & Social Care Support

People who provide unpaid care are supported to look after their own health and wellbeing, including reducing any negative impact of their caring role on their own health and wellbeing. (National health and wellbeing outcome 6)

Living with COVID-19

- Carers feel confident and supported to protect themselves from COVID-19.
- Carers and the people they care for feel supported and confident to re-engage with their communities.
- Carers are supported to recover from the negative impacts of COVID-19.
- Carers are able to access the financial support and assistance to which they are entitled.

Young Carers are supported and protected from inappropriate caring and negative impacts on their education, social lives, and future opportunities.

Young Adult Carers are supported when moving from education to training and work while balancing an ongoing caring role

Actions for Dundee Carers Partnership Delivery Plan

1. Work with the money advice services to ensure that Carers know their rights, information and advice is available and enhance access to financial support.
2. Support Carers to access employability advice and support.

Dundee Carers Centre supported 76 Carers through the Counselling Service in one year. (2021/2022)

Discussion re poverty of long-term Carers- finances poor during working life and the implications for retirement Carers Centre AGM 2024

Carers Strategy Outcome 4

As a Carer in Dundee:

I can have a life of my own alongside my caring role.

This means:

- Carers will have a good balance between caring and other things in their life and have choices about caring.
- Carers will have support to reduce, change or end their caring role if that is their choice and have supports identified if the caring role ends
- Carers will be able to spend enough time with people and activities they want to do and are able to continue in the caring role if they wish to do so.
- Carers will be supported to choose to work, study and to transition from education to the workforce.

National Carers Strategy- Relevant Themes and Outcomes

Social & Financial Inclusion

- That the social and economic contribution, impacts and scale of caring are recognised, understood and reflected in local and national policy making across all areas.
- Carers are able to take up or maintain employment & education alongside caring if they wish to do so.
- Young Adult Carers are supported when moving from education to training and work while balancing an ongoing caring role

Actions for Dundee Carers Partnership Delivery Plan

1. Publish the revised Local Authority Short Breaks Statement, ensuring it reflects the statutory guidance issued for the Care Reform Act.
2. Monitor the impact of recent Self-Directed Support ongoing development work, to enhance Carer outcomes and reduce barriers to accessing SDS and increase local uptake.
3. Collaborate with Skills Development Scotland and Colleges, to support Young Adult Carers in education and employment, Increased support and opportunities for Young Adult Carers

We need to see that Carers are part of the family and have a whole family approach
Comment from group discussion Carers Centre AGM 2024

12. FINANCE and RESOURCES

Dundee City Council and NHS Tayside provide the IJB with funding to deliver and improve adult health and social care services. These resources are used to commission services that meet local needs and align with the ambitions and priorities set out in the IJB Strategic Plan. Additional funding for Carers has been provided by Scottish Government. These funds have allocated to a range of services and supports that meet the needs of Carers in Dundee and that will help to achieve the ambitions and priorities set out in this Strategy.

Following the introduction of The Carers (Scotland) Act 2016 funding was allocated by Scottish Government was for implementing the Act. A portion of the funding was allocated each year to Dundee City Council Children and Families Service, and the majority of funding was retained by Dundee IJB and allocated to priorities identified by Dundee Carers Partnership.

The Carers Act Funding was allocated to new developments and projects which, when proved successful, were allocated longer term funding. This information was recorded and regularly reported by the Carers Partnership through IJB meetings.

In **2024/25**, Dundee Health and Social Care Partnership received an allocation of **£2.151 million** in Carers funding. An investment plan was developed and approved by the IJB, enabling this funding to be mainstreamed across partnership services and third-sector providers to meet statutory requirements. This investment supported key initiatives, including;

- Dundee Carers Centre funding
- Additional Social Work posts to undertake Adult Carer Support Plan Assessments
- Listening and Bereavement Services, and
- Enhanced respite provision offering respite and short breaks to support Carers when required.
(The charges for Respite/Short Breaks are waived if the break is to meet Carers Outcomes and the breaks are provided free of charge.

Dundee IJB Financial Position

Each year, the IJB must set a balanced budget, meaning it cannot spend more than the funding available. All services and supports including Carers support have been impacted by rising costs—driven by workforce pay increases, inflationary pressures on energy and property costs, and growing demand for services—have created significant financial challenges. This is set against a backdrop of increasing numbers of Carers and complexity in their needs. Funding allocations have not increased at a level sufficient to meet the challenges faced by the IJB, and savings plans and proposals are expected across all service areas to bring expenditure back within budget.

It is recognised that some of the future savings' proposals may negatively impact Carers either because they impact the person they care for, or it is about a service that Carers use. Dundee IJB and Dundee HSCP are committed to ensuring that Carers' voices are included in all budget consultations, and impacts on Carers are considered when proposals are developed. In addition to considering people who have Equality Act Protected Characteristics and/or who may be impacted by socio-economic, or fairness issues the IJB expects managers who propose changes to highlight, and where possible, mitigate negative impacts of any proposed changes on Carers.

All the strategies in the world won't matter if professionals ignore them and there's no funding to implement.

Carers Strategy Survey 2025

13. MONITORING PROGRESS

Each Delivery Plan action will be updated and monitored at the Carers Partnership Data Group. This will include a written update for each action and, where available, activity and or outcome data. The evaluation of delivery plan actions will be considered alongside Carers Partnership performance indicators and relevant population and socio-economic data about Carers. The Delivery Plan is a live document. It will be updated when needed, including any changes required by the Care Reform (Scotland) Act guidance. This evaluation will be used to produce an Assurance Report which is reported at each Carers Partnership meeting to allow for scrutiny and further planning

Advice for a Carer

Hello Carer, stay calm breathe deeply.

Prepare for a new life, a different life, one that is as much a whirlwind of endless uncertainty as it is wading in a pool of stagnant sludge.

Never give in or give up though.

Don't misjudge or let mistrust rule your thought processes.

Try to appreciate, try to understand, and try to love, even when the temptation to shout and scream out are the stronger feelings and emotions.

Share your problems and your worries; talk to others who you can trust.

Meet with others who you have never met before or might have never met before, through chance but who face the same issues as you. Different people, same problem. You have a personal crisis on your hands but so do they. They can listen and they can help. You are not alone.

Develop simple diversional therapies and coping strategies.

Try to un muddy the cloudiness in your brain which endlessly twists and squeezes your emotions.

Research the facts, don't be unfairly judgemental.

Always be that someone who your one, in need of care, can rely on for support and love.

Even if all you see is selfishness, greed, despair and heartache that seemingly have no end. They will, but it will take time.

Just when you think you have turned the corner don't be surprised to have to face another one.

Be reassured. Be positive. Be careful.

Your life as a Carer has just begun, there will one day be an end in sight even though you can't see it yet.

Trust me, I trusted myself and now my son trusts me.

A Carer. From a "On the Map" Collection- Dundee Carers Centre Creative Writing Group.

ⁱ [Care Reform \(Scotland\) Act 2025](#)

ⁱⁱ <https://Carers.org/news-and-media/news/post/422-huge-rise-in-scotlands-Carers-revealed-by-census-shows-urgent-need-for-more-support-Carers-trust-says>

ⁱⁱⁱ 28% unpaid Carers across Scotland are living in poverty, with 1 in 12 in deep poverty | Carers UK

^{iv} State of Caring 2024 EMPLOYMENT

^v [Dundee Carers Partnership Carers Involvement Framework 2024 | Dundee Health and Social Care Partnership](#)

^{vi} Dundee Carers Partnership Carers Involvement Framework 2024 | Dundee Health and Social Care Partnership



Short Breaks Services Statement

Updated January 2026

Table of Contents

1. Introduction	3
2. Short Breaks	4
What is a Short Break?	4
Who can have a Short Break?.....	5
What can a Short Break look like?.....	6
Why take a Short Break?.....	8
How can I get a Short Break?.....	9
3. Feedback and Review	12
4. Useful Contacts	13
5. Supplementary Information	14

1. Introduction and Background

In Dundee, we are committed to ensuring that Carers, Young Carers and Supported People have access to quality Short Breaks, and that we maintain a clear understanding of people’s needs and wants. We are committed to continuing to co-produce Short Breaks with a range and availability of Short Break provision that ensures that breaks are flexible and meet people’s outcomes.

The Carers (Scotland) Act 2016 requires local authorities to prepare and publish a Short Breaks Services Statement that sets out short breaks available for unpaid carers and the people that they care for: <http://www.legislation.gov.uk/asp/2016/9/section/35>

In 2018, Dundee Carers Partnership developed a Short Breaks Services Statement along with Dundee Health and Social Care Partnership who are part of the Local Authority in Dundee with responsibility for this Statement. The statement was updated in 2025/2026 alongside the review of the local strategy A Caring Dundee 2. The Carers Partnership gained views from local Carers, people with care and support needs, practitioners, and representatives from agencies in the development of Short Breaks and this Short Breaks Services Statement. Further information can be found here:

What’s Best for Dundee Carers 2017: https://www.dundeehscp.com/publications/all?field_publication_type_tid%5B0%5D=17&page=9

The latest local Carers Strategy has been produced, and the delivery plan has been updated.

The Dundee Carers strategy 2026-2032

[Link to be added](#)

The purpose of the Statement is to provide information on Short Breaks to Carers, Young Carers, Supported People, and workers.¹ This includes what a Short Break is and how to access one. We also want people to consider whether a planned Short Break would make a difference to their life, and to give a better understanding of what a Short Break might look like and how it could make a difference.

People have told us that there can be barriers for them in accessing and taking a break, including knowing what is available to them, how to access it, and what the cost will be.

People have also told us that not seeing yourself as a Carer is a barrier to accessing any support that is available to you. We therefore want this Statement to give people that information and have implemented a communications plan to make sure that as many people as possible continue to have access to the support and information that they need.

‘It makes such a difference that it is recognised that the role of caring for a family member can be very tiring and stressful and anything that gives you a break or something for pleasure or relaxation is invaluable.’

Unpaid Carer Feedback 2025

¹ The Care Reform (Scotland) Act will introduce changes related to the SBSS and Short Breaks through regulations which are expected after May 2026.

2. Short Breaks

What is a Short Break?

'A Short Break is any form of service or assistance which enables carers to have sufficient and regular periods away from their caring routines or responsibilities. It is designed to support the caring relationship and promote the health and wellbeing of the carer, the supported person, and other family members affected by the caring situation'

(Shared Care Scotland 2025)

'Short breaks allow you to rest, enjoy hobbies, or spend time with friends or family. Short breaks can take the form you need to help your health and wellbeing, such as:

short holidays

overnight breaks

an hour for yourself each week

a one-off occasion

You can take breaks on your own or with the person you care for with extra help.

A break may involve someone else providing residential care or care at home (also called respite care or replacement care).'

(Scottish Government 2025)

In Dundee we are committed to ensuring that Carers, Young Carers and Supported People have access to meaningful, personalised Short Breaks. The Break should make a difference to your life, and the approach to this is sometimes described as a **personal outcomes** approach. Dundee Carers Partnership continues to work collectively to understand what is important to people and what it is that truly makes people **feel** that they have had a Short Break. It is inevitable that Short Breaks for Carers must include consideration of how the care needs of the person or persons (child or adult) that the Carer supports will be met. Some Carers may have a caring role that is reciprocal and may need to plan Short Breaks for themselves and their mutual Carer.

Health and Social Care services have, for many years, provided services and support that have given valuable relief to Carers by providing short term care to the person they care for. Often this care is provided in a group living setting (previously known as respite care) or at a day care service. It is recognised that many people benefit from this type of traditional respite/short break arrangement, and it is anticipated that this type of support will continue to meet the needs of some Carers and Supported Persons.

In some circumstances this will be the only help that some Carers are looking for. Even when Care Services are delivered in the most personalised way, some Carers find that the traditional type of Care Service does not fully meet their assessed and agreed outcomes for them or the person they care for. Some Carers may find that they need something different or something in addition to the provision of alternative Care and Support Services.

Because each Carer and the person they support is unique, short break should be personalised, flexible, and responsive to meet their assessed and agreed outcomes, to design a break that works for them, and is achievable and affordable within the self-directed support (SDS) budget allocated.² Carers can opt to fund additional elements not funded by Dundee Health & Social Care Partnership or other funding sources, to enhance their break.

² The Social Work team member carrying out the adult carers support plan assessment or young carers statement can advise on the four SDS options available.

When we speak to Carers about what a Short Break means to them a consistent theme is 'quality time' or 'time away' as well as the aspiration to have a new experience or re-establish a hobby or interest which had become too difficult to continue due to the caring role. In general, people advise that a break is what they as an individual feel will make a difference, and that it should benefit both the Carer and the person they are supporting. People recognise it as a time to look after themselves and consider their own individual needs. It also enables them to have peace of mind.

'Being able to spend some time away in a different environment (is) good for wellbeing and recharges batteries.' (Adult Carer)

'A massage treatment is wonderful, such a treat and very relaxing.' (Adult Carer)

'A greenhouse means time in the garden ... great for mental health.' (Adult Carer)

'Time with friends having lunch with no financial worries.' (Adult Carer)

'A piece of tech helps (with) down time and socialising ... it's a great opportunity for kids like me who just need time to themselves' (Young Carer)

A small section of Short Break experiences for Carers & Young Carers in 2025

Who can have a Short Break?

Anyone can, but Carers, Young Carers and the people they support sometimes need a bit more help to have a Short Break and to make the arrangements for this.

This Statement is for Carers, Young Carers and Supported People. The definitions below will help you identify if this applies to you or someone that you know.

Carers

The Carers (Scotland) Act 2016 describes a Carer as an individual who provides, or intends to provide, care for another individual (the “cared-for person”). This is not the same as someone who provides care professionally, or through a voluntary organisation.

A Carer is anyone who cares, unpaid, for a friend or family member who is affected by illness, disability, frailty, mental health challenge or alcohol or drug use. Many Carers support people through giving practical help; people tend to associate caring with physical tasks, but giving emotional support can also be a big part of caring. Whether you give practical or emotional support, or both, you are a Carer. The circumstances of each Carer are unique. Carers can be any age, and are part of every community and culture. Carers may be parents, spouses, grandparents, daughters, brothers, same sex partners, friends, or neighbours. Some Carers may be disabled or have care needs themselves. Sometimes two people with care needs are Carers for each other. Some Carers can provide care and support for more than one person.

Young Carers

A Young Carer is a child or young person under the age of 18, or someone who has reached the age of 18 years and is still a pupil at a school. They may have practical caring responsibilities or be emotionally affected by a family member’s care needs. Just like Adult Carers, Young Carers can sometimes put the needs of the person for whom they support, before their own. This means that they can sometimes miss out on things that other young people get to do or experience stress, anxiety, and worry. Because of this, they may sometimes need help or support from other people. For all practitioners working with families where there are Young Carers, it is important to recognise the important differences between Young Carers and Adult Carers and the importance of Young Carers being seen as children first and foremost. This will help to consider what further support is required to enable them to access the same opportunities as their peers and achieve their full potential.

Supported People

In this context, “Supported Person” is used to describe any adult or child who relies on care and support in their day-to-day lives. For children and young people this would be the care and support they need as a consequence of health issues or disability, which is additional to that which is needed for other children of a similar age.

The term “Supported Person” is used here to describe anyone who receives (or requires) this support. It includes people who get this support from Carers as well as those who get support from Health and Social Care Services, or both. Carers legislation refers to people who get support from Carers as a ‘Cared-for Person’, in local consultation carers told us they preferred the use of the wider term ‘Supported Person’, if possible, with clarification after it when needed to indicate if a Carer was involved in looking after the person.

People who are supported by a Carer have a right to request an assessment of their own needs. Adults can request an assessment of their community care needs from Health and Social Care Services. This may result in an **Outcome Focused Care Plan** and a range of supports, which may include Short Breaks, if the person is also a carer.

Children and families can request a **Child in Need Assessment** when supporting a child with disability or Additional Support Needs.

For some people who get support from a Carer, this may be the only support they receive. Some Supported People or Carers may be assessed as not needing services or formal support. This does not mean that the Supported Person or the Carer does not need a Short Break; it just means they may not be entitled to help or funding from Statutory Services.

What can a Short Break look like?

A Short Break is whatever you think would give you time and space for yourself. As a Carer you can make choices about how you might have a Short Break. You might choose to have a Short Break by yourself or with family and friends or with the person you support.

In Dundee, people have told us that a Short Break could be anything, and we have received a wide variety of responses from people to demonstrate this.

“I think that Short Breaks could be one day to several days. They are for Carers to pursue activities that they would have normally pursued prior to adopting their caring role, which may now restrict their lives in some way, whether it is going out for a coffee with friends, shopping, a Short Break (perhaps a bus trip or a couple days away with friends or other family) a break that allows them to relax knowing their loved one is safe and they can enjoy themselves for a time without the physical and mental stresses of being a Carer.”

‘Anything which gives the Carer a break.’

‘To help Carers get a bit of ‘me’ time; recharge their batteries. Even an hour to yourself is a Short Break - it doesn’t have to be a holiday which may be impossible for some.’

‘I think Short Breaks are for doing the things that you were unable to do when you are caring, i.e. recreation.’

‘Being given the opportunity for both the Carer and the person being cared for to have part payment vouchers available for (e.g.) short city breaks, hotel spa, train journey and anxiety coaching.’

(What’s Best for Dundee Carers? Oct 2017)

'Taking my puppy out is my Short Break. I enjoy walking her and sharing our trips on Facebook. Exploring local sights along the coast'

'My Short Break is spending time on social media catching up with my granddaughter'

'My son's Short Break is going to a gym three times a week'

'I did not realise it was something we could do together as a family. I now know a break can be from caring and to do something fun together'

(Short Breaks Statement Consultation, 2018)

Below are some examples of the types of breaks that people have had in Dundee after speaking to a worker in the Short Breaks Service at Dundee Carers Centre.

A Carer and the person they care for designed a break to go on a hotel stay. This included arranging care services for the Supported Person in the hotel. This enabled them to go away together and have family time and give the Carer the opportunity to relax and recharge batteries. They both had a fantastic time.

A group of Carers who were all caring for someone clubbed together their Short Break funding and went on a break together. They were all tired and stressed and looking for a break from their usual routines and they wanted to take a break with the person they care for. They had a short 2 day stay away. The Carers have since reported that they had a great time and were able to enjoy a relaxing stress-free environment and a good break from their usual routines, they especially enjoyed the peer support that they provided to each other.

A group of Young Carers supported by the Young Carers Project were able to go away to Copenhagen. They all enjoyed the break and exploring a new City.

For more examples of the types of Short Breaks visit:

<https://www.sharedcarescotland.org.uk/learning-exchange/short-break-short-stories/>

It must be noted that not all preferred carers' breaks will be funded, and some may only be part funded. This will depend on the assessed needs and local eligibility criteria to ensure equitable access to limited local resources funds being prioritised for those most in need.

Emergency Breaks

It is always best to take the opportunity to plan Short Breaks; however, there are times when people need access to emergency support including alternative care for the Supported Person. Emergency arrangements are not the same as Short Breaks but can sometimes achieve some Short Break outcomes.

Where possible, an **Emergency Plan** should be discussed by you with the Supported Person and plans prepared in advance of any crisis. You might take the opportunity to raise this when the person you are supporting is undergoing an assessment and care planning. Another time that you could discuss this is when offered or undertaking an **Adult Carers Support Plan** or **Young Carers Statement**. Supported People who do not have an assessment can make an emergency plan; if you do not have or want external support, you can record your own plan (remember it is best to do this with the Supported Person whenever possible). Further advice and a template are available at:

[Emergency planning | Enable](#)

[Emergency planning toolkit | Enable](#)

You may be offered an alternative format when discussing an adult carers support plan but if this version is already completed, we can record a copy on the supported person's case file record.

Why take a Short Break?

For Carers, a Short Break from caring can support you in many ways including reducing stress in your caring role and enabling you to continue to care in good health as well as increasing your confidence and giving you more balance in your life.

There are several reasons that Supported People who have care and support needs may want to consider a Short Break for their carer. These include giving their Carer a chance to recharge so they can continue their caring role, as well as reducing isolation, relief from the stresses and anxiety of day-to-day life, for themselves.

Some Supported People may not want a Short Break outwith their current arrangements such as a residential short stay and when this is the case, they may choose to seek alternative care arrangements that allow their Carer to have a Short Break with minimal disruption to their daily routines.

In our consultation on the updated strategy 2025 one respondent stated ‘carers should be supported to have agency and control over their own life.’

Whether you are a Carer or Supported Person your break should be what you think will make a difference and what you think will make you feel that you have had a break. You might find it helpful to discuss this with someone or to hear about what other people have done.

Carers might find information and inspiration by speaking to other Carers, or to workers or by visiting Carers websites including:

[Short Breaks | Dundee Carers Centre](#)

People consistently tell us accessing a Short Break gives them time to be themselves and often supports Carers to reconnect with the sometimes-buried relationship with the person they support and others. They can be a partner, a friend, a parent, a sibling, again, as well as having a caring relationship. People advise that a Short Break is vital to protect relationships and continue in balancing their caring role with their own needs. Other benefits included supporting recovery and re-charging energy and motivation.

People in Dundee told us that:

‘Getting what is playing on your mind out of your mind for a few days makes all the difference’

‘Having time away or doing something different cheers you up and takes you out of yourself. You forget about your worries for a while’

‘A Short Break from caring can support you in many ways including reducing stress in your caring role and enabling you to continuing to care in good health as well as increasing your confidence and giving you more balance in your life’

‘I was getting depressed. A Short Break combined with counselling and therapies helped me regain balance and get back on my feet again’

‘I was very stressed. I did not realise how much until I had my Short Break and got time to think things over’

(Short Breaks Statement Consultation, 2018)

How can I get a Short Break?

There may be help to pay for your break, or there might be a cost, but there are people to support you to plan your break and discuss this with you.

Help to arrange

There are lots of people that you can speak to in the first instance to find out about what Short Breaks might be available to you. This could be a worker in an organisation that you already know including a Teacher, Social Worker, Nurse, or a Support Worker in services, including Dundee Carers Centre or Penumbra.

'I was awfy apprehensive because I'd never been away, and sometimes you feel that you don't deserve nothing...but I'm so glad I did. She [the worker] helped with the forms and the finances and [accommodation booking] and we just had to turn up and didn't need to worry about it.'

Carer ('It's All About the Break', Evaluation, 2017)

Short Breaks for Carers

Shared Care Scotland has information about Short Breaks across Scotland. They host lists of Short Break Providers as well allocating Scottish Government funds to Third Sector Agencies who apply for funds for breaks for Carers and those they support.

<https://www.sharedcarescotland.org.uk>

Dundee Carers Centre Short Breaks Service

Each Carer is different, and their choice of Short Break will depend on their circumstances and what matters to them. Some Carers may be able to consider a Short Break by discussing this with friends or family or the person they care for. Other Carers may need some outside help to do this. Help is available to all Dundee Carers to consider what type of Short Break might meet their outcomes from the Dundee Carers Centre Short Breaks Support. Many local Carers receive financial help from Dundee Carers Centre Short Breaks Fund. Here is a link to information about the service (Telephone 01382 200422)

Short Breaks for carers of a Supported Adult living in Dundee

All carers are entitled to an assessment of their needs and can request an adult carers support plan. This includes supported people who are also carers in their own right.

An ACSP will include an assessment of eligibility for funded support where the assessed and agreed outcomes cannot be achieved using community support or the support provided to the supported person. Where it is assessed that you do not meet these criteria you will be signposted to third sector or community supports

Short Breaks for a child with a Disability/Additional Support Needs living in Dundee

Scottish Local Authorities have a general duty under the Children (Scotland) Act 1995, to safeguard and promote the interests of children in need. The law recognises disabled children as being in need. This gives a right to have your child's and family's needs assessed by Children

and Families Service. The support offered to the child and their family may include Short Breaks.

Paying for my Short Break?

There are a number of ways that a Short Break can be resourced and funded. Sometimes there is no cost and sometimes people will pay for their own break and may have the support of friends and family but sometimes you will need help. People have told us that being able to pay for their break can be their most difficult challenge.

Funding is available from the Dundee Short Breaks Service.

Where an Adult Carers Support Plan or Young Carers Statement identifies unmet outcomes that meet the eligibility criteria, an assessment for funding will also be carried out. This process will identify more information about your caring role and how you can better meet your outcomes. Your outcomes may be met through services already available in your community or the supports provided to the person you support, however, where this is not possible, appropriate Self-directed Support (SDS) funding may be offered to provide you with a Short Break. When services and supports are identified as primarily meeting the Carers needs and these needs cannot be met with community supports or the supported persons current services, charges should be waived under the Carers Act:

<http://www.legislation.gov.uk/ssi/2018/31/contents/made>

If it is agreed that you are eligible to have a funded Adult Carer Support Plan or Young Carers Statement and the break you need is not already available e.g. through existing Short Break Funding sources, you and the person the replacement care is for, can choose from four options which allow you to decide how much control and responsibility you want to take over your funding. These options are:

Option 1: A Direct Payment (a cash payment) where you choose how the budget is used, and you manage the money. The assessor will explain how these funds can be used.

Option 2: You direct how the budget is used, but the money is managed by the Local Authority.

Option 3: You ask the council to choose and arrange services for you.

Option 4: You can choose a mix of these options for different types of support.

The Supported Person may be asked by the Health and Social Care Partnership for a financial contribution towards services including Short Breaks. They might be eligible to get assistance with the cost of Short Breaks such as residential short breaks where the social care element is free personal care, but hotel costs such as food and amenities remain chargeable as they would be at home. Provision of support and services is determined under Local Eligibility criteria which can be provided on request or at the point of assessment.

Other resources that can help you

Carers of Dundee

<http://Carersofdundee.org/>

Carers of Dundee is a website to provide Carers with information that might be helpful to them in their caring role as well as specific information to people who work with Carers and their families.

Shared Care Scotland

<https://www.sharedcarescotland.org.uk>

Shared Care Scotland aims to improve the quality and provision of Short Breaks in Scotland. To do this they offer services including events, publications and research reports and an online directory of Short Breaks services.

ALISS

<http://www.aliss.org/>

ALISS is a local information system for Scotland for people living with long term conditions, disabled people, and unpaid Carers to access the information they need to help them live well.

Euan's guide

<http://www.euansguide.com>

Euan's guide is the disabled access review website which shares experiences of restaurants, hotels and anywhere else visited.

The Care Inspectorate

www.careinspectorate.com

The Care Inspectorate looks at the quality of care in Scotland and ensures it meets standards so that everyone experiences safe, high-quality care that meets their needs, rights, and choices. They have a list of Registered Care Services and provide information about what care is available and what to expect from care providers. Their website contains reports about individual Care Services and advises you what to do if you have a concern or a complaint.

Other Assistance

Trip Advisor

<https://www.tripadvisor.co.uk/>

You can do your own research on identifying the right break for you using websites such as Trip Advisor.

Money Advice

<https://dundee.mylifeportal.co.uk/media/22527/benefit-money-debt-booklet-oct-2017.pdf>

Some Carers and the people they support may experience a low income or financial difficulties. As well as getting assistance with a Short Break people may need help with money advice.

3.Feedback and Review

We welcome all feedback on this Short Breaks Services Statement to continue to provide accessible information to people.

The Dundee Health and Social Care Partnership are responsible for this Statement. You can contact the dundeehscp@dundeecity.gov.uk with specific feedback or comments about the Statement. Please let us know your suggestions for ensuring this Statement is communicated to everyone that needs it.

The Short Breaks Statement will be reviewed by the Dundee Health and Social Care Partnership in line with the carers strategy.

4. Useful Contacts

Carers

Dundee Carers Centre provides an information and advice service for Carers of all ages on behalf of Dundee Health and Social Care Partnership. If you are a Carer who lives in Dundee or a Carer who supports a Dundee resident, you can get in touch for advice about who can support you at the Carers Centre at centre@dundeecarerscentre.org.uk or by telephone on 01382 200422.

As well as giving information about Short Breaks and delivering a Short Breaks Service, the staff at the Centre can advise you about other supports available that may help you.

Supported Persons

If you are looking for more care and support for the adult or child you look after to allow you to have a Short Break you can get in touch with any of the Health and Social Care, Social Work and Education professionals who are currently working with them.

The First Contact Team, Dundee Health and Social Care Partnership on 01382 434019, Monday to Friday between 9am and 5pm provides a first point of contact for anyone living in the community, aged 18 and over, who does not have anyone (e.g. District Nurse, Social Work, Social Care) involved in their care. You should discuss this with the person needing support and gain their consent (if appropriate).

If you are a Carer under 18 or you are caring for someone under 18, and are unable to contact the relevant Social Care, Social Work and Education professionals you can contact Children and Families Service, Dundee City Council on 01382 434000 if you or the child/ young person needs to discuss more care and support.

If you or the Supported Person have an urgent matter, the First Contact and Children's Services offices are closed, you can contact the Out-of-Hours Service on 01382 307964.

Supplementary Information

Help to arrange and pay for a Short Break.

Short Breaks for Carers

The Carers Strategy 2026-2032 - sets out an approach to supporting both Carers who live in Dundee and Carers who look after people who live in Dundee.

Figure 3 of the strategy sets out the Triangle of Support which outlines the levels of assessed risk.

The carer outcomes align with those in the National Strategy:

Outcome 1 I am heard, recognised, respected, valued, and I am able to be involved.

Outcome 2 I am supported to have the best possible caring experience.

Outcome 3 I can live a full and healthy life and have the support I need to do this, including support and advice to have financial security.

Outcome 4 I can have a life of my own alongside my caring role.

Carers in Dundee will have a range of supports and services to help them achieve these Outcomes related to their caring role. Some Carers will be able to achieve their Outcomes independently with the support of family and friends or the current package of support available to the supported person. Some Carers will need more support to achieve their Outcomes.

Triangle of Support for Adult Carers

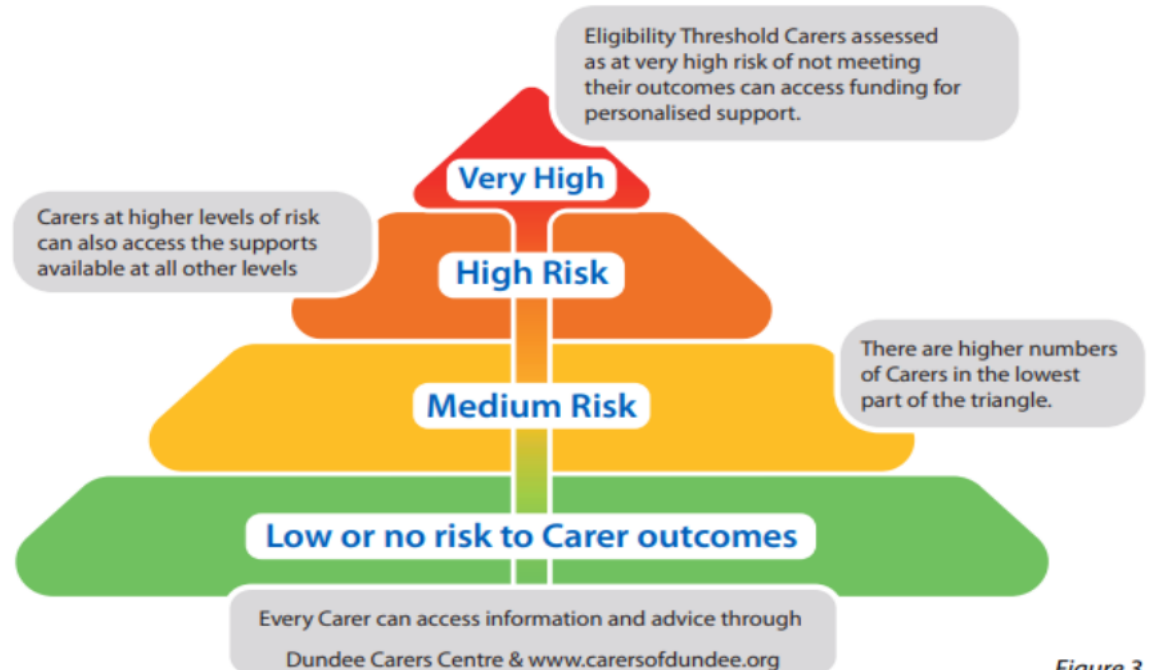


Figure 3





Short Breaks for Carers are one of the ways that Carers Outcomes can be met. Whatever the level of support a Carer needs to achieve their Outcomes there are ways that Carers can access a Short Break for themselves.

Carers who are at greater risk of not achieving positive Outcomes will be able to access more support including, for some Carers, a “Funded” Adult Carer Support Plan.

This diagram shows the range of community and third sector services available at each risk threshold to support the Carer to meet their assessed and agreed outcomes and reduce the risk level that they have of not having a positive outcome.

The level of risk to Carer outcomes		Examples of types of support (not exhaustive)
Very high risk	Eligible for funded support	Personalised support e.g. Counselling, training for care role/tasks or whatever else that can meet outcomes and is not available in Green, yellow amber stages. Can still access all other supports in other stages to make full package. Advice can be given to Eligible Carers through Self-directed support service at Dundee Carers Centre
High Risk	Direct support & intervention from one or more agency	Support from Community Nurse, Social Care Organiser etc. along with One-to-One support from Carers Agency. Sources of Support, Community Health Service. Can still access all other supports in yellow and green stages to make full package.
Medium risk	Mainstream Carers support that can be accessed directly	Alzheimer’s Society, Penumbra Carers Support, Carers cinema Club (Adler Community Centre) Short Break Brokerage. Peer support groups. Can still access all other supports in green stages to make full package. Parent-to-Parent
No/Low Risk	Self-Care, friends and family, Carers agencies like plus other Universally available supports available for all in local community	Local Zumba Class, Mindfulness, Community Centre Social Groups, Welfare Rights/Money Advice. Learning Portal on CarersofDundee. Carers Decide Groupwork National Support on line e.g. Mobilise. Workplace Carers groups. Virtual Hubs. Local Walking Groups, Mindfulness. Volunteering. Dash. Dundee Deaf Hub. Activities in local Community Centre’s.
Information and advice are available for all Carers. For contact information for organisations visit carersofdundee.org/organisations/ & www.aliss.org/		

Diagram 3 gives some examples of how Carers at different levels of risk to achieving Outcomes might experience a Short Break.

Carer	Supported Person	Short Break
 <p>Mr G has been married for 50 years and has been a carer for 10 years. Mr W enjoys fishing and needs this activity to relax and take a break to allow him to continue his caring role. It is assessed twice per month would meet his needs. He has family in England and would like to visit once a year to maintain family relationships. Mr W has an Adult Carers Support Plan with agreed outcomes 3 & 4 at high risk of not being met</p>	 <p>Mrs G has COPD, heart failure, dementia and very poor mobility. She receives an SDS option 3 package of support 3 times daily. Mrs G can only be left for short periods unsupported due to short term memory loss and becomes distressed if left for more than an hour.</p>	<p>Mr G is allocated one week of residential respite per year to visit family. As this is solely to meet his outcome the fees are waived but if Mr G goes on holiday for his own enjoyment later in the year any respite arranged would be chargeable. He is also allocated funding for two days respite at home per month for fishing. Mr G chooses to arrange 2 further days per month which he contracts himself with the provider and is directly invoiced for.</p>
 <p>Mrs. S has been married for 25 years. She feels like she has always been a Carer. (For her mum, her sister and now her husband). She feels she cannot continue caring without a break away from home and wants to spend quality time with her husband. Mrs. S has a Support Plan* and has a High Risk of not achieving her Outcome of Managing Caring.</p>	 <p>Mr. S has Parkinsons Disease. He also has some PTSD as a result events while serving in the British Army. His Outcome Focused Assessment indicates that he has Care Needs and that for Respite Care he would need a Respite unit with Nursing Care, Mr & Mrs S have opted for a Direct Payment for this as it has been assessed replacement care would be required.</p>	<p>Mr. and Mrs. S have chosen to go for a Short Break to a “Veterans” Respite Unit. Mrs. S is able to self-fund “hotel” facilities, with support from the Carers Centre short breaks fund, alongside her husband whose Nursing Care placement (subsidised by the Armed Forces Charity) is combined with the Direct Payment for replacement care agreed under the Adult Carer Support Plan assessment.</p>



Mr. D cares for his father and his son. Mr. D has a Support Plan and has identified that he feels he needs regular time to himself to relax and think. He is at a high risk of not meeting Carers outcomes (Health).



Mr. D (Senior) understands his son needs a break. They live together. His sight is deteriorating, and he has had some falls at home. He has agreed to accept a Pendant Alarm with Social Care Response Service.



Young Mr. D is currently misusing drugs. Sometimes he tries to control his drug use but does not always manage this. He does not wish to address this, and his family frequently have to support him in a crisis.

Mr. D accessed the Short Breaks Service at Dundee Carers Centre who arranged fishing equipment and some preliminary lessons for him. He enjoys fishing on a weekly basis as well as making his own flies and this has given him time to relax. He is sometimes able to bring young Mr. D along with him to fish, which he sees as a good way of supporting him.



Ms. P is Carer for her sister who lives nearby. They have a limited budget and would like to do more together. Ms. P feels a bit isolated since she was made redundant and the time spent with her sister means she has had little time to spend with friends. She thinks she needs some changes to help her reach her Outcomes in terms of a Good Lifestyle, Health, and Finances.



Miss P has a mild learning disability and as her health has deteriorated, she increasingly uses a wheelchair outside. She is prone to anxiety. Miss P has support to live at home but really enjoys spending time with her sister who gives her a lot of reassurance and emotional support as well as helping with money management.

The sisters started to enjoy the Carers Centre Cinema Group in a local accessible Community Centre. They have both made some new friends there. Ms. P has joined a Carers Walking Group (something she used to enjoy doing with her sister). Ms. P and one of her new friends decided that they wanted to visit Skye and they both applied for Short Break funding towards a coach tour together.



Mrs. T is main Carer for both her parents. She has recently retired and although her pensions and savings leave her comfortably off, she feels guilty spending money on herself. She is proud of her caring role but does not always feel that others in the family understand that she needs a break too. She is feeling a bit low after retiring and her self-esteem has suffered. She has a chance to go on holiday with friends but worries about her parents.



Mrs. Ts parents both have declining health but try not to worry anyone. This means they do not always act when a new symptom appears and as a result their condition deteriorates. They have both had unplanned hospital admissions this year. They have 2 daughters, but Mrs. T is the one they confide in, as well as asking her to help them with practical tasks, appointments etc.

Mrs. Ts confidence and self-esteem was boosted through some vouchers for Beauty Therapy and a Haircut through the Respite Scheme at Dundee Carers Centre. She really felt valued as a Carer. After speaking with the Short Breaks Broker Mrs. realised that she should take up her sister's offer to support Mum and Dad while she was away on holiday. She had a discussion with her sister who happily helped while she was on holiday and her parents have now developed more confidence that her sister can share the caring responsibilities on a regular basis.

*In Dundee, the threshold for a funded Adult Carer Support Plan, which may include a funded break is currently set at "very high." A duty on Local Authorities to consider option of breaks from caring when undertaking support planning (Section 25 duty on Local Authorities to provide support (Section 24) to Carers that meet Local Eligibility Criteria.

Short Version

Dundee Carers Strategy 2026- 2032

The vision of **Dundee Carers Strategy 2026- 2032** is:

A Caring Dundee in which all Unpaid Carers are heard, valued, understood and supported so that they are healthy and have a life of their own alongside their caring responsibilities.

What is the Dundee Carers Strategy?

This is a plan for supporting Unpaid Carers in Dundee City. The Dundee Carers Partnership has developed the plan on behalf of the Dundee Integration Joint Board (IJB) and Dundee City Council. The strategy follows the Carers (Scotland) Act 2016 and will be reviewed every 3 years. It is based on Carers' experiences and views, and local statistics. The Carers Partnership will oversee and monitor its progress.

Who is an Unpaid Carer?

A Carer is an adult or child who looks after someone—such as a family member, partner, or friend—affected by long-term illness, disability, frailty, mental health issues, or alcohol or drug use. The Carers supported by this strategy are not paid employees but might receive financial benefits as an unpaid Carer.

What's in the Strategy?

There is information about

- Carer Engagement
- Key achievements from the last strategy, “A Caring Dundee 2”

- Resources and support to help Carers

The support available for carers aims to help them achieve their personal outcomes in the areas of Managing Caring, Carer Health, Good Lifestyle, and Financial Wellbeing.

- The Strategic Outcomes of Dundee Carers Strategy 2026-2032

Strategic outcomes are goals that Dundee Carers Partnership and local Carers want to achieve with and for Carers.

There are 4 strategic outcomes identified in the plan. These are

- **I am heard, recognised, respected, valued, and I am able to be involved.**
- **I am supported to have the best possible caring experience**
- **I can live a full and healthy life and have the support I need to do this, including support and advice to have financial security.**
- **I can have a life of my own alongside my caring role.**

Upcoming Changes:

From May 2026, the Care Reform (Scotland) Act 2025 is expected to bring:

- Increased promotion of Carer support
- New rules on timescales for Adult Carer Support Plans and Young Carer Statements
- A right to sufficient personalised short breaks for Carers who need them

Funding and Support.

Dundee City Council and NHS Tayside provide funding to Dundee IJB to provide adult health and social care services. Part of this funding pays for services that support Carers and help achieve the goals in this Strategy.

It is recognised that some of the future savings' proposals may affect Carers—either through changes to services they use or services for the person they care for. Dundee IJB promises to:

- Include Carers' views in all budget consultations.
- Check how changes might impact Carers.
- Ask managers to explain any negative impacts and reduce them where possible.
- Consider equality, fairness, and socio-economic issues when making decisions.

Delivery and Monitoring

The Carers Strategy has a Delivery Plan. This will be reviewed regularly by the Carers Partnership Group. The Delivery Plan is a live document. It will be updated when

needed, including any changes required by the Care Reform Act guidance. An Assurance Report will be shared at each meeting, to check progress and plan the next steps.

Dundee Integration Joint Board Integrated Impact Assessment

Document Title	A CARING DUNDEE 2 – STATUTORY REVIEW					
Type of document	Policy	No	Plan	Yes	Other- describe	n/a
Date Started Pre-Integrated Impact Assessment Screening	April 2025					
Date of last IIA (if this is an update)	15/07/24					
Previously recorded as:						
Age:	Positive		Race/Ethnicity:	Positive		
Disability:	Positive		Religion or Belief:	Positive		
Gender Reassignment:	No Impact		Sex:	Positive		
Marriage and Civil Partnership:	No Impact		Sexual Orientation:	No Impact		
Pregnancy and Maternity:	No Impact		Fairness and Poverty:	Positive or No impact		
Description of Document Content & Intended Outcomes, Planned Implementation & End Dates						
Revision of Dundee Carers Strategy. Updated and revised Strategy making plans to support unpaid carers in Dundee during 2026-2032.						
Lead Officer/Document Author (Name, Job Title/Role, Email)						
Angela Smith Head of Service, Health and Community Care / Co-Chair, Dundee Carers Partnership Neil Campbell Chief Officer Dundee Carers Centre/Co-Chair, Dundee Carers Partnership						
Officer completing Pre-Integrated Impact Assessment Screening & IIA (Name, Job Title/Role, Email)						
Joyce Barclay Senior Officer Strategy DHSCP						
Names of colleagues or groups who contributed to pre-screening and IIA						
Dundee Carers Partnership Members						
Can the IJB report and associated papers be described as any of the following? Indicate Yes or No for each heading. When you answer YES this is an indication that an IIA is needed. Submit a response for all on Pages 1 and 2.						
A document or proposal that requires the IJB to take a decision						X
A major Strategy/Plan, Policy or Action Plan						X
An area or partnership-wide Plan						X
A Plan/Programme/Strategy that sets the framework for future development consents						X
The setting up of a body such as a Commission or Working Group						X
An update to an existing Plan (when additional actions are described and planned)						X

Will the recommendations in the report impact on the people/areas described below? When the answer is <u>yes</u> to any of the following an <u>IIA</u> must be completed	Y	N
Individuals who have Equality Act Protected Characteristics i.e. Age; Disability; Gender Reassignment; Marriage & Civil Partnerships; Pregnancy & Maternity; Race / Ethnicity; Religion or Belief; Sex; Sexual Orientation	X	
Human Rights. For more information visit: https://www.scottishhumanrights.com	X	
Individuals residing in a Community Regeneration Area (CRA)? i.e. Living in the 15% most deprived areas in Scotland according to the 2020 Scottish Index of Multiple Deprivation.	X	
People who are part of households that have individuals who are more at risk of negative impacts? Including Care Experienced children and young people; Carers (Kinship carers and unpaid carers who support a family member or friend); Lone Parent Families/ Single Female	X	

Dundee Integration Joint Board Integrated Impact Assessment

Parents with Children; Households including Young Children and/or more than 3 children); Retirement Pensioner (s).			
Individuals experiencing the following circumstances? Working age unemployment; unskilled workers; homelessness (or potential homelessness); people with serious and enduring mental health conditions; people/families impacted by drug and/or alcohol issues		x	
People (adversely) impacted by the following circumstances: Employment; education & skills; benefit advice / income maximisation; childcare; affordability and accessibility of services		x	
Offenders and former offenders			x
Effects of Climate Change or Resource Use			x
Ways that plans might support mitigating greenhouse gases; adapting to the effects of climate change, energy efficiency & consumption; prevention, reduction, re-use, recovery or recycling waste; sustainable procurement.			x
Transport, Accessible transport provision; sustainable modes of transport.			x
Natural Environment			x
Air, land or water quality; biodiversity; open and green spaces.			x
Built Environment. Built heritage; housing.			x
<p>An IIA is required when YES is indicated at any question in the screening section above. The following IIA pages will provide opportunity to explain how the recommendations in the report impact on the people/areas described above.</p>			
From information provided in Step 1 (Pre-screening) Is an IIA needed?		Y	x
When IIA is required describe planned monitoring and review of IIA with dates		N	x
<p>No IIA Completed at this stage, but it is anticipated that further screening and possible IIA will be recommended if any new plans made as a result of review. There will be further involvement work when information can be shared about what current plan shares outcomes achieved and changes in Carers data. Stakeholders will then be given further opportunities to contribute to review and to future plans.</p>			
Anticipated Date of IJB	18 February 2026	IJB Report Number	DIJB2-2026
Date IIA completed	December 2025		

Dundee Integration Joint Board Integrated Impact Assessment

Complete Step2 only when IIA is needed

STEP 2 -Impact Assessment Record

Conclusion of Equality and Fairness Impact Assessment

(complete this **after** considering the Equality and Fairness impacts through completing questions on next pages)

AGE-positive The Carers Strategy is seen as likely to have positive impacts for carers of all ages.

Young carers will experience targeted work to support them.

Disability –POSITIVE-The majority of supports are accessed and accessible to carers of older and disabled people and delivered from accessible venues to support older and disabled carers to access these.

SEX -The majority of carers are women and those accessing carer support are predominantly women. There are specific male carers groups.

RACE- Dundee Carers centre employs 2 Bi/Multi-lingual workers who have insights that support the Carers centre work with people with different cultural backgrounds and can enhance colleagues' knowledge of relevant issues.

Carers supports and services are available to carers from all protected groups, and no negative impacts are identified related to the strategic plan.

Fairness- It is known that carers (and households with someone impacted by disability) are more likely to be affected by poverty. The Carers Strategy includes planning to maximise income and employment opportunities for carers, in particular recognition of low income and poverty of carers. Carers in all areas will be offered these opportunities, regardless of home address.

Care experienced young people are more likely to be young carers due to impact of substance misuse and/or mental health of their Parents/guardians. Young carers are offered support through schools; carers centre and the corner to increase their chance of positive outcomes and this is recognised as potential positive impact.

Summary of Activities undertaken as part of information gathering and assessment of potential impacts including local involvement, research and meeting discussions.

Date	Activity/Activities	People/groups	By whom
25 /10/24	Dundee Carers Centre AGM,	Over 60 stakeholders and carers) Discussions with carers and stakeholders es.	Carers Partnership & Carers centre
Nov, Dec 24 Jan 2025	Listening Opportunities	1. Visits to Care at Home, Day Care and Care Home Providers forums (50 Stakeholders) 2. Launch of the Involvement Framework on Carers Rights Day (30 Carers and Stakeholders) 3. Visits to 4 Carers Connecting Carers Cafes (45carers).	J Barclay Carers IJB Rep Carers Centre CEO
8/5/25	Carers Partnership Meeting	Discussions about planning to meet needs of carers including considerations of Equality and Fairness. Discussions around Welfare Rights and Carers Benefit Uptake work through existing Money Advice sector records and contacting carers	Dundee carers partnership group
7/8/25	Carers Partnership Meeting		DCPG

Dundee Integration Joint Board Integrated Impact Assessment

29th May 2025	Carers Strategy Review Workshop 29th May 2025	Considered what actions had still to be completed from delivery plan and possible new actions.	DCPG
July 2025-October 2025	Electronic survey issued and returned	Just under 60 responses from carers and stakeholders. Initial analysis of results	JB SW NC
	Carers Advisory Group		
October 2025	Data and information analysed	Data set for local and national information explored- included info about male-female carers- adult carers/young carers and families. Finances and employment	JB
Oct/Nov 2025	Dundee Carers Partnership	Group asked to check impact assessment and advise of any potential negative equality and fairness impacts	JB and All
Dec 2025	Carers Partnership Workshop	Discussions about demography of carers ages, sex and disability as well as poverty/finances and action planning re this	JB, NC, AS, DP, DD, MD, MS, LW, SM, H, D,PK,

STEP 2- Impact Assessment Record (continued)

Equality, Diversity & Human Rights – Mark **X** in all relevant boxes. *When assessing impacts throughout this record a **brief explanation is required** and any planned mitigating actions should be described. It is possible that both positive and negative impacts can be identified for the circumstances described. (If choosing ‘not known’ identify if further research is needed and if not, why not.)*

Age		Explanation, assessment and potential mitigations
Positive	X	The plan has an overall impact of supporting older carers and carers of older people.
No Impact		
Negative		
Not Known		
Disability		Explanation, assessment and potential mitigations
Positive	x	The plan has an overall impact of supporting carers of people with disabilities. Carers support groups in local areas usually make it easier for carers with disabilities to attend as the bases are wheelchair friendly and local.
No Impact		
Negative		
Not Known		
Gender Reassignment		Explanation, assessment and potential mitigations
Positive		There is no specific work regarding impact for carers in this group in the population- supports and services are available for whole population. Awaiting further guidance from EHRC re single sex services after recent court ruling re biological sex.
No Impact	x	
Negative		
Not Known		
Marriage & Civil Partnership		Explanation, assessment and potential mitigations
Positive		There is no specific work regarding impact for carers in this group in the population- supports and services are available for whole population
No Impact	x	
Negative		
Not Known		
Race		Explanation, assessment and potential mitigations
Positive	x	There is specific work to support regarding impact for carers from different ethnicities and cultures. In addition to this supports and services are available for whole population
No Impact		
Negative		
Not Known		
Pregnancy and Maternity		Explanation, assessment and potential mitigations
Positive		There is no specific work regarding impact for carers in these circumstances supports and services are available for whole population
No Impact	x	
Negative		
Not Known		
Religion & Belief		Explanation, assessment and potential mitigations
Positive		
No Impact	x	

Dundee Integration Joint Board Integrated Impact Assessment

Negative		There is no specific work regarding impact for carers with re religion and belief group in the population- supports and services are available for whole population
Not Known		
Sex		Explanation, assessment and potential mitigations
Positive	x	Available information demonstrates that proportion of identified) male carers has increased (previously predominately female) especially in younger age groups). Specific support is aimed at male carers including Carers Centre Men's Group. Female carers predominate and support is accessible to women in local communities at local venues making it easier for those with childcare as well as caring responsibilities.
No Impact		
Negative		
Not Known		
Sexual Orientation		Explanation, assessment and potential mitigations
Positive		There is no specific work regarding impact for carers with re sexual orientation in the population- supports and services are available for whole population
No Impact	x	
Negative		
Not Known		
Describe any Human Rights impacts not already covered in the Equality section above.		
None		

Fairness & Poverty Geography – Describe how individuals, families and communities might be impacted in each geographical area.

Mark X in all relevant boxes. X must be placed in at least one box

Identified Areas of Deprivation -				
	Positive	No Impact	Negative	Not Known
Strathmartine (Ardler, St. Mary's & Kirkton)	x			
North East (Whitfield, Fintry & Mill O'Mains)	x			
Lochee (Lochee Beechwood, Charleston & Menzieshill)	x			
Coldside (Hilltown, Fairmuir & Coldside)	x			
East End (Mid Craigie, Linlathen & Douglas)	x			
Maryfield (Stobswell & City Centre)	x			
Other areas in Dundee (not CRA but individual/households still might be impacted by Fairness issues)				
West End	x			
The Ferry	x			
Description of impacts on Fairness- . Highlight when one or more area is more likely to be impacted and particularly consider known areas of deprivation.				
The Carers Strategy includes planning to maximise income and employment opportunities for carers, in particular recognition of low income and poverty of carers. Carers in all areas will be offered these opportunities, regardless of home address.				

Dundee Integration Joint Board Integrated Impact Assessment

STEP 2- Impact Assessment Record (continued)

Household circumstances have considerable long-term impacts on Fairness and Poverty.

Child Poverty (Scotland) Act 2017 addresses the impact on child poverty and some local improvement activity can influence this including activity that affects: **Income from employment, Costs of living, Income from social security and benefits in kind.**

Household and Family Group- *consider the impact on households with people with the following circumstances*
 . Mark X in all relevant boxes. X must be placed in at least one box

Explanation, assessment and any potential mitigations		
Care Experienced Children and Young People		
Positive	<input checked="" type="checkbox"/>	Young Carers and young adult carers will continue to be supported through The Corner and Dundee carers centre as well as Schools. Young carers, Young Adult Carers are more likely to be over-represented in the Care Experienced population as they may be caring for adults/parents impacted by Substance misuse and or poor Mental Wellbeing
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Carers (consider Kinship carers and carers who support a family member or friend without pay)		
Positive	<input checked="" type="checkbox"/>	
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Lone Parent Families/Single Female Parent Household with Children		
Positive	<input checked="" type="checkbox"/>	Lone parents who are carers will be supported. Parent carers of children with additional support needs are expected to be supported by these plans.
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Households including Young Children and/or more than 3 children		
Positive	<input type="checkbox"/>	There is no specific work regarding impact for carers who are part of this group in the population- supports and services are available for whole population
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Retirement Pensioner (s)		
Positive	<input checked="" type="checkbox"/>	The plan aims to help identify Carers who are part of this group and target information about supports for them.
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Unskilled Workers and Unemployed		
Positive	<input type="checkbox"/>	Work is planned by employment services to ensure carers are supported towards employment opportunities
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Serious & Enduring Mental Health Conditions		
Positive	<input type="checkbox"/>	There is no specific work regarding impact for carers or people they support in this specific part of population- supports and services are available for whole population and plans include ensuring mental wellbeing support opportunities for carers.
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Homeless (risks of Homelessness)		
Positive	<input type="checkbox"/>	There is no specific work regarding impact for carers who are at risk of homelessness- supports and services are available for whole population.
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Drug and/or Alcohol issues		
Positive	<input type="checkbox"/>	There is no specific work regarding impact for carers impacted directly by drug and alcohol- supports and services are available for whole population and specific support is available for carers of people affected by Drug and/or Alcohol issues
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Offenders and Former Offenders		
Positive	<input type="checkbox"/>	
No Impact	<input checked="" type="checkbox"/>	

Dundee Integration Joint Board Integrated Impact Assessment

Negative		There is no specific work regarding impact for carers who are offenders - supports and services are available for whole population.
Not Known		

STEP 2- Impact Assessment Record (continued)

Mark X in all relevant boxes. X must be placed in at least one box

Socio-Economic Disadvantage and Inequalities of outcome – consider if the following circumstances may be impacted for individuals in the following conditions/areas.		
Explanation, assessment and any potential mitigations		
Personal/Household Income. (Income Maximisation /Benefit Advice, Cost of living/Poverty Premium- i.e. When those less well-off pay more for essential goods and services)		
Positive	<input checked="" type="checkbox"/>	Planned and ongoing work re income maximisation for carers
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Fuel Poverty- household needs to spend 10% or more of its income on maintaining satisfactory heating.		
Positive	<input type="checkbox"/>	
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Employment Opportunities/Status		
Positive	<input checked="" type="checkbox"/>	Work is planned by employment services to ensure carers are supported towards employment opportunities
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Education & Skills		
Positive	<input checked="" type="checkbox"/>	Planned and ongoing work in schools and Dand A college
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Caring Responsibilities (including Childcare & Unpaid care)		
Positive	<input checked="" type="checkbox"/>	Plan is supportive of unpaid carers
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Accessibility of Services (including Affordability)		
Positive	<input checked="" type="checkbox"/>	Planned and ongoing work of Carers of Dundee information and advice support.
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Connectivity / Internet Access		
Positive	<input type="checkbox"/>	No plans re this.
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Health (including Mental Health)		
Positive	<input checked="" type="checkbox"/>	Supported carers will support wellbeing of those they care for.
No Impact	<input type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Life expectancy		
Positive	<input type="checkbox"/>	
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	

Dundee Integration Joint Board Integrated Impact Assessment

Explanation, assessment and any potential mitigations		
Healthy Weight/Weight Management/Overweight / Obesity		
Positive	<input type="checkbox"/>	
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Child Health		
Positive	<input type="checkbox"/>	
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Neighbourhood Satisfaction-Neighbourhood satisfaction is linked to life satisfaction and wellbeing		
Positive	<input type="checkbox"/>	
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
Transport (including accessible transport provision and sustainable modes of transport)		
Positive	<input type="checkbox"/>	
No Impact	<input checked="" type="checkbox"/>	
Negative	<input type="checkbox"/>	
Not Known	<input type="checkbox"/>	
NOW COMPLETE THE CONCLUSION OF EQUALITY AND FAIRNESS IMPACT ASSESSMENT AT THE START OF STEP 2		

Dundee Integration Joint Board Integrated Impact Assessment

Environment- Climate Change	
Mitigating Greenhouse Gases and/or Adapting to the Effects of Climate Change	
Positive	
No Impact	x
Negative	
Not Known	
Resource Use	
Energy Efficiency and Consumption	
Positive	
No Impact	x
Negative	
Not Known	
Prevention, Reduction, Re-use, Recovery, or Recycling of Waste	
Positive	
No Impact	x
Negative	
Not Known	
Sustainable Procurement	
Positive	
No Impact	x
Negative	
Not Known	
Natural Environment Air, Land and Water Quality Biodiversity Open and Green Spaces	
Positive	
No Impact	x
Negative	
Not Known	
Built Environment - Housing and Built Heritage	
Positive	
No Impact	x
Negative	
Not Known	

STEP 2- Impact Assessment Record (continued)

There is a requirement to assess plans that are likely to have significant environmental effects.

Strategic Environmental Assessment provides economic, social and environmental benefits to current and future generations. Visit <https://www.gov.scot/policies/environmental-assessment/strategic-environmental-assessment-sea/>

Strategic Environmental Assessment			
Statement 1			
No further action is required as this does not qualify as a Plan, Programme or Strategy as defined by the Environmental Assessment (Scotland) Act 2005.			
Yes		No	x
Statement 2			
Further action is required as this is a Plan, Programme or Strategy as defined by the Environmental Assessment (Scotland) Act 2005			
Yes		No	x
Use the SEA flowchart to determine whether this plan or proposal requires SEA.			
If Statement 2 applies Complete SEA Pre-Screening (attached to this record along with and relevant SEA information)			

Dundee Integration Joint Board Integrated Impact Assessment

Complete SEA Pre-Screening (attached to this record along with and relevant SEA information

Next action will depend on the SEA Pre-Screening Determination. A copy of the Pre-Screening information, when completed, should be attached to the IIA record. Include an explanation of how the determination was made that the Plan will have no or minimal negative environmental effect or and/or 'Summary of Environmental Effects' from the SEA screening report, the Environmental Implications of the proposal on the characteristics identified and Proposed Mitigating Actions.

As Corporate Risk is addressed and recorded in IJB reports and it is not reported on this record. (See IJB report.)

End of Impact Assessment Record.