



Carers Census

Just to make everyone aware, we have been ringing round over the last few months to collect information for the carers' census. This has come in as part of the Carers Act to measure how many carers there are, and the impact that the Carers Act is having.

In order to complete this we have needed to collect more information about people. In the past, we may just have collected information on you and your caring role but as part of the census, the government want to find out about the people that you care for. We have rung some people initially to collect basic information but over the next few months we are hoping to contact people to get more information from them and to check if their needs are being met as a carer.

Of course, we are always happy to hear from people directly. Please give us a call or come in to meet us so that we can have a conversation to check that your needs as a carer are being met and if they aren't we can help you to put some measures in place to help you continue your caring role.

Working collaboratively with SCAS

In the last few months, Shetland Care Attendants Scheme (SCAS) and VAS carers support project have started working in partnership. We have jointly applied for funding for a shared database that was successful. We are now starting to gather information on carers, this will mean that carers signing up with either organisation will receive a one-stop shop service, getting support, advice, information and short-breaks much more easily. This will benefit carers as those who have previously only been registered with SCAS will now receive the VAS Carers newsletter that keep them up to date with all the latest information for carers. Carers who SCAS are supporting will now be captured as part of the national census which will give the Scottish government a better idea of the number of carers in Shetland as a whole. Within this newsletter, there is also more information on the joint services offered by both organisations.

Carer's Allowance Supplement

The qualifying date for the next round of Carer's Allowance Supplement is 15 April 2019. If you're getting Carer's Allowance on that date, you will automatically get a payment of £226.20 in June.

Carer's Allowance Supplement is an extra payment for people in Scotland who get Carer's Allowance on a particular date.

Carer's Allowance Supplement is paid 2 times a year.

The next 2 rounds of payments are:

- £226.20 in June 2019 - you'll get this payment if you're getting Carer's Allowance on 15 April 2019
- £226.20 in December 2019 - you'll get this payment if you're getting Carer's Allowance on 14 October 2019

The exact dates of the June and December payments will be confirmed later this year. If you're due to get a payment, you'll get a letter from Social Security Scotland before the payment is made.

To find out more about Carer's Allowance Supplement please visit www.mygov.scot/carers-allowance-supplement/ or call the Social Security Scotland helpline for free on 0800 182 2222.

If you would like to discuss any financial impact that your caring role is having on you, we recommend having a discussion with CAB to ensure your income is being maximised please call 01595 694696.



Respite in your own home

Just a reminder for some of you, Shetland Care Attendant Scheme are providing respite to Carers in their own homes throughout Shetland.

Shetland Care Attendant Scheme (SCAS) provides trained Care Attendants to give carers a break in their own homes. This enables the carer to have some quality time to call their own to use as they wish. Carers who may be absent or living away from the person in need of the care are also offered a service to ease their concern or anxiety because they live elsewhere.

This provides a regular opportunity for a carer to take time out from their caring role.

Here are what some of their clients say.....
(Source: 2016 annual survey)

"I value the SCAS service in Shetland very highly. The Care Attendants have all been excellent and their visits very much appreciated. Without their help and kindness, I would have great difficulty coping."

"It allows me to go to the SWRI and Guild and be able to enjoy it, without worrying what is going on at home."

"Complete peace of mind on the 2 evenings the service is provided. Wonderful to have a break at those times and to be free from worry."

For more information contact: Karen Fraser, SCAS on 01595 743932 or visit



Shetland Care Attendant Scheme

Meeting with Angela Hopwood – Oral Health

The parent support group had a useful meeting with Angela Hopwood from the Oral Health Team about how they are trying to accommodate children with additional support needs so they are able to attend the dentist.

Angela suggested that parents use the “Getting to know you” form. This will update the child’s records so that the clinician can read about the child’s needs prior to the visit. If the child has a passport, this can also be added to the record.

Angela was keen to stress that no visit is ever a waste of their time even if the child does not come away with the treatment needed, they are quite happy to do what the child can manage. They are keen to make a familiar and safe environment.

Things to help you get your child to the dentist

- Acclimatisation visits with parents or support workers from schools. They are keen to build up relationships with children so the child can put a face to the visit.
- The oral health team can go into schools and meet children there if that is easier.
- They have role play boxes that can be used within their office or lent out.
- If you call in (by arrangement) they can spend time with the child colouring in pictures to get them used to being in the environment.
- They have social stories available that can be tailored to the individual child and the treatment they may be requiring.
- They have a multi sensory CD that has all the noises on that you are likely to hear in the dentist so that you can get used to it.

To make appointments easier

- They can ensure radio is switched off, make sure they do not make appointments when fire alarms are scheduled going to be tested.
- You can wait in the car until the appointment
- Send the paperwork beforehand so this does not need to be done during the appointment
- They are trying to ensure that there can be more flexibility with appointment times and

understand that first appointments would be valuable for this client group

Suggestion to help children with cleaning their teeth

- Flavourless / non foaming toothpaste – you can get this from the dentist but we have some tubes of this in the office if anyone wants to try this
- Use apps for example Brush DJ or Aquafresh brush time
- Reward charts
- Timers - anything that can help

How often do you need an appointment?

Angela advised that people do not need to be seen every 6 months but they do like to see children once per year if possible. They will try to put people on a recall system but for 18+ the onus is on the individual to make contact.



Top Tips to other carers

Have any of you got any top tips for other carers? I was speaking to a carer a few months ago who carers for her husband with dementia. She was saying how difficult it was for her husband to engage in any activity for a length of time. One of her tips was that she had recently tried a virtual reality headset to allow her husband to enjoy experiences that he no longer gets chance to do. He enjoyed going to a theme park and experiencing the rides and also going under water and swimming amongst the fish. She told me she bought a cheap virtual reality headset and downloaded the app on to her phone. I investigated this a little bit more

and found a care home south who have used this with one of their clients who had dementia, they used an app called The Wayback which shows a film from the 1953 Coronation. The app combined with the headset take you back in time to the sights and sounds of yesteryear.

Of course you also need to be careful, a senior researcher at a British dementia charity welcomed VR technology as a means of helping sufferers, but cautioned the technology needed to be used with care, as this can lead to confusion over which images are 'real' or not, and may prove unsettling for the person."

The filmmakers are planning their next work around England's 1966 soccer World Cup victory celebrations

Shetland Community Connections

At Shetland Community Connections, we offer support, advice and signposting to any person living in Shetland with additional needs. We work with people of all ages, children, families, carers, adults and older people.

We offer support and advice in setting up direct payment packages, giving information, helping people through becoming an employer, working with Personal Assistants, and support to purchase services.

Our aim is to support local people to understand their options in terms of Self Directed Support and to maximize their Personal Budget. We work to encourage them to be creative in how their support will look.

Our aim is to work innovatively with individuals to form new relationships, raise aspirations, find work opportunities, build on their skills, and participate fully in activities and social life. We work with individuals, organisations, schools and employers to enhance inclusion and bridge the gap.

A person needs to make the decisions about their lives and Shetland Community Connectors can support them to do this

through facilitating Person Centered Plans to share their hopes and dreams and find solutions to some of the challenges they may face.

We can also work with schools to facilitate Circle of Friends for children and we can work with young people and adults to create a Circle of Support.

For more information about our service please get in touch with Helen Robinson on either 01595 745091 or email helen.robinson2@shetland.org



New Transitions Toolkit for parents and carers by Contact

Talking About Tomorrow is a new transitions resource created by Contact for parents and carers.

Transition simply means change – and for young people with disabilities and learning difficulties, growing up is one of the biggest changes they face. It is not just about leaving school. It is about building an adult life, and that takes time. Families and close friends are on the journey too.

Talking about Tomorrow was created in partnership with parents across Scotland to bring together the information families need.

Lego Club

Voluntary Action Shetland Carers Centre are piloting a lego group using money from Better Breaks, a grant from Shared Care Scotland.

This Lego Club is to help children to develop social skills. As part of the process, they can help to develop their verbal and nonverbal communication, problem solving through cooperation, sharing, joint attention, and task focus.

Each child in the group is given a specific job: engineer, builder, director, and supplier and whilst in this role they follow the “rules” for this job. Each member of the team takes a turn at each role. We have started the club off with nine children, who will work in groups of three and will be given roles to carry out.

Our plan is to make each session a fun way of enabling the children to learn how to take part in group settings and how to work with their peers.

The Lego Club is particularly suitable for Children with Autism Spectrum Disorder, Children with social and communicational needs and the Sibling or friend of these children.

We are currently piloting the group for 6 weeks at the Bruce Family Centre, who as well as hosting the club are also providing us with a play worker to facilitate the group.

We are hoping to run future sessions of the Lego Club, if this is something that you would be interested in then please get in touch with Shetland Carers on 01595 743923 or email carers@shetland.org



WE NEED YOU!

VAS would like to hear your views on the type of short breaks and services carers want. We have the opportunity to apply to Shared Care Scotland’s Creative Breaks. This fund gives grants to third sector organisations to develop and deliver short breaks projects and services for carers of adults (aged 21 years and over), carers of older people (aged 65 years and over), young carers (caring for children or adults), and the people that they care for.

We are holding a workshop on **Wednesday 27th March at from 1-2 pm at Market House** if you would like to come along and share your views on the development of short breaks and services in Shetland. A light buffet and drinks will be available.

CREATIVE
breaks

Disability Leadership Network

Inclusion Scotland is hoping to build a 'disabled leadership network'. This will be a network comprising of disabled people who want to become stronger leaders, within their community, workplace, education setting, or within politics and activism.

The hope is to facilitate a platform where disabled people can develop their leadership skills and gain the confidence to lead in areas where they would like to see change.

Short Breaks Grants Available



Research shows the importance of carers taking time out from their caring role. To support carers to do this, Shared Care Scotland has awarded VAS Carers Centre funding of £3,845 to provide grants of up to £150 for short breaks for carers in Shetland.

To be eligible the person being cared for must be 21 or older, unless the carer is a young carer (aged 8 – 18) in which case there is no age restriction on the person being cared for. The fund is aimed at carers who most need support such and have a substantial caring role, are less likely to access current support or whose needs are not met by current models of service provision. Carers can apply for a grant to pay for breaks or activities which are very individual and personalised to their own unique situation.

To find out more about applying for a grant contact us or visit our website at www.shetlandcarers.org/need-a-break.

After your short break all that we ask is that you provide your receipts and complete an Evaluation Form so that we can report to our funder. This helps us to monitor the success and take-up of the project and make improvements where necessary.

Feedback from Carers who have received a Short Break Grant in the past have said:

"It made a huge difference; it gave me time to enjoy myself where I could relax and enjoy the break. My mum went into respite while I was away."

"It took the pressure of me having everything organised, all the driving and cooking done as well. Gave me time to relax and probably be less uptight."

"I came back a lot less stressed and much happier, and it is a thing I just wouldn't have considered doing, or made time for."



Take a Break

Take A Break provide grants for short breaks for the carers of disabled children, young people and their families in Scotland.

Carers looking after a disabled child or young person below 21 years of age can apply to Take a Break Scotland who give grants to carers of disabled and young people up to age 20 years, or until 21st birthday (the 20th year).

If you require some more information, please visit <http://takeabreakscotland.org.uk/>

Dates for the Diary:

Stepping Out:

Thursday 14th March: North Ness Hall, Yell from 11.30am-2pm

Thursday 28th March: Westsandwick Hall from 11.30am-2pm

Families Affected By:

1st Tuesday in the month - Market House from 5.30-7pm

Tuesday 2nd April

Tuesday 7th May

Tuesday 4th June

Parent Support Group:

Tuesday 26th March in Market House from 11am-1pm

Outreach drop-in sessions

all venues are local health centres

March

Day / date	Venue	Time
Friday 1 st	Scalloway	9:30am – 12:30pm
Wednesday 6 th	Whalsay	10:00am – 2:00pm
Friday 8 th	Levenwick	9:30am – 12:30pm
Tuesday 12 th	Yell	10:00am – 1:00pm
Thursday 14 th	Walls	9:30am – 12:30pm
Wednesday 20 th	Hillswick	9:30am – 12:30pm
Wednesday 20 th	Brae	9:30am – 12:30pm
Wednesday 27 th	Bixter	9:30am – 12:30pm
Friday 29 th	Scalloway	9:30am – 12:30pm

April

Day / date

Venue

Time

Wednesday 3 rd	Whalsay	10:00am – 1:00pm
Friday 5 th	Levenwick	9:30am – 12:30pm
Tuesday 9 th	Yell	10:00am – 1:00pm
Thursday 11 th	Walls	09:30am – 12:30pm
Wednesday 17 th	Hillswick	09:30am – 12:30pm
Wednesday 17 th	Brae	09:30am – 12:30pm
Wednesday 24 th	Bixter	9:30am – 12:30pm
Friday 26 th	Scalloway	09:30am – 12:30pm

CONTACT US

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