



A CARING DUNDEE 2017 - 2020

Summary

Dundee Carers Partnership have written a plan for supporting carers in Dundee.

The plan which is called 'A Caring Dundee'.

A Carer is anyone who cares, unpaid, for a friend or family member who needs help because they are ill, have a disability, are frail, are affected by mental health or alcohol or drug use.

The Plan is not about Care Workers, volunteers or Care Staff.

The Carers Partnership members include Carers Representatives, Dundee Health and Social Care Partnership and other agencies like Dundee Carers Centre.

The Dundee Carers Partnership want all Carers to feel listened to, valued and supported so that they feel well and are able to live a life alongside caring.

Carers have said what is important to them and the plan says what needs to be done to make things better for carers of all ages in Dundee.

Carers said that they want the plan to help them reach 4 outcomes. These are called Carers Strategic Outcomes.

Outcome 1 - Carers are identified, respected and involved

Outcome 2 - Carers have a good experience of caring

Outcome 3 - Carers can live a fulfilled and healthy life

Outcome 4 - Carers can balance their own life with the caring role

The plan says what is happening now and what will be done to make things better.

Some examples of the actions which are planned are to:

- Make sure we have the best ways of sharing information with carers and others
- Increase ways for carers to be involved in planning services
- Find personalised ways of supporting carers in the local communities
- Offer more Carers Health Checks
- Further Develop the Carer Short Break Model
- Looking at ways with carers for them to achieve their Personal Outcomes.

The Dundee Carers Partnership will meet regularly to make sure the planned actions happen and to check if things are getting better for carers in Dundee.

For more information please email dundeedhscp@dundeecity.gov.uk or telephone **01382 434000**.