



MIDLOTHIAN COUNCIL

HEALTH & SOCIAL CARE DIRECTORATE

A Guide to Carers Eligibility Criteria

Date of completion: 05/09/23

Contact for further information: Shelagh Swithenbank

Version 1.1

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1 Introduction

Under the Carers (Scotland) 2016 Act we have powers and duties to support adult and young carers.

You are a carer if:

- you care for, or intend to care for, another person
- and you are not paid for the care you provide
- and you are not providing the care through a voluntary organisation.

If you are a parent of a child (someone under 18) you may be a carer if your child has additional care and support needs which are not because of their age.

As a carer, we have a duty¹ to offer you an Adult Carer Support Plan (ACSP) or a Young Carer Statement (YCS) (for those who are under 18 or over 18 but still at school) and prepare it if you want one. We will offer to do this for every carer we identify, or for any carer who requests one.

Our ACSP is based on the personal outcomes approach and our YCS is based on the national wellbeing indicators for children and young people. As part of the ACSP/YCS, together with you, we look at the care you give and the impact this has on your life. We also look at personal supports, access to supports in the community and areas in which you need more individualised supports.

To help us determine the impact of caring we ask the following questions:

- Is the caring role sustainable?
- How great is the risk of the caring role becoming unsustainable?

2 Carers Eligibility Criteria

The Scottish Government has asked Local Authorities to set local eligibility criteria for carers. Eligibility criteria help guide Local Authorities to be consistent when deciding what level of support to provide to different people.

The Scottish Government have outlined a set of 7 'indicators' which cover key areas of a carer's life. They have asked Local Authorities to use these indicators as the basis of their Eligibility Criteria. The indicators are:

health and wellbeing relationships living environment employment
& training finances life balance future planning

Our eligibility criteria is set out in the table on page 5 using these seven indicators.

¹A duty is something we must do.

3 Local Eligibility Threshold

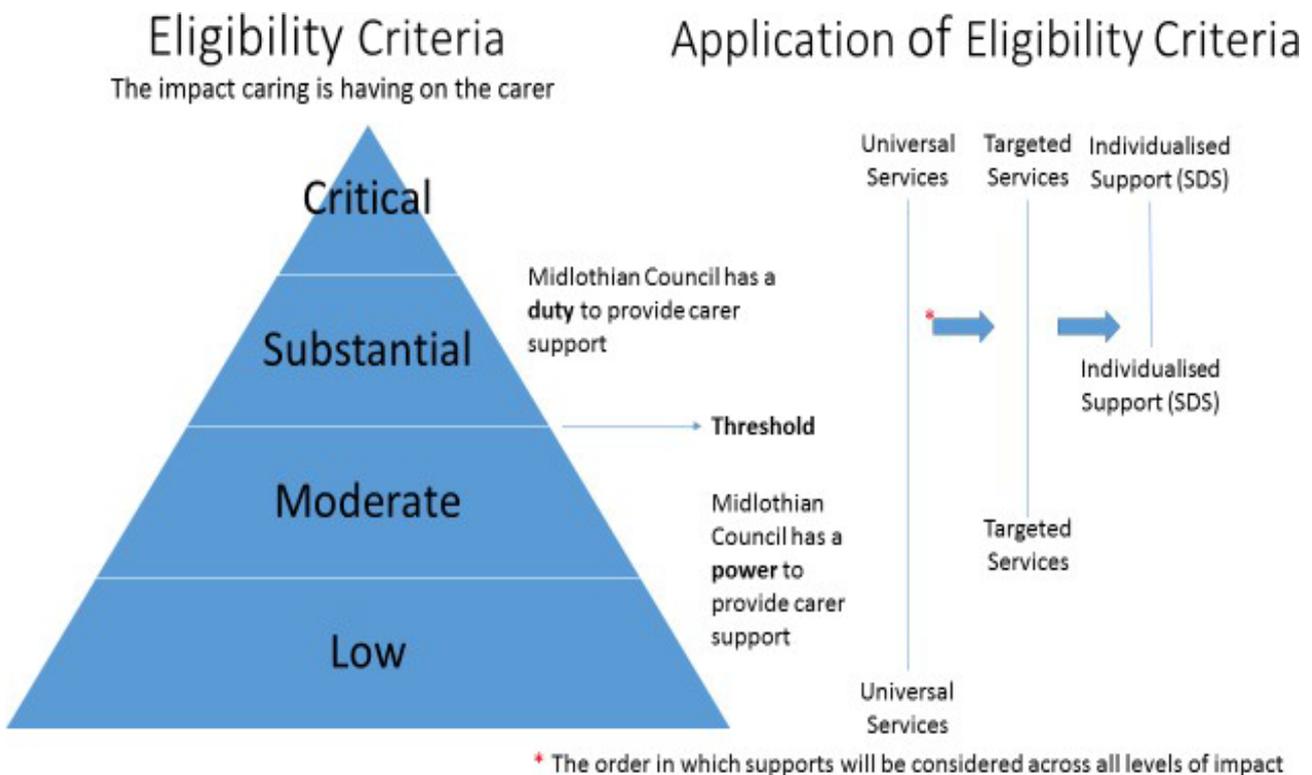
When completing your ACSP/YCS we use this eligibility criteria to make sure we make consistent decisions about the level of support to provide and also to decide who is eligible to receive individualised support.

In Midlothian we have said that if caring is having either a **substantial** or **critical** impact on the carer we have **duty** to support that carer using individualised support. This is known as our threshold. Through this individualised support our aim is to reduce the impact of caring to a manageable level. Carers can request a new ACSP or YCS where they believe their circumstances have changed.

The impact only has to meet the threshold for one indicator for us to have a duty to provide support for that indicator. Future planning is the one nationally recognised exception to this. This indicator will be considered alongside the others rather than on its own. In Midlothian's ACSP we also look at the relationship (partnership) between carers and services. In a similar way to future planning, we will consider how this is working alongside the other national indicators.

We can use our discretion to consider individualised support even if the threshold has not been met. We will do this if it is clear that without this support the impact of caring would reach a critical level within a short space of time (normally considered to be within 6 months).

Illustrative threshold for carer support



4 Local Carers Eligibility Criteria

The tables below provides a detailed breakdown of Midlothian Council’s eligibility criteria. We know people do not fit neatly into boxes but it is important that we have some way of ensuring we are as consistent as possible when supporting carers. The term carer means both adult and young carers.

National Indicator	Caring has no impact on the carer NO RISK	Caring has low impact on the carer LOW RISK	Caring has moderate impact on the carer MODERATE RISK	Caring has substantial impact on the carer SUBSTANTIAL RISK	Caring has critical impact on the carer CRITICAL RISK
	(no impact means zero risk of harm/danger to themselves or others)	(low impact means a potential risk of harm/danger to themselves or others)	(moderate impact means a likely risk of harm/danger to themselves or others)	(substantial impact means serious risk of harm/danger to the person or others)	(critical impact means life threatening risk of harm/danger to the person or others)
Health and wellbeing	Carer has no health/ emotional wellbeing or development difficulties as a result of their caring role.	Carer’s health/ emotional wellbeing/ development is beginning to be affected as a result of their caring role.	Carer’s health/ emotional wellbeing/ development is at risk as a result of their caring role.	Carer has or is at risk of developing significant health/ emotional wellbeing/ development difficulties as a result of their caring role.	Carer has or is at risk of developing severe health/ emotional wellbeing/ development difficulties due to the impact of their caring role.
Relationships	Carer has a healthy relationship with the person they care for and is able to maintain relationships with other key people in their life.	Due to their caring role, the carer has some concerns about their relationship with the person they care for and/or their ability to maintain relationships	Due to their caring role, the carer has identified issues with their relationship with the person they care for that need to be addressed and/or they	Due to their caring role, the carer’s relationship with the person they care for is in danger of breaking down and/or they no longer are able to	Due to their caring role, the carer’s relationship with the person they care for has broken down and their caring role is no longer sustainable and/or their relationship with

National Indicator	Caring has no impact on the carer NO RISK	Caring has low impact on the carer LOW RISK	Caring has moderate impact on the carer MODERATE RISK	Caring has substantial impact on the carer SUBSTANTIAL RISK	Caring has critical impact on the carer CRITICAL RISK
		with other key people in their life.	find it difficult to maintain relationships with other key people in their life.	maintain relationships with other key people in their life.	other key people in their life has broken down.
Living Environment	Carer's living environment is suitable and poses no risk to the physical health and safety of the carer in relation to their caring role.	Carer's living environment is mostly suitable but could pose a risk to the health and safety of the carer in the longer term in relation to their caring role.	Carer's living environment is unsuitable but there is no identifiable immediate risk to the carer in relation to their caring role.	Carer's living environment is unsuitable and poses an immediate risk to the health and safety of the carer in relation to their caring role.	Carer's living environment is unsuitable and there are immediate and severe risks to the health and safety of the carer in relation to their caring role.
Employment and Training (caring role specific)	Carer has no difficulty in managing caring and employment and/or education. Carer does not want to be in paid work or education (to be applied appropriate to age).	Carer has some difficulty managing caring and employment and there is a risk to sustaining employment and/or education in the long term. Carer is not in paid work or education but would like to be in the long term (to be applied appropriate to age).	Carer has difficulty managing caring and employment and there is a risk to staying in employment and/or education in the medium term. Carer is not in paid work or education but wants to be in the medium/short term (to	Carer has significant difficulty managing caring and employment and there is a risk to staying in employment and/or education in the short term. Carer is not in paid work or education but wants to be in the short term (to	Carer has significant difficulty managing caring and employment and/or education and there is an imminent risk of giving up work or education. Carer is not in paid work or education but wants to be now (to be applied appropriate to age).

National Indicator	Caring has no impact on the carer NO RISK	Caring has low impact on the carer LOW RISK	Caring has moderate impact on the carer MODERATE RISK	Caring has substantial impact on the carer SUBSTANTIAL RISK	Caring has critical impact on the carer CRITICAL RISK
			be applied appropriate to age).	be applied appropriate to age).	
Finances	Caring is not causing financial hardship e.g. carer can afford housing cost and utilities.	Caring is causing a risk of financial hardship e.g. some difficulty meeting housing costs and utilities.	Caring is causing some detrimental impact on finances e.g. difficulty meeting either housing costs OR utilities.	Caring is having a significant financial impact on the carer e.g. unable to meet housing costs AND utilities.	Caring is causing severe financial hardship e.g. carer cannot afford household essentials and/or to make housing payments and utility payments.
Life Balance	Carer has regular opportunities to achieve the balance they want in their life. This includes being able to do things which are meaningful to them, maintain social links or to meet other obligations they may have.	Carer has some opportunities to achieve the balance they want in their life. This includes being able to do things which are meaningful to them, maintain social links or to meet other obligations they may have.	Due to their caring role, the carer has limited opportunities to achieve the balance they want in their life. This includes being able to do things which are meaningful to them, maintain social links or to meet other obligations they may have.	Due to their caring role, the carer has few and irregular opportunities to achieve the balance they want in their life. This includes being able to do things which are meaningful to them, maintain social links or to meet other obligations they may have.	Due to their caring role, the carer has no opportunities to achieve the balance they want in their life. This includes being able to do things which are meaningful to them, maintain social links or to meet other obligations they may have.

National Indicator	Caring has no impact on the carer NO RISK	Caring has low impact on the carer LOW RISK	Caring has moderate impact on the carer MODERATE RISK	Caring has substantial impact on the carer SUBSTANTIAL RISK	Caring has critical impact on the carer CRITICAL RISK
Future planning	Carer is confident about planning for the future and has no concerns about managing caring.	Carer is largely confident about planning for the future but has minor concerns about managing caring.	Carer is not confident about planning for the future and has some concerns about managing caring.	Carer is anxious about planning for the future and has significant concerns about managing caring.	Carer is very anxious about planning for the future and has severe concerns about managing caring/is clear they cannot manage caring.
Partnership between services and Carer (Midlothian Specific - no national Indicator)	<p>The carer feels their knowledge and expertise is valued by services/professionals involved in the life of the person they care for.</p> <p>They feel they are treated as a key partner.</p>	<p>The carer feels their knowledge and expertise is generally valued by services/professionals involved in the life of the person they care for.</p> <p>They feel they are, on the whole, treated as a key partner.</p>	<p>The carer feels their knowledge and expertise is not regularly valued by services/professionals involved in the life of the person they care for.</p> <p>They feel they are often not treated as a key partner.</p>	<p>The carer feels there has been a significant breakdown in the relationship between themselves and services/professionals involved in the life of the person they care for.</p> <p>They do not feel that their knowledge or expertise is valued by key partners.</p>	<p>The carer feels there has been a complete breakdown in the relationship between themselves and services/professionals involved in the life of the person they care for.</p> <p>They do not feel that their knowledge or expertise is valued by key partners.</p>

5 How we Apply the Eligibility Criteria

We will look at the impact your caring role is having on you, what needs to change, if anything, and the best way to support those changes. By doing this our aim is to help you to continue to care for the person you care for (if that's what you want). There are three broad categories of support which are detailed below with examples²:

5.1 Universal/Preventative & Existing Support

Universal supports are those which are open to everyone. We will help guide you to support that is already generally available and help you to make the best use of the strengths, capabilities and supports you already have. We will always look at these types of support first across all levels of impact and risk.

Examples of Universal Supports

Adult Carers	Young Carers
<ul style="list-style-type: none"> Local health services Local carer centre Peer and family support Advocacy Community and support groups Supported self-care Social and leisure opportunities Income maximisation Emergency planning 	<ul style="list-style-type: none"> Support through local health services and education Peer and family support Community and local youth groups Social and leisure opportunities Advocacy Emergency planning

5.2 Targeted Supports

If your needs are either not met, or not fully met through universal and/or informal supports then we will look at more targeted support. Most targeted supports have a referral or screening process and tend to be more specialist or focused on a particular issue. Some of these projects or services may be funded or provided by support from the local authority or health board.

Table 2 Examples of Targeted Supports

Adult Carers	Young Carers
<ul style="list-style-type: none"> Midlothian Active Choices Card (gym access) The Wellbeing Service (1:1 or groups support for health and wellbeing) Mediation services e.g. family group conferencing Support to access opportunities to further career studies i.e. grants bursaries 	<ul style="list-style-type: none"> Midlothian Active Choices Card (gym access) – age appropriate Access to breakfast club at school Soft start at school to allow you to be flexible with start times Support to have access to opportunities other young people have Referral to careers advisor or LLE worker,

² Please note the examples do not provide an exhaustive list. Individual need and personal outcome (what matters to you) will determine the best way to support you.

Adult Carers	Young Carers
<ul style="list-style-type: none"> targeted local carer centre support i.e. counselling Financial support via a Crisis Grant, Budgeting Loan or Community Care Grant. 	<ul style="list-style-type: none"> support from school with job/college or university applications Referral to Young Carer’s support group.

5.3 Individualised Supports

Individualised support applies to the ‘remaining’ needs and is support that cannot be provided by universal or targeted supports.

The purpose of individualised support is to reduce the impact and risks of caring to below the threshold (moderate). There is a large degree of flexibility in individualised support and it is agreed according to individual circumstances, in line with eligibility criteria and what would be considered a reasonable cost to reduce the risk(s). Individualised support services may be provided directly to you, or to the person you care for after they have also been assessed.

Individualised support is arranged through self-directed support¹ which provides options about the level of choice and control over the support provided.

Examples of Individualised Supports (the National Indicators have been included to illustrate the types of support available in Midlothian under each indicator). **The examples below are for illustrative purposes only.** These examples may be progressed following an Adult Carer Support Plan only, or following an Adult Carer Support Plan and assessment of the person you care for.

National Indicator	Adult Carers	Young Carers
Health and wellbeing	<ul style="list-style-type: none"> Respite/ a break from caring Support to pursue a particular hobby/interest Membership of a group/activity 	<ul style="list-style-type: none"> Respite/ a break from caring Support to pursue a particular hobby/interest Membership of a group/activity
Relationships	<ul style="list-style-type: none"> Replacement care to allow a break from caring Support to reduce carer stress for example funding to enable the carer to pursue an interest which reduces the impact of caring on their relationships. 	<ul style="list-style-type: none"> Replacement care to allow a break from caring Support to reduce carer stress for example funding to enable the carer to pursue an interest which reduces the impact of caring on their relationships.

¹ [Self Directed Support \(adults and older people\) | Midlothian Council](#)

<p>Living Environment</p>	<ul style="list-style-type: none"> • Individualised support in most circumstances would be looked at in an assessment of the needs of the cared for person • Individualised support may be appropriate specific to the carer i.e. to create a 'safe/calm space' in the carer's home providing 	<ul style="list-style-type: none"> • Individualised support in most circumstances would fall within the remit of an assessment relating to the needs of the cared for person. • Individualised support may be appropriate specific to the carer i.e. to create a 'safe/calm/fun space' at home providing either a break from caring or reducing the impact of caring.
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National Indicator	Adult Carers	Young Carers
	either a break from caring or reducing the impact of caring.	
Employment and Training	<ul style="list-style-type: none"> • Training specific to the caring role i.e. manual handling, condition specific training • Individualised support is not generally available to assist with the payment of further education. This is the responsibility of educational services. 	<ul style="list-style-type: none"> • Individualised support is not generally available to assist with the payment of further education. This is the responsibility of school/ educational services • Training specific to the caring role i.e. manual handling, condition specific training (age appropriate) • Individualised support may be appropriate specific to the young carer i.e. to purchase equipment to help them stay on top of school work.
Finances	<ul style="list-style-type: none"> • Individualised support is not generally available to help pay for household/utility bills • Individualised support may be appropriate specific to the carer such as paying for a bus pass to reduce the financial impact of travel as part of caring role. 	<ul style="list-style-type: none"> • Individualised support is not generally available to help pay for household/utility bills and this would generally not be a responsibility for most young carers, although may be relevant to those aged 16-18 • Individualised support may be appropriate specific to the carer such as paying for a bus pass to reduce the financial impact of travel as part of caring role.
Life Balance	<ul style="list-style-type: none"> • Respite/ a break from caring • Funding to pursue a particular hobby/interest • Membership of a group/activity • Equipment to enable a carer to continue with an interest. 	<ul style="list-style-type: none"> • Respite/ a break from caring • Funding to pursue a particular hobby/interest • Membership of a group/activity • Equipment to enable a carer to continue with an interest.
Future planning	<ul style="list-style-type: none"> • Future planning is considered alongside the other indicators. It is also something we would look at in an assessment of the needs of the cared for person. 	<ul style="list-style-type: none"> • Future planning is considered alongside the other indicators. It is also something we would look at in an assessment of the needs of the cared for person.