

# Principle 6:

## Families and carers need support

Direct quote to follow here.

### Indicator 6a: We support family wellbeing needs.

| Assessing  | Improving  | Delivering   |
|--|--|--|
| <p>→ In our organisation we are consulting with parents and carers to find out how knowledgeable they are about their rights, and the best ways to raise awareness.</p>  | <p>→ In our organisation we are piloting approaches to ensure parents and carers are aware of, and can exercise their rights. This includes the right:</p> <ul style="list-style-type: none"><li>• To request an assessment of need for your young person</li><li>• To request a Carer's Assessment on their own behalf</li><li>• To be involved in the transition planning process and have their views taken into account</li><li>• To request an appropriate support plan from your local authority if their child meets the eligibility criteria</li></ul> | <p>✓ Parents and carers tell us they feel able to exercise their rights.</p>   |
| <p>↔ We are <b>working with others</b> including parents, carers, and local carer organisations to develop strategies to help improve the wellbeing of families and carers during transitions. This includes consideration of respite, therapeutic short breaks, direct support in the home, income maximisation and the provision of out-of-hours support services.</p> | <p>↔ <b>Working with others</b> we are implementing policies and procedures to support families in the lead up to and during transitions. These may include access to family networks, peer support, carer forums, training opportunities, and family support for carers of young people with complex needs or those transitioning out of youth justice settings.</p>  | <p>✓ Parents and carers tell us they are satisfied with the support they themselves receive.</p> <p>✓ Parents and carers tell us they are satisfied with the support their family as a whole receives.</p> <p>✓ Parents and carers tell us they are able to balance their own needs with their other responsibilities.</p> |

## Indicator 6b: Advocacy is available at the start and throughout transitions.



### Linking with other Principles

*There are many ways in which the Principles overlap, meaning they cannot be implemented in isolation and need to be addressed holistically. Below are some prompt questions to help you to identify how this Principle relates to the others.*

- Do carers have access to a consistent single point of professional contact throughout the transitions planning process? (see Principle 1)
- Are young people and their carers well informed of what they are entitled to, and what they can expect during the transitions period? (see Principle 5)
- Do parents and carers understand the roles and responsibilities of those involved in the transitions process? (see Principle 2)
- Do parents and carers have opportunities to influence and inform local planning and decision-making processes? (see Principle 4)

### Evaluation Questions (under consultation)

#### We ask young people:

- Do you know what an advocate does? Do you have one? Do you know how to ask for one if you want to?

#### We ask parents and carers:

- You are confident in exercising your rights as a parent or carer
  - How could this be improved? Select from the list below
    - More information on rights
    - Advocacy or personal support
    - Other (please specify)
- You are satisfied with the support your family as a whole is receiving
- You are satisfied with the support that is available for yourself as a parent or carer
- As a parent or carer you are able to balance your own needs with your other responsibilities
- You know how to access advocacy services

#### Data Questions:

- How many requests for advocacy have we received and has advocacy been provided?

## **Resources:**

Carer (Scotland) Act 2016: Statutory Guidance [www.gov.scot/publications/carers-scotland-act-2016-statutory-guidance/](http://www.gov.scot/publications/carers-scotland-act-2016-statutory-guidance/)

Talking About Tomorrow: Preparing Parents in Scotland for Transition  
[www.talkingabouttomorrow.org.uk](http://www.talkingabouttomorrow.org.uk)

Contact [contact.org.uk/scotland](http://contact.org.uk/scotland)

Supporting disabled children, young people and their families: guidance [www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/](http://www.gov.scot/publications/supporting-disabled-children-young-people-and-their-families/)

My Rights, My Say [www.enquire.org.uk/myrightsmysay/](http://www.enquire.org.uk/myrightsmysay/)

Carers Trust Scotland [carers.org/our-work-in-scotland/our-work-in-scotland](http://carers.org/our-work-in-scotland/our-work-in-scotland)

Scottish Independent Advocacy Alliance [www.siaa.org.uk/](http://www.siaa.org.uk/)

Families Outside [www.familiesoutside.org.uk/families/](http://www.familiesoutside.org.uk/families/)

Office of the Public Guardian [www.publicguardian-scotland.gov.uk](http://www.publicguardian-scotland.gov.uk)