

East Ayrshire Health and Social Care Partnership Carers Strategy 2026-2028



Introduction

- This strategy is about supporting unpaid carers in East Ayrshire.
- A carer is someone who helps a family member, friend, or neighbour who cannot manage on their own.
- Caring can be rewarding, but it can also be hard. Carers need the right support at the right time.
- This quick guide explains the main points of our carers strategy.



Our Vision

We want every carer to feel:

- **valued**
- **supported**
- **respected**
- **able to have a life outside caring**



About Carers

Carers can be children, young people, adults or older people. Carers look after people with:

- **illness**
- **disability**
- **dementia**
- **learning difficulties**
- **mental health issues**
- **substance use issues**

Many carers do not think of themselves as carers.

Why we need a Carers Strategy

Carers help our health and social care system. Carers' health and wellbeing can be affected by caring. We want carers to:

- ♥ **stay healthy**
- ♥ **get support early**
- ♥ **be involved in decisions**
- ♥ **take breaks from caring**

What carers told us -

Carers said they need:

- ♥ **clearer information**
- ♥ **more breaks and respite**
- ♥ **better financial support**
- ♥ **help with stress and loneliness**
- ♥ **more understanding from professionals**

Young carers said they need:

- ♥ **chances to relax and have fun**
- ♥ **help at school**
- ♥ **support with friendships**
- ♥ **confidence building**

Our 5 Priorities



1 Health, wellbeing, respite & enjoyable activities

We will: Make it easier to get short breaks and respite.
Support carers' mental health
Offer fun and social activities
Work with community groups



2 Money, work & education

We will: Help carers get the benefits they are entitled to
Support carers to find and stay in work
Support young carers moving into college, training, or jobs
Promote flexible working for carers



3 Carers' voices and inclusion

We will: Listen to carers and involve them in decisions
Raise awareness of carers in schools, workplaces, and communities
Reduce stigma
Train staff to understand carers' needs



4 Support, information and care transitions

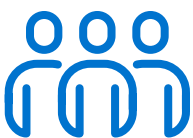
We will: Give carers information that is simple and easy to find
Make support more visible in communities
Involve carers in hospital discharge
Offer early support to stop crises



5 Digital and technology

We will: Offer online learning and support
Use technology to keep carers supported and connected
Share information online

How we will check progress



Establish a Carers Strategy Implementation Group



Monitor progress regularly and involve carers in evaluation



Adapt the plan as needs and circumstances change



Be open about financial challenges and work with carers on solutions

If you want more information get in touch

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