

Support for carers of adults with
a learning disability and/or autism
and the person they care for



Today's session

- LD Carers Advisor, **Yvonne Dawes**
- LD Carers Caseworker, **Carolyn Doyle**
- Community Facilitator, **Dymphna Graham**
- Questions



Yvonne Dawes
LD Carers Advisor



What is a Carers Assessment?

- Not an assessment of your ability to care?
- An opportunity to speak with me about the ways in which your caring role affects your life - and for me to advise on things that may help
- You may receive a Carers Wellbeing Assessment to access support
- You may go on to receive a Carers Statutory Assessment if this assessment highlights the need for your own personal budget from the council because your caring role is preventing you from carrying out household tasks or getting a break and you have no other support around to help with this

Who can have an assessment?

- Under The Care Act 2015, any adult over 18 who cares for another adult is legally entitled to a Carers Assessment
- Caring for an adult over 18 with a learning disability and/or autism
- A family member, friend or neighbour
- The person you care for does not have to be living with you
- You are performing any caring role, eg providing emotional support, practical support, advocating for the cared-for person



What will happen?

- You can call me directly to request a Carers Assessment appointment or be referred by another agency such as GP or Social Services
- Arrange a time to meet over the phone, video-call, or in-person at our offices (waiting list)
- Meet for up to 1 hour to discuss how your caring role impacts your life, eg coping with caring, finances, emotional wellbeing, connecting with others



How can we help?

- Connect you to specialist services to help with things like finances, health, emotional support, employment, connecting with others, getting a break
- Provide you with a Carers Discretionary Grant to purchase something for to help you maintain your caring role (eg to fund outings, holiday, garden/household maintenance)
- Connect you to other Merton Mencap services, eg MAPS, Adult Groups, Carers Groups, Community Facilitator



Emergency plans

As a Carer it is important to put together an emergency plan in case something happens and you may not be able to support the person you care for. Carers Support Merton has a template you can use to do this.

To create your Emergency Plan, you will need to know:

- Name, address and any other contact details of the person you care for.
- Emergency contact details of people who can provide replacement care.
- Any medication the person is taking.
- Any ongoing treatment they need.
- Their support, mobility and communication needs.



Putting your plan together

- Take your time to do this and make sure your emergency contacts are aware you have added them and their details are correct.
- Keep it somewhere safe and somewhere it can be found in an emergency.
- If the person you care for needs specific medication, write on the plan where this is kept and attach a prescription list, if possible.
- Let your GP know you are a Carer and have an Emergency Care plan at home.
- Give a copy of your plan to all of your emergency contacts.
- If the person you Care for has a social worker give them a copy.
- If you have pets think about alternative arrangements for them to be looked after if you are unable to.
- Update your plan if something changes.



Where can I get a copy of an Emergency Plan

- Carers Support Merton website (You can download a template from their website.)
- If you require help to access or to complete the form contact Merton Mencap Carers Support Service. Carers Caseworker Carolyn Doyle or Carers Advisor Yvonne Dawes (Contact numbers on Mencap Website)



Assessment Support Plan example:

Caring for an adult with High Functioning Autism

- £200 CDG carers grant to help you in your caring role, eg trip away to help emotional wellbeing, gardening services, Adult Education courses
- Referred to Merton Mencap LD Community Facilitator to connect with cared-for person and access activities to form friendships, access volunteering to make connections with other. Befriending/ mental health support out of office hours. (Respite for carer)
- Advised to contact Merton Welfare Benefits adviser for cared-for benefit check

Continued...

- Referred to Dons Local Action group for 8 week food parcel delivery
- Referred to energy saving projects such as Thinking Works and Wimbledon Guild Warm & Well to make fuel bill savings/receive winter grant. Find out about fuel caps
- Signposted to DWP Disability Adviser also to ascertain Universal Credit eligibility for cared-for person so that financial contribution can be made to household costs.
- Referred to Merton Mencap caseworker for help to complete an emergency plan

How to request a Carers Assessment

Self referral

Agency referral (GP, Merton council)

Yvonne Dawes

LD Carers Advisor/Assessor

Mobile: 07776 769286

LDCarers.Support@mertonmencap.org.uk



Carolyn Doyle
LD Carers Caseworker



LD Carers Caseworker

Purpose

Improve the lives of carers in some way

- Providing emotional support and a listening ear
- Offering a wide range of general support around their caring role
- Targeted support, usually short-term intervention
- Empowering people
- Meetings with carers can take place via telephone, video-call or in person

How the LD Carers Caseworker supports carers

Type of support

- Facilitating a plan following Carers Assessment
- Supporting carers back into the community
- Sourcing small grants to support the family
- Referring to local agencies, eg support with welfare benefits
- Helping implement 'Thinking Ahead' plans



How the LD Carers Caseworker supports carers (continued)

Examples of support

- Refer carers for health and wellbeing support
- Assist carers with application for Blue Badge or Freedom Pass
- Support to prepare for meetings, eg with Citizen Advice Bureau
- Coordinate continued support through Adults First and Carers Support Merton
- Refer to other help, eg LD Community Facilitator for support for cared-for person
- Listening ear from someone who understands learning disability/autism and caring

Small Grants

Type of local grants available

- Carers Discretionary Grant
- Wimbledon Guild Small Grants



How to access LD Carers Caseworker

Self referral

Agency referral (GP, Merton council)

Carolyn Doyle

LD Carers Caseworker

Mobile: 07815 462913

LDcarers.caseworker@mertonmencap.org.uk



Dymphna Graham
Community Facilitator



Community Facilitator

Details

- For adults with learning disabilities/autism over 18 living in Merton
- Supporting people to consider their ambitions and life-goals, solve problems, and live as independently as possible
- Helping people decide a plan and facilitating towards achieving their goals
- Short to medium-term support provided, not intended as a constant support

How the service works

- Self-referral or agency referral (GP, social prescribers, Merton)
- Initial 'Triage' to assess type of support and likely time needed
- Begin support or place on waiting list with indication of time
- First meeting takes place with person (and their carer if they wish)
- Person-centred consultation (likes, dislikes, aspirations, best days, experiences, barriers)
- Action plan agreed with nature of support being provided
- Facilitate goal-attainment



Connecting with the community

Types of support

- Discover new hobbies and interests, join new groups & outings
- Help with wellness, eg sports and fitness activities
- Support to meet new people, develop friendships
- Support with occupations, eg volunteering and to find a job
- Information about outings and events
- A listening ear, someone to talk over problems/barriers



Other support

Signposting/referring to local organisations for:

- Out of scope support, eg counselling
- Specialist advice, eg financial, legal
- Longer-term support, eg job coach
- 'Advocacy' for a grievance or complaint

How to access Community Facilitator

Self referral

Agency referral (GP, Merton council)

Dymphna Graham

Community Facilitator

Mobile: 07592 042432

Community.facilitator@mertonmencap.org.uk



Contacts (also see mertonmencap.org.uk)

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LD Adult Carers Advisor

(Carers Assessments)

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