



Carers Outreach Service Newsletter

For parents and carers of adults with a
Learning difficulty (Learning disability)

Issue 25 Spring 2020



Welcome to Issue 25

Carers Outreach invites you to come along to a
Parents and Carers Engagement meeting held at:

Ship Hotel, Dolgellau
Monday 20 April 2020, 10.30 - 12.30

The Library, Caernarfon
Monday 27 April 2020, 10.30 - 12.30

Please contact Carers Outreach to book your place via the contact details below. Meetings may be cancelled if not enough people book, therefore we will need to know who is attending.

If you would like to attend but are unable to - maybe the time or location is not convenient to you, please contact us. If we have enough people wanting to meet in a specific area we will try and arrange support groups there in the future.



Translated into Welsh by
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Update from Carers Outreach

Engagement meetings

Over the past year Carers Outreach Service has been facilitating Engagement meetings for parents and carers of children with additional needs and adults with learning difficulties (disabilities).

In these meetings parent and carers have an opportunity to share what they feel is important to them. This is done in an environment which is supportive, compassionate, empathetic and confidential.



Planning for the Future is a topic that is frequently raised. It often means different things to each and every person depending on where people are at that particular point in their life journey.

One issue that parents often raise is, “What will happen when the day comes that I am unable to continue to care?” Their wish is to have peace of mind knowing that the person they care for will be alright. Carers Outreach is working with parents to help them to prepare and plan for the future care of their adult children.

An example of how we have been doing this is by inviting Andrew Guy from Gwynedd Council to our engagement meetings. He shares information on Active Support and Positive Behaviour Support, both of which are ways to prepare for the future. They are models of helping people to engage in meaningful activities and relationships, developing abilities, making choices and being treated with respect. Reactions from parents present were positive. They said “I could listen to Andrew all day” “I feel so positive having listened to Andrew” “I feel overwhelmed, I had no idea that this important work is being done” “Thank goodness that we have people like Andrew guiding the support for our children” “It’s just wonderful to listen and learn and also to talk about our own experiences”



Exciting news!! In response to concerns raised by parent carers, Llinos Roberts, Chief Officer of Carers Outreach has secured a grant to produce information on Emergency planning and Planning for the Future for parents and carers of people with learning difficulties / disabilities.

Watch this space, I will keep you updated in future editions of this newsletter.

Please don't hesitate to contact me for further information

Best wishes to you all! ~ Gwyneth

North Wales Together

Dear Carers

My name is Sioned Williams and I am the proud parent of a wonderful young boy with Down Syndrome. I live in Gwynedd where I have started working as a Link Officer with North Wales Together, Seamless Service for people with Learning Disabilities. I want to share some information about the project with you.

The aim of the project is to develop seamless health and social care services for people with learning disabilities.

Through better integrating health, social care and the third sector, the project aims to help people with learning disabilities live more independently and get the care they need closer to home.

The project aims to achieve this in a number of different ways. You can contact me if you would like further information.

Our vision is that people with learning disabilities will have a better quality of life; living locally where they feel "safe and well", where they are valued and included in their communities and have access to effective personal support that promotes independence, choice and control.

The project will build on the skills,

networks and community resources that people with learning disabilities already have.

We want to find out from you how we can work together to make services better for you and your family. We know there is a lot of good work going on. However, there are still lots of issues that families face in getting the right support and services.

We want to focus on what you think are the changes that need to happen locally or across North Wales, so that you and your family can have an 'ordinary life'.

We are grateful to all the carers who have already been involved in this project and we will share their comments with the area leads. We are looking at developing new projects in the area and across North Wales.

Please get in touch with me if you would like further information or if you would be interested to work alongside me on this project. I only work part-time so please leave a message if I am unable to answer your call and I will get back to you.

✉: sioned.williams@flintshire.gov.uk

☎: 07920364742

Kind regards, Sioned

The information in this newsletter is, as far as we are aware, accurate at the time of going to press. Carers Outreach Service can accept no liability for errors or omissions or for the quality of information or services provided by other organisations, nor can we recommend products or services.

What is WaterSure Wales?

WaterSure Wales is a scheme that is available to customers who already have a water meter or opt in to have a water meter fitted.

WaterSure Wales can help households that have a family member with a certain medical condition that requires the extra use of water by capping your annual charge for the year.

To qualify

If you or a member of your household has a medical condition that requires **SIGNIFICANT** use of extra water such as

Examples of medical conditions

- Desquamation (flaky skin disease)
- Weeping Skin (eczema, psoriasis, varicose ulceration)
- Incontinence
- Abdominal Stoma
- Crohn's Disease
- Renal failure requiring home dialysis (except where the health authority contributes to the cost of the dialysis)
- Other: another medical condition which requires the use of a significant amount of extra water

You don't meet the requirements if...

- You don't have a water meter fitted at your property. If you'd like to have a meter fitted to qualify, please complete the **WaterSure Wales** application form, including the meter application form
- You water your garden with a non-handheld appliance, such as a sprinkler or domestic irrigation system.
- You have a swimming pool or pond with a capacity of over 10,000 litres.
- The property you're applying for isn't your main home.
- Your property is used for commercial purposes.
- You share payment of your bill with your neighbour(s)

For further information and to download the application form go to <https://www.dwrcymru.com/en/My-Account/Help-Paying-My-Water-Bill/WaterSure-Wales.aspx>

Carers Council Tax Discount

Two years ago we shared this article about Council Tax discounts in the newsletter. Following this 8 parent carers contacted us to say that they had been successful in applying for the Carers Council Tax Discount ! Many of them found that they were now paying half the amount of Council tax that they did previously ... this meant that they saved approximately £700 a year if they were on council tax band C. Remember, if your circumstances stay the same the Council Tax Discount continues year after year!

Do you care for your son or daughter, brother or sister who is

- **over 18 years old**

and who receives one of the following

- **Care component of Personal Independence Payment at any rate or**
- **Middle or high rate care component of Disability Living Allowance or**
- **Attendance Allowance at any rate**

also do you

- **provide care for at least 35 hours a week and**
- **live in the same property as the person you care for**

If you have answered yes to the above questions you could be entitled to a Carers Council Tax Discount which is 25% discount if one person is caring and 50% if there are 2 people caring. If there are more than 3 adults living in the same property contact us as the rules are different.

You do not have to claim Carers Allowance to qualify for this; your income and savings will not affect your eligibility.

To find out more please contact Gwyneth Roberts or Helen Parry at Carers Outreach Service.

Our contact details are on the front page.

