

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





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.

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

The project will build on the skills,

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.

WaterSure Wales Welsh Water



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.

Traffic light hospital passport

The Traffic Light Passport is a simple six page form, which can be completed by the service user and / or the people who know them really well before going into hospital, or upon admission.

Find the state of	Pethau mae'n rhaid i chi wybod/Things you must know	Pethau mae'n rhaid i chi wybod/Things you must know
Asesiad Goleuadau Traffig Ysbyty	Enw /Name: Dylech ly ngalw /Known as:	Cyflyrau meddygol presennol: Current medical conditions:
The Traffic Light Hospital Assessment	Cyfeiriad:	
	Address:	Hanes meddygol byr: Brief medical history:
Gwnewch yn siŵr fod yr holl staff sy'n edrych ar eich ôl HOSPITAL	Ffön: Telephone number:	Meddwainiaethau presennol:
yn darllen ac yn llofnodi'r asesiad hwn ar dudalen 6. Make sure that all the staff who look after you read and	Dyddiad geni: Date of birth:	Meddyginlaethau prosennol: Current medication:
sign this assessment on page 6.		Ymyriadau meddygol: Medical interventions:
Mae'r ddogfen hon yn perthyn i mi. Cofiwch ei dychwelyd i mi pan fyddaf yn cael fy rhyddhau/This document belongs to me. Please	Medayg teulu/GP: Cyteiriad:	
return it when I am discharged.	Address:	Ymddygiadau a all herio neu achosi risg: Behaviours which may
Coch/Red - Pethau mae'n rhaid i chi wybod.	Flön: Telephone number:	Behaviours which may challenge or cause risk:
Things you must know.	Perthynas agosaf: Ffön/ Tel: Perthynas:	
Ambr/Amber - Pethau y dylech wybod amdanaf. Things which you should know about me.	Relationship:	Fy nghyfathrebu: My communication:
Gwyrdd/Green - Pethau rwy'n eu hoffi/Pethau nad ydw i'n eu hoffi.	Perthynas:	
Things I like/Things I don't like.	Proffesiynolion	
Alerceddau:	Professionals involved:	
Allergies:		
Ni all pobl wneud unrhwy benderfyniad People can't make any japportant	Rheolwr gola: Ffôn/ Tel:	Fy neal/twriaeth: My understanding:
N all post innead unnyby benderfynias nywyja anatom ch'n hod sawr gyda ch'yn gyntaf gan gynnwys a ddylid rhi tranaeth i achu éch bywyd. Fe ddylen nhw siarad gydach claulu neu eich golaityr hady ca sjoch yn cynan ê deall pethan, Mae angen iddyn rhi hefyd wranto ar unrhyw weithiw profesiynol and sy'n gweithio gyda ch prawi, gynait (bedd Gullando		
anhaeun rachae ann bywyd, re udyen nhw starad gydach teulu neu eich gofalwyr hefyd, os ydych yn cytuno â difficulty understanding (if you agree). Throne werd heitiget from the teur by agree.	Crefydd/Religion:	
deall pethau. Mae angen iddyn nhw hefyd wrando ar unrhyw weithiwr you. It's the law (Mental Capacity Act	Corefyddol: Religious requests:	
profesiynoi arali sy'n gweithio gyda chi. Dyna'r, gyfraith (Deddf Galluedd Meddyliol 2005).	Page 2 of 6 Fersiwn 1/Version 1 05/02/14	Page 3 of 6 Fersiwn 1/Version 1 05/02/14
	Fage 2 016 Persion 1 05/02/14	1080.0010
		_
Pethau y dylech wybod amdanaf/Things that you should know about me	Pethau nwy'n eu hoffi/Pethau nad ydw i'n eu hoffi. Things I like/Things I don't like.	Nodiadau/Notes
Bwtya ac yfed	Maddudiwoh am u	Nodiadau/Notes
Bwtya ac yfed	Meddy/liveh am y pethau sy'n eich gymeud ym hapus h y gwylio'r lekdu, watching T', Think about things that make you goffido neu eich gwfido neu eich gwfido ac uich gwfido ac uich Think about things that might upset or gwfido ac uich gwfido ac uich	Nodiadau/Notes
Birtya ac yfed (flyncu): Galling and drinking (evallowing):	Meddylivech amy pethau sy'n eich generaely h phopula cerdforiaeth , y brydy foych yne hoffi, pethau sy'n eich cerdforiaeth , y brydy foych yn ei hoffi, pethau sy'n eich hoffi, pethau sy'n eich bryd foych yn ei hoffi, pethau sy'n eich hoffi, pethau	Nodiadau/Notes
Bwya ac yfed (f)ncu): ac (f)ncu): ac (f)n	Meddylivech am y pethas y?h eichin, h?, gwylo'r tekdu, hoff, pethas y?h Think about things that make you hoff, pethas y?h Meddylivech am y pethas and eich pethas and eich ymeddal yr hyn sy'h music, fodd you hoff, pethas y?h Think about things that make you ymeddal yr hyn sy'h music, fodd you ymeddal yr hyn sy'h music, fodd you ymeddal yr hyn sy'h hoff, pethas y?h Think about things that happenige hoff, pethas y?h	Nodiadau/Notes
Burlya ac yfed	Meddylivech amy pathar up in eich her pathar up in eich her pathar up in eich her pathar up in eich her pathar up in eich eich cadwin beit adwin beit adw	Nodiadau/Notes
Burlya ac yfed	Meddylivch amy pethas yn iach amerida yn hapan Christer yn hapan Carddoriaeth, y bryd y chych yn ei hoff, oethau yn ei ch adwich Crwch wneuch ym. Think about things that make you haff, oethau yn ei ch adwich Crwch wneuch ym. Meddyliwch am y pethau a al ech podicio ac ai de prodicio ac ai de prodi	Nodiadau/Notes
Burlya ac yled Opincul: ac Opincul: ac <tr< td=""><td>Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog</td><td></td></tr<>	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	
Burlya ac yfed Uffneul; Usadiohing (svallowing): Organya dry Provide dry Ging to the totlet:	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	
Burlya ac yfed (flyncu): Stang and (tswallowing): Image: Stang and	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad
Burlya ac yfted (Phyneu): ac (Phyneu): ac (Phyneu): ac (Initial initial initialinitial initial initialinitial initial initial initializa initiali	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	Sicrhewch fod yr holl staff sy'n gofalu amdanoch yn darllen ac yr llofnodf aesiad hwn yn blwch isod. Make sure that all the saff who look after you read and sign this assessmen in the box below.
Burlya ac yfed (Uncul: (Uncul: (wallowing): (w	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad
Burlya ac yled (Pijneci): diale (Pince): diale (Wallowing): (Wallowing): <	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad
Burlya ac yfted (Pyncul): so (Pyncul): so (Initializing): Image: Solution of the solution of	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad
Burlya ac ylod Phyneul: said Phyneul: said Phyneul: said Image: Said Said Said Said Said Said Said Said	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad
Burlya ac yfed (fyncu); (wallowing): Image: State of the	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad
Burlya ac ylod Phyneul: ac Phyneul: ac Phyneul: ac Image: Action of the second of t	Meddylivech amy pelhar up in eich her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je eerddorizeeth, je eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, eerddorizeeth, je her polytowich tekedu, waarbe her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekedu and tekenog eerddorizeeth, je her polytowich tekenog and tekenog eerddorizeeth, je her polytowich tekenog	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad
Burlya ac yled	Medgylinch amy primod / happin by privit tetadi, cardiornach / by privit tetadi, cardiornach / by hoff, fedda sy'n ach dativit uch dativit ach	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad
Burlya ac ylod Phyneul: ac Phyneul: ac Phyneul: ac Image: Action of the second of t	Meddylivech amy pathar up in eich her pathar up in eich her pathar up in eich her pathar up in eich her pathar up in eich eich cadwin beit adwin beit adw	Sicrhewch fod yr holl staff sy'n gofslu amdanoch yn darlien ac yr llofnodf Sassiad hwn yn y blwch isod. Make sure tha all the staff who look after you read and sign this assessmen in the box helow. Enw Llofnod Dyddiad Enw Llofnod Dyddad

Red is for the things people must know, such as GP and carer contact details, medical condition, medication and allergies.

Amber is for important issues like how the person communicates, their eating and drinking preferences, as well as their need for help for moving around and taking medication.

Green is for likes and dislikes, hobbies and personal preferences.

Page 4 of 6

Fersiwn 1/Version 1 05/02/14