



Getting it right for carers in the Scottish Borders

Tweed Horizons, 8th June 2016

Programme

- 10-10.30 Arrival/coffee
- 10.30-10.40 Welcome (Linda Jackson, Chair, Borders Carers Centre)
- 10.40-10.55 Borders Carers Strategy update (Jenny Miller, Borders Voluntary Care Voice)
- 10.55-11.15 Carers Act (Scotland) 2016 (Maggie Farrell, Carers Trust)
- 11.15-11.20 Launch of Carers Information Pack (Debbie Rutherford, Borders Carers Centre)
- 11.20-11.30 Comfort break
- 11.30-12.10 Round table discussion – topics below:
- Short breaks and personal outcomes
 - Crisis prevention
 - Hospital/hospice discharge planning
 - Information and advice
 - Self-directed support options
 - Adult Carer Support Plan
 - Carer Friendly Communities

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| 12.10-12.25 | Feedback from discussion |
| 12.25-1.10 | Lunch |
| 1.10-1.50 | Workshops/activities 1 |
| 1.55-2.35 | Workshops/activities 2 |
| 2.40-3.00 | Evaluation/close |
| 3.00-3.30 | Coffee/networking |

Workshops/activities

- A Stitch in Time
- Guided walk round Tweed Horizons
- Choice, control and flexibility – Self-directed Support
- Autism – a carer's story
- Therapy through drama - the importance of being daft
- Reiki for carers