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Care Directions' News Update – January 2009 – The essential resource of Empowering Information on Daily Living, Health, Home Safety Nutrition, Benefits, Care Funding, Telecare and Legal Matters- from the Internet's Guide to care and the Rights of Older People. For Further Information Contact –

E-Mail -

options@cairedirections.co.uk

Facing Up To The Cost Of Care - With the announcement that the UK's fastest growing age group is now those aged 85 years and over, comes some startling facts of current Care Home Costs. It is reported that the average cost of a single room is now £24,700 per year, with that escalating to £35,000 annually in a Nursing Home Situation.

Diminishing Asset Values – If, of course you have assets of more than £22,500 you will probably be liable for all the costs of care less any benefit which you may be entitled to. Faced with such high costs of self funded care and greater life expectancy it's no wonder that more and more of us are seeing cherished family assets decimated very quickly – particularly in such a depressed property market .

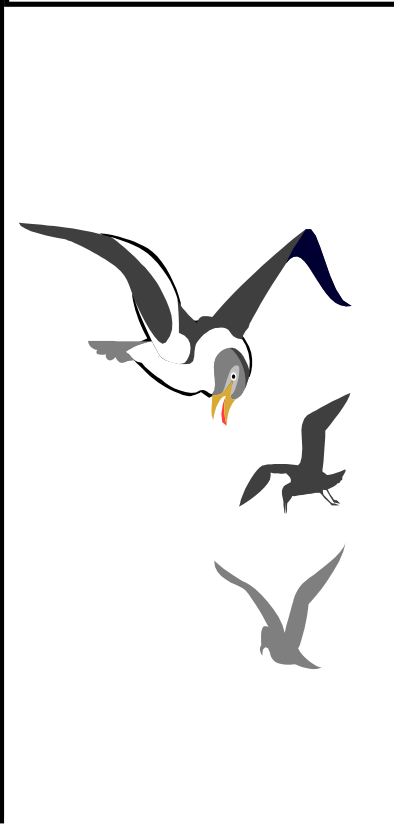
If your family is facing this situation it pays to be fully informed of all the issues and possibilities of Care Home Funding before the crisis of need arises.

The **Caithness Community Care Forum** is conducting a **Consultation** throughout January on **“How Safe and Supported are Older People Living in their Own Homes?”**

If you would like to take part please contact -

Fiona—Tel—01955-609962—

E-Mail—Fiona@cvg.org.uk



Expert Dementia Support Service For The Scottish Voluntary Sector – The Dementia Services Development Centre University of Stirling has established a new support service – for Frontline People working in Dementia Care in Voluntary Organisations and Community Groups across Scotland. The liaison Service gives access to range of expert information and training that is often not affordable to Voluntary Organisations

For further information about the Service and Opportunities, please contact Jemma Galbraith on **Tel - 01786-467740, E-Mail – jemma.galbraith@stir.ac.uk or visit <http://www.dementia.stir.ac.uk>**

Have Your Say! – A Guide For Young People – Your Right To Be Heard – Scotland's Commissioner for Children and Young People – SCCYP – promotes and protects your rights. If you want to know, more about your rights and how to have a say about your Health Care then contact SCCYP. At the following address:

SCCYP,

85 Holyrood Road,

EDINBURGH. EH8 8AU

Tel—0131-558-3733- Freephone Number for Young People— 0800-019-1179

E-Mail– enquiries@sccyp.org.uk—Website—www.sccyp.org.uk

Leaflets also available from—Fiona Henderson—Caithness Community Care Forum,

Telford House, Williamson Street, WICK—Tel—01955-609962 or E-Mail—Fiona@cvq.org.uk

Also For Information regarding The **Caithness Access Panel** please contact

Fiona Henderson -Tel—01955-609962 or E-Mail—Fiona@cvq.org.uk or

Janet Gray—Chairperson—Tel—01847-821098

ENERGY EFFICIENCY INFORMATION— The Caithness Energy Advice Service is a Caithness wide initiative and the Team have been actively traveling the length and breadth of the county advising Residents on energy efficiency—such as

Reducing fuel bills, Grants available, Meter Reading and the most efficient Tariffs available.

During the last two months the Team have assisted more than 40 households to save money and energy. They also supply Energy Saving light bulbs as an incentive and Home Visits can also be arranged.

The Caithness Energy advice Team recently attended the Energy Action Scotland Annual Conference and were awarded the runner-Up prize of #1000 in the energy Savers Award for 2007.

For further Information Please contact—Louise, Angela, Alison or Norma on Tel—01847-896524

Or E-Mail—ormlieca@tiscali.co.uk

HOME-START CAITHNESS— a Friend to Parents with young children - any Family with at least one child under 5 can ask Home-Start for help. At Home-Start we support any parent with young children who asks for our help and our supported families like our volunteers, come from all walks of life.

For Further Information Please contact— Naomi Watson

Home-Start Caithness,

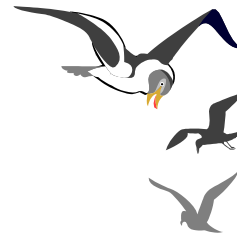
Community Education Office

Ackergill Street,

Wick KW1 4DT

Tel/Fax—01955-606222

E-Mail—h-scaithness@btconnect.com



About North Highland CHP



North Highland Community Health Partnership is part of NHS Highland. We manage community health services in Caithness and Sutherland for around 39,000 people across 7,800 square km.

We also provide some acute services, including a wide range of out-patient and in-patient services at our local hospitals. Meetings are held every two months for discussions and updates on the relevant Services and are **Open to the Members of the Public**. Membership of this Group is represented by Statutory Bodies, NHS, The Public Sector and the Voluntary Sector.

A List of their meetings for 2009 is as follows—

Day	Date	Time	Venue	Town
Tues	10th Feb	2 pm	Environmental Institute	Thurso
Tues	14th April	2 pm	The Marine Hotel	Brora
Tues	9th June	2 pm	Environmental Institute	Thurso
Tues	18th Aug	2 pm	The Marine Hotel	Brora
Tues	13th Oct	2 pm	Environmental Institute	Thurso
Tues	8th Dec	2 pm	The Marine Hotel	Brora

Crossroads Caithness is one of the eight Crossroads Care Attendant Schemes within the Highland Council Area. We are affiliated to Crossroads (Scotland) as a whole. The scheme is a charitable organisation set up in Caithness in 1988 following a Survey that demonstrated the need for respite care for those who were looking after others in their own home on a more or less full time basis.

The scheme provides fully trained, security cleared, Care Attendants who substitute for a Carer for a period of time on a flexible basis to allow the Carer some time to themselves, either within or out-with the home.

The scheme provides an experienced and confidential service to those in need of our support. We work in close cooperation with other caring Organisations - both statutory or voluntary. We respond to individual need within the resources available to us.

The part-time Care Attendants are managed on a day-to-day basis by a full time Co-ordinator/Manager. The scheme is a limited company with a Board of Directors and a Management Committee members are all unpaid volunteers.

Duties as needed

Cooking and preparing meals for the client when in attendance at meal time

Making morning coffee, afternoon tea, or evening drinks whilst in attendance

We also provide overnight care when finances allow

New Web Site http://website.lineone.net/~crossroads_caithness

STAFF TRAINING— Training is given to all members of staff, this can take the form of updating through regular Care Attendant meetings held by the Co-ordinator or Individual Courses. These are provided by external Organisations and Training Schemes provided by Crossroads (Scotland).

FINANCES—The scheme is funded in the following ways:-

Annual grants from the Highland Council Social Work Department and Highland Health Board. All Carer Support provided from these sources is FREE at the point of delivery.

If the scheme is working to capacity new Carer/Clients may have to be placed on a waiting list. Carers in this situation can approach the Social Work Department who may be willing to purchase support from us, as below.

At present Crossroads does not charge for its Carer Support. However should a Carer wish to enter into a private contract with the scheme terms can be arranged. This contract of necessity must reflect the full cost, i.e. not subsidised by statutory body funding.