



# How to get your in care records



## Easy Read



## What is this document about?



This is an Easy Read document.

It gives you information about getting your **in care** records.



**In care records** are the information about your health, care and treatment when you were in care.



The **care system** is the local council services that looked after you when you could not be cared for by your parents.

## Voices for a Better Future

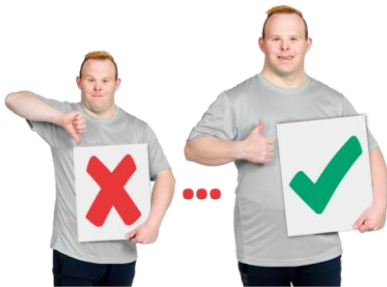


Voices for a Better Future is a **survivors** voice group.

**Survivors** are people who have experienced abuse or violence.



The Voices for a Better Future group brings together people who experienced abuse or neglect while they were children in the Scottish care system.



Members of the Voices for a Better Future group want to make a difference.

They want to help improve services and support for other survivors.



Voices for a Better Future is a safe space where group members can:

- give guidance and advice to the Alliance Leadership Team
- can represent survivors as part of the Alliance Leadership Team



The Alliance Leadership Team runs **Future Pathways** – a service that supports people who were abused or neglected as children in the Scottish care system.





- help make decisions about Future Pathways

Voices for a Better Future has:



- 14 survivors
- 2 representatives from the Scottish Government
- 1 person from Future Pathways who gives administrative support



You can find out more about the group at [www.future-pathways.co.uk/who-we-are/voices-for-a-better-future](http://www.future-pathways.co.uk/who-we-are/voices-for-a-better-future)

## Getting in care records



You may want to get your care records to:

- get evidence you need to apply for **redress** – an apology or money awarded to someone in recognition of loss, suffering, or injury



- get evidence you need for a court case



- have the information for yourself

When you ask for the records you should be clear about what information you want.

It could be:



**Proof Only** – you may want to only know if there is evidence that you were a resident in a certain care setting, like a children's home



**Full Records** – you may want to have access to every record that is held about your time in care

**Part Record** – you may want to get only specific information about a certain time you were in care



When asking for care records, you should be aware that you may read things that you did not know before and this may be about other members of your family.

This can be upsetting.



You should make sure you have support at this time.

A sample of a redacted form titled "SECTION 4: GENERAL INFORMATION OF THE REGISTRANT". The form contains fields for "Full name", "Registration number", "Work address of registrant", "Date of birth", "Current employer", and "Education". Several areas of the form are redacted with black boxes.

There may be times when some of the information contained in their records has been **redacted**.

This is when information is removed that may identify someone.



This can sometimes be disappointing. You may feel you are not getting all the information you asked for.



Many councils no longer have any records on the children that were in their care many years ago.

You may be able to get the information from healthcare records or school records.



Sometimes all records about one family may be kept together.

If it is difficult to find your records, ask the organisation to check if they are with the records of any of your brothers or sisters who were also in care.

## Who can search for in care records?



Record searches are done by Wellbeing Scotland and Birthlink.

Record searches may also be carried out by:

- solicitors for legal reasons
- by people who raise **subject access requests** or **information requests**

These are both formal ways to ask for information.



Organisations that may hold in care records are institutions, services and local councils.



# What support is available to people who want to get their in care records?



It is a big decision to look for information about your time in care.

Organisations that have in care records must:

- communicate well with you
- give you good support
- be able to explain the information in the records



Support and guidance about getting in care records is different across Scotland.

These organisations can help:

## **Future Pathways**

If someone experienced childhood abuse in care, Future Pathways can support them to find records and to get emotional support.

[www.future-pathways.co.uk](http://www.future-pathways.co.uk)





## Redress Support Service

Scottish Government case workers can refer individuals to the Redress Support Service.



[www.redress-support.scot](http://www.redress-support.scot)

## More help

If you are finding things hard you can contact one of these services:



## The Samaritans

They offer a safe place for you to talk any time you like.



Phone for free on 116 123 - the helpline is open 24 hours a day, every day.

They also have an email service, letter service and a self help app.



[www.samaritans.org](http://www.samaritans.org)



## Breathing Space

Breathing Space is a free and confidential phone service for anyone in Scotland over the age of 16 who is feeling low, depressed or anxious



It is open:

- from 6pm to 2am Monday to Thursday
- from 6pm to 6am Friday to Sunday



Phone for free on 0800 83 85 87

[www.breathingspace.scot](http://www.breathingspace.scot)



## Shout

Shout is a free, confidential text messaging support service for anyone who is finding it difficult to cope.



Text SHOUT to 85258

[giveusashout.org](http://giveusashout.org)



Additional images: [giveusashout.org](http://giveusashout.org), [samaritans.org](http://samaritans.org), [breathingspace.scot](http://breathingspace.scot); [wellbeingscotland.org](http://wellbeingscotland.org), [birthlink.org.uk](http://birthlink.org.uk), [future-pathways.co.uk](http://future-pathways.co.uk), [redress-support.scot](http://redress-support.scot)