

# Looking After an Adult With a Physical Condition?



# Welcome



**This leaflet is for anyone who cares for an adult with a long term physical condition or disability.**

You may not think of yourself as a carer, but the term applies to anyone who looks after someone, adult or child, who cannot manage without additional support - whether physical or emotional, or both – due to disability, illness, addiction or general frailty.

Maybe you became a carer suddenly, or perhaps the person you care for has gradually developed the need for more support from you over months or years. Carers Link is the local organisation dedicated to carers in East Dunbartonshire and we provide

a range of services that may help. No matter who you are or who you care for, Carers Link is here to support you – just call us on **0800 975 2131**

# Getting support

There may be times when you are finding it difficult to resolve an issue or make yourself heard. Our Support & Advocacy team can provide individual support tailored to your needs so that you can explore different options and ensure that your views or concerns are raised.

As a carer you have a statutory right to a Carers Assessment. In East Dunbartonshire we sometimes call this a carer's conversation. This looks at what help you need, both with caring at the moment and to help you maintain your own health and wellbeing.

This conversation should provide the opportunity for you to think about yourself and your needs, and how best to meet these.

Remember that although you may be managing well just now, there could be valuable help available which would make caring easier in the future.



# What might help

Through your carer's conversation we can help you to reflect on the caring role you have. This will let you identify areas where you or the person you care for require support, or perhaps look at changes which could improve the situation.

These might include:

- Short Breaks – the chance to get a rest from caring, whether for just for a few hours or perhaps even several days, giving you a longer break to 'recharge your batteries'
- Equipment or adaptations for your home
- Services which provide assistance with personal care, such as washing and dressing, and others which assist with practical needs such as housework and shopping
- Lunch clubs and day care services for the person you care for
- Benefits advice and income maximisation

Our booklet **Caring Choices** has more information about the above services - call us now on **0800 975 2131** for your free copy.



# Support choices

Some of the support identified may be services offered by the local council. Through the Self Directed Support legislation, you and the person you support now have more choice regarding how you receive this support.

## Self-Directed Support Options



### Individual Budget Direct Payment

Money is paid directly into your bank account or into the bank account of the person you care for. This will allow you to purchase services from an agency/ other organisation, or become a personal employer to employ personal assistants.

### Individual Budget

You can ask the council to purchase support from organisations/agencies that you or the person you care for choose. The budget

remains with the council to be managed by them *but with your input.*

### Council Arranged Services

The council's care manager will make the main decisions about who provides the support to the person you care for.

***There is also the opportunity to combine these options to achieve the most flexible and suitable means of support to meet your needs.***

Please contact Carers Link on **0800 975 2131** if you would like to learn more.

# Common feelings

Caring can be rewarding, but long-term caring can also bring its own strains. Whether the person you care for has always had a physical condition or has developed this suddenly or over time, they may feel frustrated about not being able to be active in the ways they would like to be. Coping with this and with the on-going demands of caring may feel like the most natural thing in the world, or like an unwelcome responsibility – sometimes you can feel both of these on the same day.

You are not alone. There are many others who have similar feelings as they care for someone with a physical condition.

Carers Link can help. You can talk to us – and to other carers. We run groups in East Dunbartonshire, where carers come together every month for coffee and a chat. This can be a good release from day-to-day caring and many tips and hints have been shared and friends made here over the years.



# Looking after yourself

While you are caring for someone else remember that you are important too. Caring can have a very real effect on your emotional wellbeing as well as on your physical health. Make sure your GP knows that you are a carer – don't be shy about asking for a home visit if this might help.

Just a short time away from caring can help you to feel refreshed and better able to keep going, so try to have something in your day just for you – whether that be walking, gardening or just listening to music or chatting with a friend on the phone. Often this is easier said than done when you are a carer, but it's amazing what a difference it can make both physically and emotionally. Be good to yourself.

We run Relaxation, Stress Management and Back-care courses that you might find useful. You could also ask for a Wellbeing Check or come along to one of our Looking After Yourself sessions, where you can meet up with others for coffee & chat whilst learning general tips about taking care of yourself.

# It's good to talk

As a carer you will be very familiar with the reality of supporting someone with a physical disability, and of the ways that this has affected your life and your family. If you'd like to talk with someone about how you feel about caring – or just chat about things that have nothing to do with caring – we have a telephone support service, Carers Call. Our trained volunteers can call you monthly, fortnightly or even weekly to provide a friendly, listening ear or chat and catch up with how you're doing.

Our groups and carer cafés are great places to chat over coffee and biscuits, and our wide range of Caring with Confidence courses also provide a friendly environment to meet new people and learn new things.

**For details contact Carers Link-  
0800 975 2131**





# Caring with confidence?

Anyone can become a carer, at any time. It is important that you know there is help available for both you and your family. No one needs to feel they are caring alone.



Even if you are coping well at the moment it is a good idea to find out about what services and support options are available so that you know who to contact if you do need some help.

This leaflet is designed to be a starting point, giving ideas about what might help and how you can access it. Please get in touch if you would like to chat with a member of the support team or if we can provide more detailed information about something you have read here – we are very happy to help.

**Call us on  
0800 975 2131 or visit our website  
at [www.carerslink.org.uk](http://www.carerslink.org.uk)**

# Good to know

**Remember you are not on your own. Carers Link can:**

- Provide individual support and advocacy from dedicated support workers, helping you to explore different options, resolve issues or ensure your views or concerns are heard
- Give information about services and resources to help you
- Offer a telephone support service, **Carers Call**
- Welcome you at a range of informal groups
- Invite you along to a wide range of courses for carers where you can learn something new in a welcoming and sociable atmosphere
- Send you the quarterly **What's On** bulletin with information about all our courses and groups

**Useful contact details:**

**Carers Link 0800 975 2131**

**East Dunbartonshire**

**Social Work 0141 355 2200**

***Knowledge is power**  
Knowing what is available  
and how to access this  
means that both you and the  
person you care for can make  
decisions at a time that is right  
for you.*

# From a carer:

**“ Before we met and spoke to Carers Link, we didn't know any options other than giving up work or considering a full time care home. They explained the choices and we have taken steps to get more help for mum in her home. ”**



# Contact us



**Telephone:** 0141 955 2131

**Freephone:** 0800 975 2131

**Email:** [enquiry@carerslink.org.uk](mailto:enquiry@carerslink.org.uk)

**Office:** East Dunbartonshire, Enterprise Centre  
Ellangowan Road, Milngavie G62 8PH

**Normal Hours:** Monday - Friday 8.30am to 5pm  
(Appointments outwith these hours can be arranged)

**Website:** [www.carerslink.org.uk](http://www.carerslink.org.uk)

**Facebook:** [www.facebook.com/CarersLink](http://www.facebook.com/CarersLink)



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This leaflet is also available on audio tape, large print and disc, please contact us for a copy

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