

# What support can carers and young carers in East Dunbartonshire expect during the COVID-19 pandemic?

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

Tel: 0800 975 2131 or 0141 955 2131



## Are you a carer or a young carer?

If you look after, or help look after, a relative, friend or neighbour who has a disability or long-term condition you are considered to be a carer. If you are also under 18 you are a young carer

## Where can carers and young carers go to get information, advice or support?



If you are providing care for a relative or friend, support is available for you from **Carers Link East Dunbartonshire**



Staff can still be contacted on: **0800 975 2131** or **0141 955 2131** or email: [enquiry@carerslink.org.uk](mailto:enquiry@carerslink.org.uk)



Visit our website to find out more about our services and support for carers and young carers: [carerslink.org.uk](http://carerslink.org.uk)



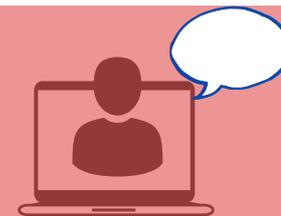
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## What advice or support is available for adult carers?

We can help you complete an **Adult Carer Support Plan** and help put together an emergency plan in case you are unable to keep caring for any reason



We can provide **emotional support** and help you **access local services and information**



There are a number of **online groups, training sessions and meetings** for carers that you can attend



We can provide **1-1 support** to help you discover **online activities** using a computer, tablet/ iPad (and possibly provide this)

## What advice or support is available for young carers?

We can help you set out what's important to you in a **Young Carers Statement** and help put together an **emergency plan** in case you are unable to provide care



We can provide **emotional support** and help you **access local services and information**



There are a number of **online 1:1 and group supports** for young carers

We can support you to access the **Young Adult Carers grant** and the **Young Scot Young Carer package**. We can support you to apply for other funds including a local 'Time to Live' grant.



## Coronavirus (Covid-19) support available for all carers



If you are providing personal care we can help you **access PPE** such as face masks, aprons and gloves



We can provide up to date information about how the **government guidelines** affect your caring role



We can provide a **carer identity card** to verify your caring role and up to date information about the **COVID-19 vaccine** for carers and how to book an appointment



We can provide **emotional support** and help you access any **practical support** available.