

# Looking After Someone?



# welcome



## Do you provide unpaid care for someone?

You may be a parent, a partner, a husband or wife, a son or daughter, a sister, a brother or a friend to someone who needs support as a result of their illness (physical or mental illness and substance abuse), condition or disability.

If you provide them with help and support to manage their life – you are also a carer.

Maybe you don't think of yourself as a carer – few people do – but you deserve to be supported, and under the Carers Act all carers are entitled to information about their rights as a carer and about the support available locally.



Carers Link supports and encourages carers, providing information, advocacy, courses, and groups. We are a listening ear when you need one, and can help you get your voice heard when you need it. We want you to have the best quality of life, both while you are caring and if your caring role ends. No matter who you are or who you care for, Carers Link is here to support you.



Our **Linked Up** project provides support to young people aged 8-25 who care, or help to care for someone. You can contact a Linked Up support worker by calling **0800 975 2131** or texting **0790 388 9858**.

# here for you

Every carer's experience is different. You may be caring for just a few hours each week or doing it 24/7; you may have found yourself suddenly in this role, or perhaps the person you care for has gradually needed more and more help over the years.

Carers Link is your local organisation dedicated to carers in East

Dunbartonshire and we are here to help – however

straightforward or complex the support you need.

Caring for someone can be hugely rewarding and it can also provide unforeseen challenges. You may need some information about available services, wish to attend a course or decide to have regular

contact with our support team. Even if you don't need support with your caring role at the moment it might be worthwhile finding out about what help is available should you need this in the future.



**“When you first become a carer you try to cope by yourself until you reach breaking point, and then you wonder ‘who can I contact for help?’”**

**“ I picked up  
the Carers  
Link leaflet  
in the library  
and decided  
to give them  
a try.**

**Little did I  
know that  
this one  
simple phone  
call would  
help so  
much. ”**





# support for you

There is a wealth of information available to help you in your caring role, and to improve your health and wellbeing. The first step to identifying the support that you need is a conversation with one of our support team. They can talk to you about the services that are available locally and how you can access them, and they can review things as your caring role progresses and let you know about other services.

The Carers Act gives all carers the right to an adult carer support plan (for young carers this is called a young carer statement). This helps you think about what support you might need if you choose to continue caring, and what could help you have a life

**“ Before coming into contact with Carers Link we had no-one to turn to, we really felt we were alone. ”**



alongside caring. You can then identify what is important to you, and what you need to help you achieve your goals. The information in the plan or statement will also be used to decide what support you have a right to, depending on local eligibility criteria.

You may choose not to have a support plan or statement, but there is no need for you to feel that you have to deal with everything on your own. As well as providing information, our support team can come with you to meetings, for example with social work, or you might want help when writing letters or filling in forms related to caring.

Remember that you are important and that we can help. If you feel supported in your caring you will be better able to cope with situations as they arise.

**“ I met with Carers Link and (he) said  
“We’re not here for your boys, we’re here for you”  
and for me that was a relief, that somebody wanted  
to know how I felt and what they could do to help  
me, because for so long the focus had been on the  
boys, everything revolved around the boys, and it  
was refreshing and a bit of a relief. ”**

# caring with confidence

We run a variety of sessions for carers which give you information and skills to help you be a confident, knowledgeable carer. The sessions also offer you the opportunity to meet other carers and share experiences and tips.

We offer 1-1 support to help you identify what you need to do to stay healthy, and what support is available to help you do this.

You may find that your caring role changes with time, and we can help you to plan for the future and to develop a plan so that the person you care for is safe if you are unexpectedly unable to care.

***“Caring for someone over a long period of time can be very stressful with the mind ever racing forward in time to the possible needs and requirements of the person being cared for. Practising mindfulness gives me an acceptance of the things I can’t change and a realisation that there is a ‘time’ for everything and to deal with one thing at a time. ”***



# it's good to talk

Even if you usually cope well there may be times when you would like to chat with someone about how you are feeling.

The trained volunteers who operate our popular Carers Call service offer on-going emotional phone support. They build a relationship with you through regular calls to find out how you are doing. If you have any concerns or queries they can pass these to Carers Link staff who will be able to discuss possible solutions with you.

**“ Just to have someone knowing your difficulties, talking things over with you, is exceedingly helpful. It's nice to have someone on the phone to talk to you about all the things you wouldn't normally talk to people about. ”**



# want to meet others?

Our carer groups can be a great place to meet other carers and to have that feeling of mutual support that can only come from sharing with someone in a similar caring situation.

We have a range of groups that may be of interest. Some are open to any carer to come along for coffee & chat, whilst others are for carers who are all caring for someone with the same condition – and some groups are just for fun!

You can find out about our groups and information sessions on our website, in our weekly e-bulletin, and in our quarterly “What’s On” newsletter.

For your own copy go to [www.carerslink.org.uk](http://www.carerslink.org.uk) or call us on **0800 975 2131**.



# top tips from other carers

- Let your GP know that you're a carer

- You should be asking for help at the beginning of a situation rather than when you're at the end of your tether

- Be open to offers of help from friends and family



- Develop a support network so that if you do need support with something, large or small, you know who to turn to

- Don't say 'I'm fine' if you're not – be honest about how you are feeling

- Find ways to relax, perhaps by attending a class – or just chill out listening to music. Do whatever helps you to 'switch off' even for just a few minutes

- Carers Link

Email: [enquiry@carerslink.org.uk](mailto:enquiry@carerslink.org.uk)  
Freephone: 0800 975 2131  
Web: [www.carerslink.org.uk](http://www.carerslink.org.uk)

# contact us

Normal Office Hours, Monday - Friday 8.30am to 5pm

(Appointments outwith these hours can be arranged)

**Carers Link** East Dunbartonshire, Enterprise Centre  
Ellangowan Road, Milngavie G62 8PH

 **Telephone:** 0141 955 2131

 **Freephone:** 0800 975 2131

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

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

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

 **Twitter:** [www.twitter.com/carerslinked](http://www.twitter.com/carerslinked)

ਇਹ ਪਰਚਾ ਪੰਜਾਬੀ ਵਿੱਚ ਵੀ ਉਪਲਬੱਧ ਹੈ, ਕਾਪੀ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਕ੍ਰਿਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰ  
- یہ کتابچہ اردو میں بھی دستیاب ہے، اس کی کاپی کے لئے براہ کرم ہم سے رابطہ کریں۔  
यह लिफलेट हिन्दी में भी उपलब्ध है, कृपया इसकी कॉपी के लिए हमसे संपर्क करें।  
本單張亦備有中文 (廣東話) 版本;如欲索取該版本,請與我們聯絡。

This leaflet is also available in large print and electronically, please contact us for a copy.

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