

The Princess Royal Trust Angus Carers' Centre

This service provides a first point of contact for carers. The service can then provide support to the carer or put them in touch with other sources of support.

The services offered by Angus Carers Centre include:

- information on a wide range of topics, including welfare benefits;
- emotional support;
- support groups;
- relaxation sessions;
- social activities and events for carers;
- training for carers, including stress management;
- a sitting service - this is when somebody sits with the person you care for while you have a break;
- a regular newsletter;
- counselling; and
- raising awareness of the contribution carers make in our communities and the need for them to be supported and valued.

There is also a service specifically for children and young people who are caring for a relative.

Contact details

The Princess Royal Trust - Angus Carers Centre
60 High Street
Arbroath DD11 1AW
Phone: 01241 439157
E-mail: enquiries@anguscarers.org.uk



You can get this leaflet in large print, in Braille or on audio tape by phoning us on 01307 474151. We can provide this information in other languages if you need it.

Call ACCESS Angus 08452 777 778 - your direct line for council services.

R Peat
Director of Social Work and Health

June 2007

Carers' services

Are you caring for someone?



SOCIAL WORK and HEALTH

A carer is

“an adult, young person or child who provides a substantial amount of unpaid care, on a regular basis”.

(Scottish Executive Circular CCD 2/2003).

Do I need help?

We will provide a carers' assessment to anyone who gives regular care to a relative or friend.

Am I eligible for an assessment?

If you care for someone who is eligible for community care services, you are entitled to an assessment. We will ask you to think about what help you need and discuss what services we can provide to help support you to carry on caring.

You will be eligible for an assessment if:

- you regularly provide a lot of care, to a relative or friend who is disabled, frail, ill, has a mental-health problem or a drug or alcohol problem;
- you are planning to provide care in the future, for example, for someone who is about to leave hospital; or
- the needs of the person you are caring for have changed, either because they need more help or you feel you are not able to manage.

How do I get an assessment?

- If the person you are caring for has a social worker or care manager you should contact them and ask them to assess your needs.
- You can ask for a carers' assessment at any social-work office or through the Angus Carers Centre.

What will an assessment involve?

- You can fill in the self-assessment booklet 'Do you look after someone?' to help you identify the care you provide (you can get this booklet from any social-work office).
- You can meet a care manager or social worker who will discuss with you the type of care you provide and how willing you are to provide care in the future.
- We will then take account of this information when deciding what support we need to provide for you and the person you are caring for. This is called a carers' assessment.

What kind of help is available?

We can provide the following.

- Breaks from caring by providing support for the person you care for, within the home and away from home.
- Home care support such as domestic help, meals, and an alarm which can be installed in your home.
- Emotional and practical support to help you carry on caring.

- An emergency carers' card, which would let others know that you regularly provide care for someone if you were involved in an emergency (for example, if you became suddenly ill, were in an accident or injured).
- Occupational therapy services such as disability advice, special equipment and household adaptations.
- Welfare benefits advice – you can get a separate leaflet 'A carer's guide to welfare benefits' from social-work offices or the Angus Carers Centre.

You may have to pay for some of these services. A social worker or care manager can explain the charges, or you can read the 'Charging for non residential care services for adults' leaflet.

More information

If you would like to find out more about services for carers, you can:

- contact your care manager, if you have one;
- phone or visit any social work office; or
- phone the ACCESSLine on 08452 777 778.

There are a number of local carers' organisations that can offer information, advice and support.