

## Are you caring for someone?



We provide information and support for carers

## Am I a carer?

If you help to look after a partner, child, relative or friend who couldn't manage without your help due to disability, illness, addiction or frailty - you're a carer.

Providing care for someone can be rewarding and satisfying, however, it can also affect other areas of your life such as your job, finances, relationships and family life.

Being a carer can be an exhausting and lonely experience and it's easy to forget that you're important too. Looking after your own health is essential if you want to get the most out of life and have the strength to continue to care.

Anyone can become a carer, at any age, or at any stage of their life



## The Carers Centre

The aim of Falkirk & Clackmannanshire Carers Centre is to ensure that carers of all ages are recognised, valued, receive the information and support they need to allow them to care with confidence and in good health, and are empowered to have a life of their own outside caring.

The Carers (Scotland) Act 2016 means all adult carers have the right to an **Adult Carer Support Plan**. This plan helps carers think about what support they might need if they wish to continue caring and what could help them have a life alongside caring. The plan sets out any needs carers may have and how they could be met.

Support is provided by our team of workers who are based in the Carers Centre in Falkirk, Forth Valley Royal Hospital, and Clackmannanshire Community Healthcare Centre.

Carers can also access information through our newsletter, regular e-bulletins, website and social media.



## We're here to help

Many carers are unaware of the support that's available for them and the person they care for, or what they're entitled to.

The Carers Centre provides information and support to individual carers. Talking to a Carer Support Worker about their caring role and the impact it is having on their lives can help carers to plan changes to improve their situation, which might include:

- Having more time to spend with family and friends, or to enjoy leisure activities
- Feeling more confident
- Improving their own health
- Feeling more involved and listened to
- Completing an Adult Carer Support Plan to discuss the impacts caring has on them and any support required.



## What help is available from the Carers Centre?

### Inform

Information about accessing welfare benefits, short breaks and other support services is vital for carers.

A programme of Care with Confidence information sessions builds on the knowledge and skills carers already have and also supports carers to look after their own health.

### Support

Being able to talk in confidence to a Carer Support Worker and feel listened to is highly valued by carers and the completion of an Adult Carer Support Plan is an opportunity for carers to identify and access support relevant to their caring role.

Short breaks are vital to carers' health and wellbeing and to support them in their caring role. Support to access a wide range of short break opportunities is available.

### Involve

Carers have the right to be treated as equal partners by professionals and have their views listened to.

Carers forums, focus groups and consultations provide opportunities for carers to influence and shape future policy and services.

## How do I find out more?

Contact the Carers Centre by phone or email (details below), visit our website, or follow us on social media.

Our office hours are 9.30 am to 4.30 pm Monday to Friday.

### Contact Details:

 1a Bank Street, Falkirk, FK1 1NB

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

 [centre@centralcarers.co.uk](mailto:centre@centralcarers.co.uk)

 **01324 611510**

- **Falkirk** - Option 1
- **Clackmannanshire** - Option 2

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