



Think Carer

Training from VOCAL

**Helping professionals identify
and support unpaid carers**



Think Carer

There are an estimated 1.1 million unpaid carers in Scotland, but many people don't recognise their caring role or know about the support that's available. Our free Think Carer training is designed for professionals who come into contact with unpaid carers and will help you feel more confident in identifying carers and linking them into relevant support.

An unpaid carer is someone who supports a family member, partner, relative or friend, of any age who needs help to manage a longterm condition, disability, physical or mental health condition.

Think Carer training provides a space for professionals to reflect on how carers are identified, consider the impact the caring role can have on health and wellbeing and learn about the resources and support available in

Edinburgh and Lothians.



What are the benefits? After the session you will be able to:

- Recognise who carers are and know how to identify them
- Understand how the caring role can impact carers
- Demonstrate an awareness of the key practice points of the Carers (Scotland) Act
- Know how to refer carers to supporting organisations and what they provide.

Upcoming sessions

We hold fortnightly Think Carer sessions and you can register using the QR Code below, or by visiting: vocal.org.uk/thinkcarer/



We can also offer custom sessions for teams!

Email: bwylie@vocal.org.uk or call 0131 622 6666 for more information.