



**People who look
after someone
need to be looked after too**

Edinburgh Carer Support Team



Many people don't choose to become a carer, they tell us 'it just happens'. The **Edinburgh Carer Support Team** can help.

You may not even consider yourself to be a carer. You may:

- be starting to care for someone – a relative, friend, partner or neighbour
- have been a carer for a long time
- have recently stopped caring for someone or your circumstances may have changed.

You may not think you need support, but ask yourself:

- Could the person who you look after manage day-to-day life on their own?
- Could they cope without your help and support?
- Do you have enough time to think about yourself properly?
- Do you get a break for yourself?

How can we help?

If you are over 18 and look after a relative, friend, partner or neighbour, we can:

- work with you to improve the support you could get for you or the person you care for
- help you feel more confident in your caring role
- help you access benefits and services such as counselling or training
- give you information on the law and your rights as a carer
- help you deal with any challenges you face as a carer
- offer guided support to reflect on your situation and explore options for your future
- advise on short breaks or respite that may be available
- ensure you are aware of all the support that's available.

What will happen when we speak to you?

We will talk with you to find out what kind of help you need for your caring situation. There are two main types of service we offer.

Information

We will help you to get the information you need for your caring situation. Usually this will take one or two phone calls.

Support

If you need support, we can work with you to find out what could help and agree a plan of action to suit your situation. We can also prepare an adult carer support plan with you and an emergency plan. We understand that caring situations can change; either quickly or over a long period of time.

Who will contact me?

As this is a partnership project between the Edinburgh Health and Social Care Partnership, VOCAL, Care for Carers and Space at the Broomhouse Hub, the support worker may be from any of these organisations.



Contact form

If you would like us to contact you, please get in touch via the contact details on the back of this leaflet or complete and return this referral form.

Are you a: Carer Professional making a referral

How would you like us to contact you? Letter Telephone

Please tick this box if you would like us to contact you urgently

Please give us your details below:

Name _____

Address _____

_____ Postcode _____

Telephone number _____

GP practice _____

The best day/time to contact me is: _____

Please return this form in a sealed envelope to the address overleaf.

How to contact us

You can complete the contact form or:



0131 536 3371



www.edinburgh.gov.uk/carersupport

Business Reply Freepost, RSTX-HYKS-EEKS, The City of Edinburgh Council, Health and Social Care, 1.8 Waverley Court, 4 East Market Street, Edinburgh, EH8 8BG

For professionals

Please note that if you are a professional you can also contact our service on behalf of a carer. You can contact us directly or use the Sci Gateway or AIS systems.

Confidentiality

Information will be used and shared (with relevant professionals) to make sure you can be supported. We will tell you about this and where necessary ask for your permission. This will be restricted to information they need to know in order to help you. You can find further information on how NHS Lothian and the City of Edinburgh Council share your information:

<https://www.nhslothian.scot/YourRights/DataProtection/Pages/default.aspx>

<https://www.edinburgh.gov.uk/privacy>



To ensure confidentiality, please return this cut-out section in a sealed envelope to:

Business Reply Freepost
RSTX-HYKS-EEKS
The City of Edinburgh Council
Health and Social Care
1.8 Waverley Court
4 East Market Street
Edinburgh, EH8 8BG

Working together for a **caring,**
healthier, safer Edinburgh



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www.edinburgh.gov.uk/its

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