


Are you looking after someone?





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One person in ten in Aberdeen has an unpaid caring role, meaning that almost 20,000 people in the area are informal or unpaid carers.

Caring for someone can happen very suddenly, sometimes overnight or you may find yourself doing more and more over many months and years. Although rewarding, looking after someone can affect your physical and emotional wellbeing and impact on you financially and socially.

A carer is generally defined as a person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the carer's help.

This booklet has been designed to help you identify if you are a carer, to signpost you to support that is available locally.

We have put together a checklist of things that you may want to consider to help you decide if you are a carer.

Thinking about yourself...

Your health and well being

Do you feel well enough to look after the person you care for?

Yes No

If not, would it help to have an assessment of your need for support or care?

Yes No

Do you have people that you can talk to in confidence about your caring role?

Yes No

Do you have other caring responsibilities that impact on this caring role?

Yes No

Do you feel lonely or unsupported?

Yes No

Does your GP know that you are a carer?

Yes No





Advice and support

Do you know where to go for advice and support?

Yes

No

Do you require this information in different format e.g. large print?

Yes

No

Do you feel confident that you are getting all the benefits that you are entitled to?

Yes

No

Do you have a life of your own...

Do you usually get a full night's sleep?

Yes

No

Do you get a break from your caring role?

Yes

No

Do you know what short break / respite services are available locally?

Yes

No

Do you have time for hobbies, relaxation or social contact with friends / family?

Yes

No

Are you able to go on holiday?

Yes

No

Are you in employment (paid or voluntary)?

Yes

No

If not, is this because your caring role makes it difficult for you to work?

Yes

No

Are you in further education?

Yes

No

If not, is this because your caring role makes it difficult for you to think about studying?

Yes

No

Supporting your caring role

Do you feel that you have a choice about caring?

Yes

No

Do you feel able to continue with your caring role?

Yes

No

Do you have arrangements in place to cover an emergency?

Yes

No

Do you feel that the person you care for will be well looked after if something unexpected happens to you?

Yes

No

Do you feel safe in your own home?

Yes

No

Does where you live cause difficulties in your caring role?

Yes

No

Can you think of any training to help you in your caring role?

Yes

No

If yes, please let us know what training would help you:

Daily living...

Thinking about the person you support, what help do you provide?

Eating / Drinking? Yes No

Housework / gardening or shopping? Yes No

Cooking or laundry? Yes No

Transportation? Yes No

Keeping safe during the day? Yes No



Health and well being

Arranging / attending health appointments?

Yes

No

Collecting prescriptions?

Yes

No

Medication?

Yes

No

Emotional support?

Yes

No

Finance and advocacy

Dealing with correspondence or forms?

Yes

No

Dealing with finances?

Yes

No

Communication / being understood?

Yes

No

Speaking up for themselves?

Yes

No



If you are looking for further information on support for carers, there are lots of help and advice available.

VSA Adult and Young Carers' Services can be contacted at the following locations:

VSA Head Office

38 Castle Street | Aberdeen | AB11 5YU
01224 212021 | carers.info@vsa.org.uk

Royal Cornhill Hospital

Clerkseat Building | Aberdeen | AB25 2ZH
01224 557868 | carers.info@vsa.org.uk

Forest Grove

38 Castle Street | Aberdeen | AB11 5YU
01224 212021 | carers.info@vsa.org.uk

Health Village Carers Point

50 Frederick Street | Aberdeen | AB24 5HY
01224 655519

Get in touch

We hope that completing this form has helped you recognise the time you spend in your caring role.

If you would like someone from the Carers service to get in touch with you by telephone, please complete the following details and return the form to:

VSA Carers Services
Freepost SCO2123
Aberdeen AB11 5YU

Alternatively you can contact the service by telephoning **01224 212021** or come in to see us at: **38 Castle Street Aberdeen**

www.vsa.org.uk/carers

VSA City Carers Service is provided on behalf of Aberdeen City Council

The Community Care and Health (Scotland) Act 2002 makes provision for Carers to have their needs assessed and recorded. If you would like to request a formal assessment please contact:

Duty Social Work Team
Aberdeen City Council
Business Hub 3
Ground Floor South
Marischal College
Broad Street
Aberdeen AB10 1AB

01224 522055
Freephone 0800 7315520
duty@aberdeencity.gov.uk



Please tick and provide us with your name and contact details **ONLY** if you would like us to get in touch for further information.

We will use the personal information you give us solely to contact you; we will make sure that the personal information you give us will be kept secure and only for as long as it is needed for the purpose of establishing a first contact.

The statement is made in order to comply with the provisions of the Data Protection Act 1998.

Name:.....

Address:.....

.....

.....

.....

Telephone number:.....



www.vsa.org.uk



www.vsa.org.uk/carers

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