



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





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.

## How to contact us



0131 536 3371



[www.edinburghhsc.scot/carers](http://www.edinburghhsc.scot/carers)



## For professionals

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.nhsllothian.scot/YourRights/data-protection-privacy>

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

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



• **EDINBURGH** •  
THE CITY OF EDINBURGH COUNCIL



HAPPY TO **TRANSLATE**

You can get this document on audio CD, in Braille or large print if you ask us. Please contact Interpretation and Translation Service (ITS) by email at [its@edinburgh.gov.uk](mailto:its@edinburgh.gov.uk) and quote reference number **24-1405**. ITS can also give information on community language translations.