



PERTH &  
KINROSS  
COUNCIL

Housing &  
Community Care

# Support for Carers

Are *you* caring for someone with  
a life limiting or long term illness?



Perth & Kinross Council  
Carer Social Worker

## Who is the service for?

You may be a parent, partner, son, daughter, other relative or friend who is looking after someone who has a life-limiting condition such as cancer, heart failure, chronic obstructive pulmonary disease, motor neurone disease and others.

If so, we can offer you the help and support you may need as a carer.

Don't be afraid to ask  
for a helping hand



Caring for someone with a life limiting or long term illness can be stressful, isolating and emotional. Perth & Kinross Council has appointed a Carer Social Worker to support carers of people in this situation.

We can bring together the expertise of working with those who care and the knowledge of the support that may be needed in life limiting illnesses.

## How can we help you?

The Carer Social Worker will support carers of someone with a life limiting illness throughout their caring role and when that caring role ends.

We can help by providing:

- *information about help for the person you are caring for;*
- *access to training which is relevant to you eg moving a person safely, dealing with loss;*
- *information about benefits and welfare rights that you and the person you are caring for may be entitled to;*
- *regular emotional support;*
- *stress reducing therapies;*
- *group support;*
- *access to respite;*
- *special activities.*

If you think this service may be helpful to you, please contact the Community Care Access Team in the first instance:

Tel 0845 30 111 20

Email [acessteam@pkc.gov.uk](mailto:acessteam@pkc.gov.uk)

If you or someone you know would like a copy of this document in another language or format, (on occasion only a summary of the document will be provided in translation), this can be arranged by contacting Performance & Quality on 01738 476894

إن احتجت أنت أو أي شخص تعرفه نسخة من هذه الوثيقة بلغة أخرى أو تصميم آخر فيمكن الحصول عليها (أو على نسخة معدلة لمخلص هذه الوثيقة مترجمة بلغة أخرى) بالاتصال ب:

الاسم: Performance & Quality

رقم هاتف للاتصال المباشر: 01738 476894

اگر آپ کو یا آپ کے کسی جاننے والے کو اس دستاویز کی نقل دوسری زبان یا فارمیٹ

(بعض دفعہ اس دستاویز کے خلاصہ کا ترجمہ فراہم کیا جائے گا) میں درکار ہے

تو اس کا بندوبست سروس ڈیولپمنٹ Performance & Quality سے فون

نمبر 01738 476894 پر رابطہ کر کے کیا جاسکتا ہے۔

如果你或你的朋友希望得到這文件的其他語言版本或形式

(某些時候，這些文件只會是概要式的翻譯)，請聯絡

Performance & Quality 01738 476894

來替你安排。

Jeżeli chciałbyś lub ktoś chciałby uzyskać kopię owego dokumentu w innym języku niż język angielski lub w innym formacie (istnieje możliwość uzyskania streszczenia owego dokumentu w innym języku niż język angielski), Proszę kontaktować się z Performance & Quality 01738 476894

P ejete-li si Vy, anebo n kdo, koho znáte, kopii této listiny v jiném jazyce anebo jiném formátu (v n kterých p ípadech bude p eložn pouze stru ný obsah listiny) Kontaktujte prosím Performance & Quality 01738 476894 na vy ízení této požadavky.

Если вам или кому либо кого вы знаете необходима копия зтого документа на другом языке или в другом формате, вы можете запросить сокращенную копию документа обратившись Performance & Quality 01738 476894

Ma tha thu fhèin neo duine a dh'aithnicheas tu ag iarraidh leth-bhreacadn phàipear seo ann an cànan eile neo ann an cruth eile, (aig amannan cha bhith ach gearr-chunntas a-mhàin ri fhaighinn air eadar-theangachadh) faodar seo fhaighinn le bhith a' cur fios gu:

Performance & Quality 01738 476894



Council Text Phone Number 01738 442573

All Council Services can offer a telephone translation facility