

Support for Unpaid Carers



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www.pkavscarershub.org.uk

Are you an unpaid carer?

If so a range of help and support is available for you...



Carers (Scotland) Act 2016
Supporting Carers



The Carers (Scotland) Act 2016 is Law.



This law ensures that unpaid carers have a right to access a range of support and help to make their lives easier.

Am I an 'unpaid carer'?



Do you look after a member of your family, relative or a friend?



Do you look after them because they have a disability?



Or do they have an illness or condition?



An illness could be a physical, mental health or substance misuse issue.



Or do you look after someone because they are elderly?



You might help the person you look after in a lot of ways. Perhaps you help with shopping.



Collecting medication.



Cooking or cleaning.



Providing personal care or helping them to get out and about.

Do you look after the person without being paid to do so?



This means you are not employed to help them or doing volunteering work for them.



It does not matter whether you are getting benefits like carers allowance or a pension.



If you do look after someone as above and you are not paid to do so, then you are an unpaid carer.



You may not describe yourself as a carer, it's just what you do as a husband, wife, partner, parent, relative or friend.

Looking after someone can be a positive experience, but can also be a challenge



Caring for someone can be exhausting both physically and emotionally.



Doing this with no support can be very hard and you may feel very alone.



This can affect your own health and other areas of your life.



That is why there is a wide range of information and support available to help unpaid carers in Perth and Kinross, including young carers.

What support is available for unpaid carers?



If you are an adult carer you have a right to an Adult Carer Support Plan to help make life easier for you.



If you are a young carer you have the right to a Young Carers Statement.



You can request these from Perth & Kinross Council or PKAVS..



They will then help to put your support in place.



We will discuss what could make things easier for you in your caring role. This could be a range of things;



Support to address your own health problems.



A listening ear.



We can put you in touch with other carers or support groups.



Help with organising a break from caring.



Complimentary therapies.



The chance to talk through your options to help avoid a crisis.



Support to get back into work.

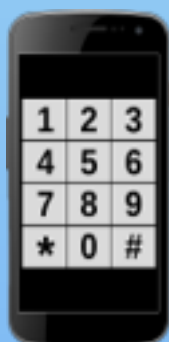


Access to welfare benefits.



Planning for the future.

Contact us at PKAVS Carers Hub



Phone: 01738 567076



Visit:
www.pkavscarershub.org.uk



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