



Support for carers

What is a carer?

A carer is anyone who looks after a family member, friend or neighbour due to old age, physical or mental illness, disability, or an addiction (this does not include paid care workers or those who are volunteering with an organisation).

'Looking after' can mean helping with things like shopping, domestic tasks, emotional assistance and personal care – all of which are much more difficult during coronavirus.

If this sounds like you, you may be a carer.

When you're caring for someone, it can feel like there's no time for you. But your health and wellbeing are just as important as anyone else's. And support is available for you.

After all, you can only look after someone else if you look after yourself too.

If this sounds like you, go to

www.careinfoscotland.scot/topics/support-for-carers/carers-centres or phone **0800 011 3200** to find out about the support available. Phone lines are open Monday to Friday 9.00am to 5.00pm.

Your rights as a carer

If you're caring for someone in Scotland, lots of support is available. Much of this is provided under the Carers (Scotland) Act 2016.

The Scottish Government Carers' charter tells you more about your rights under the Carers Act and there are a range of organisations that can give you information and support. For further information visit

www.gov.scot/publications/carers-charter

Benefits for carers

Carer's Allowance is money to help you look after someone with substantial care needs. For further information visit **www.gov.uk/carers-allowance**

Carers and young carers may be eligible for additional financial support. For further information visit **www.gov.scot/policies/social-security/benefits-for-carers**