

# Aberdeenshire Adult Carers Support Service

Information booklet

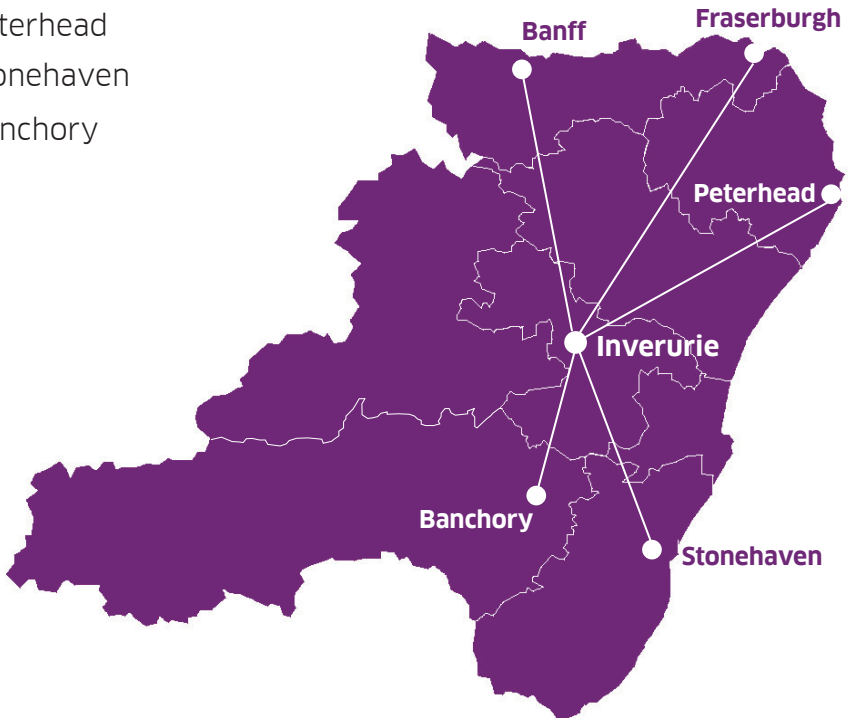


## Where we are

- Central office
- Aberdeenshire Wide Outreach
- North Team
- Central Team
- South Team
- Website and Facebook
- Phone referrals and support

## Group support

- Banff
- Fraserburgh
- Peterhead
- Stonehaven
- Banchory



## What we do

- Identify Carers
- Provide carers with information, advice and enable them to access resources within their communities.
- Support carers to maintain their own health and wellbeing.
- Provide training and development opportunities to enable carers to continue in their caring role.



# Supporting carers

As of April 2018, The Carers Act means anyone in an unpaid care role has the right to an Adult Carer Support Plan

1. Referral or Carer request for an Adult Carer Support Plan made to Quarriers.



2. Contact with Quarriers Family Wellbeing Worker to explain and agree process.



3. One-to-one meeting with Quarriers Family Wellbeing Worker to discuss your care role and areas of support.



# Supporting carers

4. Forming an Adult Carers Support Plan of support can help you manage your caring role.

If you meet the local eligibility framework your Family Wellbeing Worker could forward your Adult Carers Support Plan to the Local Authority Carer.



5. Practitioner for possible SDS budget consideration.

## **What's changed?**

If you are in an unpaid care role, you can still receive general Quarriers

carer support, advice and information, and attend carer groups - these are still available to carers who do not wish to have an Adult Carer Support Plan.

You can also apply for Time to Live Creative Break funding when available.





# Stay informed

You can stay informed of the support available to Carers by:

- Signing up for Quarriers newsletters
- Liking our Facebook page: [www.facebook.com/aberdeenshirecarersupportservice/](https://www.facebook.com/aberdeenshirecarersupportservice/)
- Contacting us on the details below

## **Aberdeenshire Carers Support Service**

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