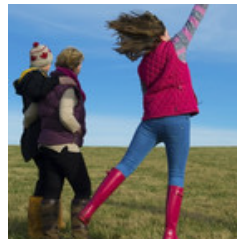
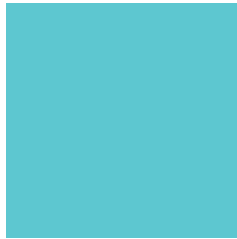




Aberdeenshire  
Health & Social Care  
Partnership

# Are you looking after someone?

November 2019



Aberdeenshire  
COUNCIL



NHS  
Grampian

## Are you looking after someone?

Caring for someone can happen very suddenly, sometimes overnight or you may find yourself doing more and more over many months and years. Although rewarding, looking after someone can affect your physical and emotional wellbeing and impact on you financially and socially.

This booklet has been produced to help you identify if you are a carer, to signpost you to support that is available locally and to help you decide if you would benefit from an Adult Carer Support Plan (ACSP), which replaces a Carers' Assessment.

## How can we assist you in your caring role?

An Adult Carer Support Plan is a way to find out if you are receiving the support that is needed for you to continue to provide care.

It may, or may not, lead to additional services. But it will ensure that you have all of the information that you need, and will provide access to other supports, for example a benefits check to ensure you are receiving all you are entitled to.

It will take into consideration your wishes for social opportunities, employment and further education.

Most of all it will make sure that your voice is heard and your caring role is recognised and valued.

If you are a young carer, please contact Aberdeenshire Carer Support Service (for contact details see page 7) to find out about a Young Carer Statement (YCS) or to request one. Details are available on the Aberdeenshire Council website [www.aberdeenshire.gov.uk/carersupport](http://www.aberdeenshire.gov.uk/carersupport) under "Support for young carers".

We have put together a checklist of things you may want to consider to decide if you are a carer and to prepare you for a support plan, if you choose to have one.

## Thinking about yourself...

### Your health and wellbeing

Do you feel well enough to look after the person you care for? Yes  No

If not, would it be beneficial to discuss your need for support or care? Yes  No

Do you have people that you can talk to in confidence about your caring role? Yes  No

Do you have other caring responsibilities that impact on this caring role? Yes  No

Do you feel lonely or unsupported? Yes  No

Does your GP know that you are a carer? Yes  No

### Advice and support

Do you know where to go for advice or support? Yes  No

Do you know if you are getting all of the benefits that you are entitled to? Yes  No

## Do you have a life of your own?

- Do you usually get a full night's sleep? Yes  No
- Do you get a break from your caring role? Yes  No
- Do you know what short break/respite services are available locally? Yes  No
- Do you have time for hobbies, relaxation or social contact with friends/family? Yes  No
- Are you able to go on holiday? Yes  No
- Are you in employment (paid or voluntary)? Yes  No
- If not, is this because your caring role makes it difficult for you to work? Yes  No
- Are you in further education? Yes  No
- If not, is this because your caring role makes it difficult for you to think about studying? Yes  No

## Supporting your caring role

- Do you feel that you have a choice about caring? Yes  No
- Do you feel able to continue with your caring role? Yes  No
- Do you have arrangements in place to cover an emergency? Yes  No
- Do you feel that the person you care for will be well looked after if something unexpected happens to you? Yes  No
- Does where you live cause difficulties in your caring role? Yes  No

Can you think of any learning opportunities to assist you in your caring role?

Yes  No

If yes, please let us know what learning opportunities would assist you:

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Do you ever feel at risk from the person you care for?

Yes  No

### Do you assist the person you care for with

Personal care ?

Yes  No

Daily living tasks?

Yes  No

Medication?

Yes  No

Finances?

Yes  No

Communications?

Yes  No

## Do you need an Adult Carer Support Plan?

A carer is defined as a person who provides, or intends to provide, unpaid support to a family member, partner, friend or neighbour who needs assistance because of their age, physical or mental illness or disability.

The Carers (Scotland) Act 2016, came into effect on 1st April 2018 and provides a number of new rights for carers to be supported in their caring role. This includes the right to an Adult Carer Support Plan (ACSP), regardless of the number of hours, type of caring or regularity of their caring role. Young Carers will be offered a Young Carer Statement (YCS) in place of an ACSP.

By completing this checklist it will help you identify the caring roles you carry out and how it might impact on your life. The checklist should allow you decide if you wish to contact the Aberdeenshire Carer Support Service to find out about an ACSP or to request one. You can then discuss this with a Family Wellbeing Worker from Quarriers who will support you to complete the ACSP. Please contact Quarriers Aberdeenshire Carer Support Service for an ACSP or YCS – see contact details on next page. Young Carers can also receive support from schools and should talk to their Guidance Teacher about carer support.



If you are looking for further information for unpaid carers there is lots of support and advice available.

**Aberdeenshire Carer Support Service** provided by Quarriers offers advice, information and support on all aspects of caring for carers across Aberdeenshire.

**Quarriers**

Aberdeenshire Carer Support Service  
Wardes Road  
Inverurie  
AB51 3TT

Tel: 01467 538700

E-mail: [aberdeenshirecarers@quarriers.org.uk](mailto:aberdeenshirecarers@quarriers.org.uk)

[www.quarriers.org.uk/aberdeenshirecarers](http://www.quarriers.org.uk/aberdeenshirecarers)

**PAMIS** provides support for people with profound and multiple learning disabilities (PMLD), and their family and carers.

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This publication is also available in large print, other formats  
and languages and can be supplied on request.

Please email [Carersupport@aberdeenshire.gov.uk](mailto:Carersupport@aberdeenshire.gov.uk)