

There are many different types of support that are available to you as a carer and these can include:

- ✓ **Help to access services to support you in your caring role**
- ✓ **Services that can give you a break from caring for a few hours, a day or longer**
- ✓ **Information about housing, equipment and adaptations**
- ✓ **Information about carer organisations and local carer support groups**
- ✓ **Information about arranging an assessment or a review of the needs of the person you care for**

It is important to note that any services that might have a direct impact on the cared for person can only be provided with their or their guardian's consent.

You are entitled to help in your own right even if the person you care for does not wish to receive any support.

**You have a legal right to a Carer's Support Plan but you can still get support from the Borders Carers Centre without one.**



## THE CARERS SUPPORT PLAN

**Borders Carers Centre, Brewerybrig,  
Low Buckholmside, Galashiels, TD1 1RT**

**Phone: 01896 752431**

**Email: [admin@borderscarers.co.uk](mailto:admin@borderscarers.co.uk)**

**[www.borderscarerscentre.co.uk](http://www.borderscarerscentre.co.uk)**

Do you live with and/or care for an adult or a child with a disability, illness or mental health need?

This could include a stroke, brain injury, visual impairment, a long-term condition (for example MS or Parkinson's), addiction, dementia or frailty due to old age.

### **Are you the main or only carer?**

- ✓ **Would the person you care for struggle to cope without the care or support that you provide?**
- ✓ **Do you have regular contact, daily or weekly with the person?**
- ✓ **Would you like to explore the options for support that may assist you to continue caring?**

If you have answered "YES" to any of the questions above, you can request a Carer's Support Plan.

### **The Carer's Support Plan**

A Carer's Support Plan is your opportunity to explore options that could make caring easier for you. It is your chance to speak to someone about how you feel about being a carer and how it affects your life.

The Carer's Support Plan is usually completed by a Carers' Liaison Worker from the Borders Carers Centre.

We will talk to you about:

- ✓ **Your family**
- ✓ **Housing/accommodation**
- ✓ **Employment and training**
- ✓ **Social and leisure activities**
- ✓ **Short breaks/respite**
- ✓ **Benefits/funds available to you**
- ✓ **Equipment**
- ✓ **Your health and wellbeing**
- ✓ **Other issues that may affect you**