

### Other Advice

Pension Service (60+) ..... 0845 6060265  
 Pension Service (under 60) ..... contact local Job Centre  
 Citizens' Advice Bureau ..... see phone book for local office

### Social Work

#### North Lanarkshire

Airdrie ..... 01236 757000  
 Bellshill ..... 01698 346666  
 Coatbridge ..... 01236 622100  
 Cumbernauld ..... 01236 638700  
 Motherwell ..... 01698 332100  
 Shotts ..... 01501 824700  
 Wishaw ..... 01698 348200

#### South Lanarkshire

For all local offices ..... 0303 123 1008

#### Social Work Emergency Services

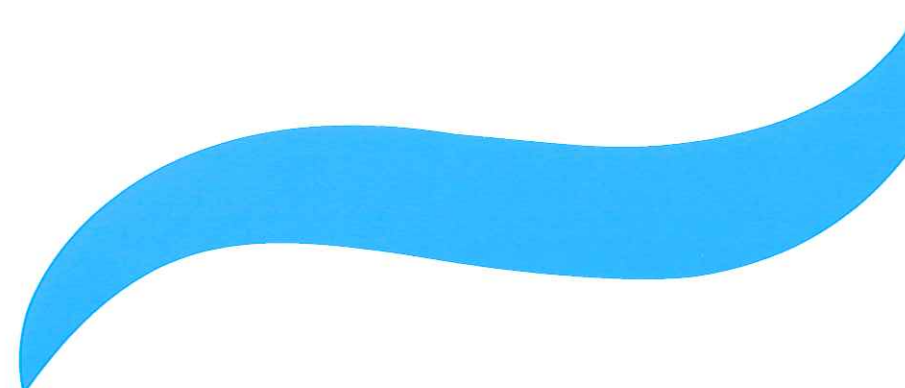
North Lanarkshire ..... 0800 121 4114  
 South Lanarkshire ..... 0303 123 1008

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# Information for Carers

This leaflet is for people who provide unpaid care  
for a relative or friend to help them to live  
independently in their own home.



## CARERS' RIGHTS

The most important right you have as a carer is to be listened to and to have your views taken into account.

This means:

- ❖ You should be involved in planning services for the person you care for.
- ❖ You should be asked if you are able and willing to provide care for that person.
- ❖ If you are providing substantial and regular care, you are entitled to a carer assessment.

## CARER ASSESSMENT

The carer assessment will look at how the caring role affects your life and what support you may need as a carer. An assessment will identify what services or support might help you, which is more than just health or care services. It offers the opportunity to access a range of information and services such as training, access to leisure and learning, health services or getting involved in social activities in your area. If you would like an assessment contact your local social work office for further details.

## HELP, INFORMATION AND SUPPORT FOR CARERS

As well as practical support, you may find that you need to be able to talk to someone about how you feel. Support is available from your local carers' organisation whose contact details are listed at the back of this leaflet.

## ADVICE ON WELFARE BENEFITS AND FINANCIAL SUPPORT

Both you and the person you are caring for may be entitled to claim benefits including: disability living allowance; attendance allowance; employment support allowance; and carers' allowance. You may be entitled to claim other benefits.

For more information, contact: Pension Service; Local Job Centre; Citizens Advice Bureau; PRT Lanarkshire Carers Centre; or your local social work office. Contact details for these organisations are on pages 7 and 8.

## LETTING YOUR GP KNOW YOU ARE A CARER

### Why should I inform my GP?

As a carer, it is easy to neglect your own health and wellbeing.

Following guidance from the Scottish Government many GP practices have set up carers' registers to enable carers to get extra support.

If you let your GP practice know you are a carer, they can direct you to other sources of support and access to:

- ❖ Annual Health Check
- ❖ Flexible appointments
- ❖ Double appointments when necessary
- ❖ An annual flu vaccination

## How do I let my GP practice know?

If you wish to have your name added to the carers' register just fill in the attached form and hand it in at your GP practice.

### Data Protection

The information you provide here will be held securely by the GP practice. It may be used to shape future service development. Your personal information will only be shared with your permission.



### Working in partnership with:

- ❖ North Lanarkshire Carers Together
- ❖ South Lanarkshire Carers Network
- ❖ Princess Royal Trust for Carers Lanarkshire Carers Centre
- ❖ North Lanarkshire Council
- ❖ South Lanarkshire Council
- ❖ Action for Children North Lanarkshire Young Carers Project
- ❖ South Lanarkshire Young Carers Service

***Please complete this section  
and return to your GP practice.***

## CARERS' REGISTER

**Please add my name to your carers' register. I give you permission to note this information on my medical records.**

Name .....

Date of birth ..... / ..... / .....

Address .....

.....

.....

Signature .....

Date ..... / ..... / .....

### **I care for my (please tick all that apply):**

- |                                  |                                        |                                       |
|----------------------------------|----------------------------------------|---------------------------------------|
| <input type="checkbox"/> Spouse  | <input type="checkbox"/> Parent-in-law | <input type="checkbox"/> Other family |
| <input type="checkbox"/> Partner | <input type="checkbox"/> Son           | <input type="checkbox"/> Friend       |
| <input type="checkbox"/> Parent  | <input type="checkbox"/> Daughter      | <input type="checkbox"/> Neighbour    |

### **Age band of the person you care for:**

- |                                   |                                  |                                |
|-----------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> Under 18 | <input type="checkbox"/> 18-35   | <input type="checkbox"/> 36-59 |
| <input type="checkbox"/> 60-74    | <input type="checkbox"/> Over 75 |                                |

**Further information (optional):** .....

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**FOR PRACTICE USE ONLY**

Details coded and entered by .....

Initials..... Date ..... / ..... / .....

**CONTACT NUMBERS**

**Carers' Organisations**

North Lanarkshire Carers Together ..... 01698 404055

South Lanarkshire Carers Network ..... 01698 285163

**Princess Royal Trust Lanarkshire Carers Centre:**

North Lanarkshire ..... 01236 755550

South Lanarkshire ..... 01698 428090

**Carers Liaison and Support Project (CLASP):**

Wishaw & Shotts ..... 01698 348230

**Young Carers:**

North Lanarkshire ..... 01698 258801

South Lanarkshire ..... 01698 455455

**NHS Carers Support Team:**

***Hospital:***

Hairmyres ..... 01355 585522

Monklands ..... 01236 712566

Wishaw General ..... 01698 366118

***Community:***

North Lanarkshire Carers Together ..... 01698 404055

South Lanarkshire Carers Network ..... 01698 285163