

## Support and Services

Many carers are unaware of their rights and entitlements, therefore missing out on the financial, practical and emotional support available to them

## Some of the types of supports and services:

Welfare Rights service  
Leisure activities and services  
Transport services  
Advocacy – having someone to speak on your behalf  
Transport services  
Drug and alcohol services  
Day Care services  
Emotional support – counselling or bereavement services  
Community cafes and supports  
Time out – short breaks from your caring role to allow you to recharge your batteries  
Training or learning – courses and social activities  
Young Carers Service  
Information and advice services  
Adult protection services  
Residential care services  
Home adaptations  
Social Care services  
Emergency and future planning  
GP Carers register  
Handyperson and laundry

## The Carers (Scotland) Act 2016

Anyone can become a Carer at any time in their life. Carers are often faced with lots of issues. Carers in South Lanarkshire will be able to access a wide variety of support, information and advice with or without having an Adult Carer Support Plan or Young Persons Statement.

Find out what local and national organisations can offer you supports and services.

For more information visit:  
[www.legislation.gov.uk](http://www.legislation.gov.uk)  
and search carers (Scotland) Act 2016

### Access to Support groups

In South Lanarkshire your local Carers Centre has a variety of Carer Support groups, there are also a range of condition specific support groups you could join. Reducing isolation helps your health and wellbeing.

### Access to welfare rights

A dedicated Money Advice Team help Carers assess their financial situation. They can help you to undertake a benefits review to ensure you are getting all the benefits you are entitled to.

### Access to information and advice

You can get a wealth of useful knowledge that will allow you to understand your rights, get local services and become empowered. Carers meetings, campaigning, newsletters, web pages as well as information stands, fayres and social media all help Carers know their rights and find the right information to support and empower them.

### Advocacy

This service can help to safeguard your rights, allow you to access information and ensure your voice is heard. There are Advocacy services available for Carers.

### Emotional support

If you need support to manage aspects of your caring role, you can access bereavement support or counselling through a local organisation that can help you.

### Short breaks or respite care

These are provided to enhance the quality of life of both the Carer and the cared for. Short breaks can give you time out to focus on yourself.

### Training or learning

Course can help Carers gain new confidence and develop skills to manage their health and wellbeing whilst they are a Carer, for volunteering or moving on from caring.

### Adult Carer Support Plans and Young Carers Statements

An assessment can help Carers think about what supports they may need. The plan will help you work out what level of support you have a right to.

**For more information,  
please contact: [www.slcn.co.uk](http://www.slcn.co.uk)**

### Some of the organisations you can contact for support or services in South Lanarkshire:

South Lanarkshire Carers Network  
**01698 285163**

Lanarkshire Carers Centre  
**01698 428090**

Social Work Services  
**0303 123 1008**

Speak Out Advocacy Project  
**01698 283228**

The Advocacy Project  
**0141 420 0961**

Alzheimer's Scotland  
**01698 275300**

Young Carers Service  
**01698 455455**

Money Matters Advice Service  
**0303 123 1008**

Pamis  
**01698 420411**

Care & Repair  
**01555 666200**

Covey Befriending  
**01555 673447**

Citizens Advice Bureau  
**01698 283477**

**Ask us for more organisations  
in South Lanarkshire**