

Are you looking after someone?

April 2024



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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 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?

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| 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

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| 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:

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 in 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 (VSA) to find out about an ACSP or to request one. You can then discuss this with staff from VSA who will support you to complete the ACSP. Please contact VSA 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 VSA offers advice, information and support on all aspects of caring for carers across Aberdeenshire.

VSA

Aberdeenshire Carer Support Service
38 Castle Street,
Aberdeen

Telephone: 01224 727670

Email: carers.shire@vsa.org.uk

Website: <https://www.vsa.org.uk/our-services/aberdeenshire-carers>

Facebook: [VSA Aberdeenshire Carers](#)

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