

Support for Carers and Carers' Rights

Support for carers of all ages
throughout Aberdeenshire



Get in touch

VSA Aberdeenshire Carer
Support Service

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Website: www.vsa.org.uk/carers

Facebook: [VSA Aberdeenshire Carers](#)

Carers' Charter

Information on carers' rights can be found in the Aberdeenshire Carers' Charter; which outlines how Aberdeenshire Council and Health & Social Care Partnership and carers support organisations will work with carers in the following areas:

- Adult Carer Support Plans
- Young Carer Statements
- Support as a Carer
- Carer Involvement in Services
- Hospital Discharge

To view the charter visit the Aberdeenshire Council Website and search for Carers' Charter or

Email: carersupport@aberdeenshire.gov.uk



**Do you provide unpaid support to a relative, friend or neighbour who is unable to live independently without assistance?
You are a carer, and we can support you.**

VSA is commissioned by Aberdeenshire Council and Aberdeenshire Health & Social Care Partnership to provide a carer support service to unpaid adult and young carers in Aberdeenshire.

They recognise that every caring situation is different and every carer is different. You can be any age and may be caring for a parent, grandparent, child, brother or sister, husband, wife, partner, relative, friend or neighbour.

There are a wide range of reasons why the person you are supporting may not be able to live independently.

VSA offer a unique service to look at the effect caring has on the whole family. By taking time to discuss your situation and understanding each person's needs, they can identify solutions that will benefit everyone.

What can VSA do?

- offer support to identify the caring roles you carry out and how it might impact on your life. They can also support you to complete an Adult Carer Support Plan (ACSP) or Young Carer Statement (YCS), if required
- offer advice, information and resources that may be available in your local community
- provide opportunities to meet other carers and share skills, knowledge and experiences
- provide opportunities to develop skills and confidence to help you in your caring role and improve your own health and wellbeing
- provide tailored support if you are a young person in a caring role
- support you as a carer to access short break services (sometimes called respite). A short break can help you to have a life alongside caring