

Crossroads (Lewis)

Tel. 01851 705422. Email: info@crossroads-scotland.co.uk Web: www.crossroadslewis.co.uk

Pointers Young Carers Group

Tel: 01851 822713. E-mail: pointers@cne-siar.gov.uk
 Web: <http://www.cool2talk.org/>
 Facebook: Western Isles Youth Services

Tagsa Uibhist

Tel. 01870 602111 (Care). Email: tagsa.Uibhist@care4free.net Web: www.tagsa-uibhist.com

Western Isles Association for Mental Health (WIAMH)/Catch 23

Tel. 01851 704964. Email: info@wiamh.org
 Web: www.wiamh.org

Western Isles Community Care Forum

Telephone: 01859 502588. Email: info@wiccf.co.uk Web: www.wiccf.co.uk

Western Isles Sensory Centre

Tel. 01851 701787. Web: www.sightaction.org.uk

National support lines

National Drugs Helpline: 0800 776600

Macmillan Cancer Support Line: 0808 808 0000

Breathing Space: 0800 838587

www.breathingspacescotland.co.uk

Alzheimer Scotland - Action on Dementia:

0808 808 3000 or www.alzscot.org

Care Information Scotland: 08456 001001

www.careinfoscotland.co.uk

Carers UK Carers' Line: 0808 808 7777

www.carersuk.org

MS Helpline: 0808 800 8000

www.mssociety.org.uk

Rethink Mental Illness: 0300 5000 927

www.rethink.org

Carers Trust: 0300 123 2008

www.carers.org

Counselling Directory: 0844 8030 240

www.counselling-directory.org.uk

Web support

www.wihb.scot.nhs.uk

www.cne-siar.gov.uk

www.nhsinform.scot

www.nhsinform.scot/scotlands-service-directory

www.carersscotland.org

www.carers.org

www.sharedcarescotland.com

www.youngcarers.net

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- visit our website www.wihb.scot.nhs.uk or share your story at - www.careopinion.org.uk or tel. 0800 122 31 35
- tel. 01851 708069 or 07814 071868 Monday-Friday between 9am-5.30pm.

Version: 2

Review Date: March 2023

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
 NHS Western Isles

Are you a carer?



Information and advice for carers
 in the Outer Hebrides

Are you a carer?

If you provide unpaid help and support to a relative, partner, friend or neighbour who is in need of help because they are ill, frail, have a disability, mental illness or have a substance misuse, then you are a carer and this leaflet may be of help to you.

Carers can be of any age, gender or ethnic background. Getting the right information and support could help you in your care giving role.

How NHS Western Isles can support you

We can support you in your caring role by:

- recognising and listening to you as a person providing care
- providing the opportunity to discuss your concerns about the person's illness and how it is affecting you
- informing you of services and support available in your area
- recognising your rights to be involved in the planning of discharge from hospital of the person you care for.

We can also signpost you to where you can find information on:

- welfare and benefit entitlements
- sourcing breaks and respite care
- access to support groups
- access to training opportunities
- advice on local support for carers.

Local support services

Health Improvement & Wellbeing

The Health Promotion Department offers free and confidential health advice on:

- practical ways to improve your health
- access to support groups and organisations,
- access to information about health conditions and self-management.

For more details please call 01851 762017 (Monday to Friday, 9am to 5pm).

Health & Social Care

The Integrated Joint Board through health and social care may provide services to help the person you look after, such as personal care and specialist equipment.

They can also help you to get a break from your caring tasks, such as short breaks and respite. You may be entitled to a Carers' Assessment that looks at what your needs are as a carer. These can be accessed via:

- your own GP practice or Community Nursing team
- hospital healthcare staff following hospital admission
- Occupational Therapy - tel. 01851 704704
- Social Work Services - tel. 01851 600501 or visit: www.cne-siar.gov.uk

Additional information can also be found on the NHS Western Isles website via: www.wihb.scot.nhs.uk

Register as a carer

Let your GP know that you are a carer and ask if this could be registered on your medical record. All GP practices will have a carer registration form.

As a carer you are entitled to a free flu vaccination (on occasion there may be access to additional vaccinations for carers) and your surgery may also offer the following:

- some flexibility with appointment times, for

- both yourself and/or the person you care for to accommodate your caring situation
- agreement to share information about the condition of the person you care for (with their consent)

Many carers are inclined to ignore symptoms because they cannot contemplate becoming ill themselves when they have caring responsibilities. It is important that you look after your own health and accept any treatment that you need as, ultimately, you cannot look after someone else without first looking after yourself.

So be prepared to share with your GP how much caring you are doing and any health concerns

Additional support

Advocacy Western Isles

Tel. (01851) 701755 or (01878) 700000
E-mail: office@advocacywi.co.uk

Alzheimer Scotland Dementia Resource Centre

Tel. 01851 702123. Email: Lewis@Alzscot.org
Web: www.alzscot.org

Caraidean Uibhist

Tel. 01870 603233. Facebook: [CaraideanUibhist](https://www.facebook.com/CaraideanUibhist)

Cobhair Bharraigh

Tel. 01871 810906. Email: cobhairbharraigh@btconnect.com Web: www.isleofbarra.com/cobhairbharraigh

Crossroads (Harris)

Tel. 01859 502171 / 07778598311. Email: crossroadsnahearadh1@outlook.com
Web: www.harrisvs.org.uk