A carer is someone of any age who looks after and supports a relative or friend who, because of their disability, illness, frailty or addiction, would not otherwise be able to live independently at home.

Many people do not see themselves as carers which means that they often miss out on vital services, support and financial help that they are entitled to.

Whether you are new to caring or have been caring for some time it can affect you financially, emotionally and physically and caring for someone with a mental illness can be particularly stressful and challenging.

Carers can often feel guilty about accessing support, particularly if the person that you are caring for does not recognise that they need your help to look after themselves.

These feelings are very natural and it is important that you pay attention to your own health and wellbeing so that you can carry on caring for your loved one.

The help and support that you are providing to your relative or friend will be very valuable. However, it is important to remember that there is only so much that you can do and that you must take steps to look after your own health. Ask yourself...is caring affecting my ability to enjoy or cope with life?

The Carers’ Centre offers a range of support, both emotional and practical, which can help you in your caring role. Once you have been referred to us, an experienced Carer Support Worker will make contact with you and offer to meet you.

They can meet you at a time and place that is convenient for you e.g. at your home or at the Carers’ Centre or another community venue. They will talk to you about how you are feeling, what support is available to you and how we can help. Our service is free and totally confidential.

The Carers’ Centre is there to focus on and help you.
If you think we can help, you can -

- Telephone us yourself
- Speak to your GP
- Speak to the Mental Health professional/worker that supports your relative or friend about making a referral to the Carers’ Centre
- Visit the Carers’ Centre

GET IN CONTACT

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