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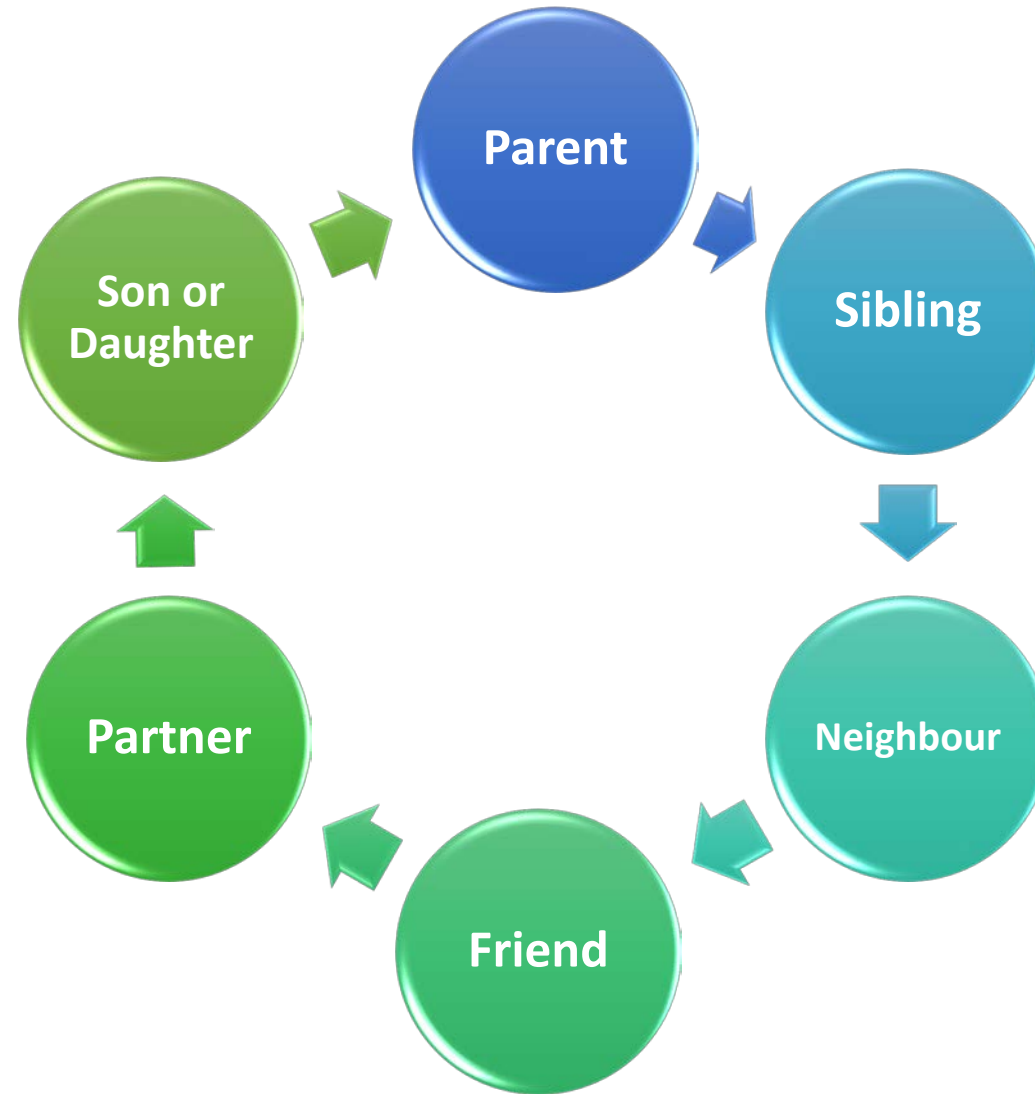
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An Adult Carer is:

Someone who looks after a partner, relative or friend who cannot manage without their help because of illness, frailty or disability. They may or may not live together

A Young Carer is:

A person under the age of 18 who provides or who intends to provide care for an adult or child needing care, except where the child needs care solely due to its age



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The Impact of Covid-19 on Carers

81% of unpaid carers are currently providing more care than before lockdown.

78% of carers reported that the needs of the person they care for have increased recently.

64% of carers have not been able to take a break in the last 6 months.

58% of carers have seen their physical health impacted by caring through the pandemic, while 64% said their mental health had worsened

Caring Behind Closed Doors Report: 6 months on in Scotland. Carers UK Oct 2020

COVID Response at the Carers Centres

**Additional
emotional and
practical support**

**Glasgow carers
emergency plan
scheme**

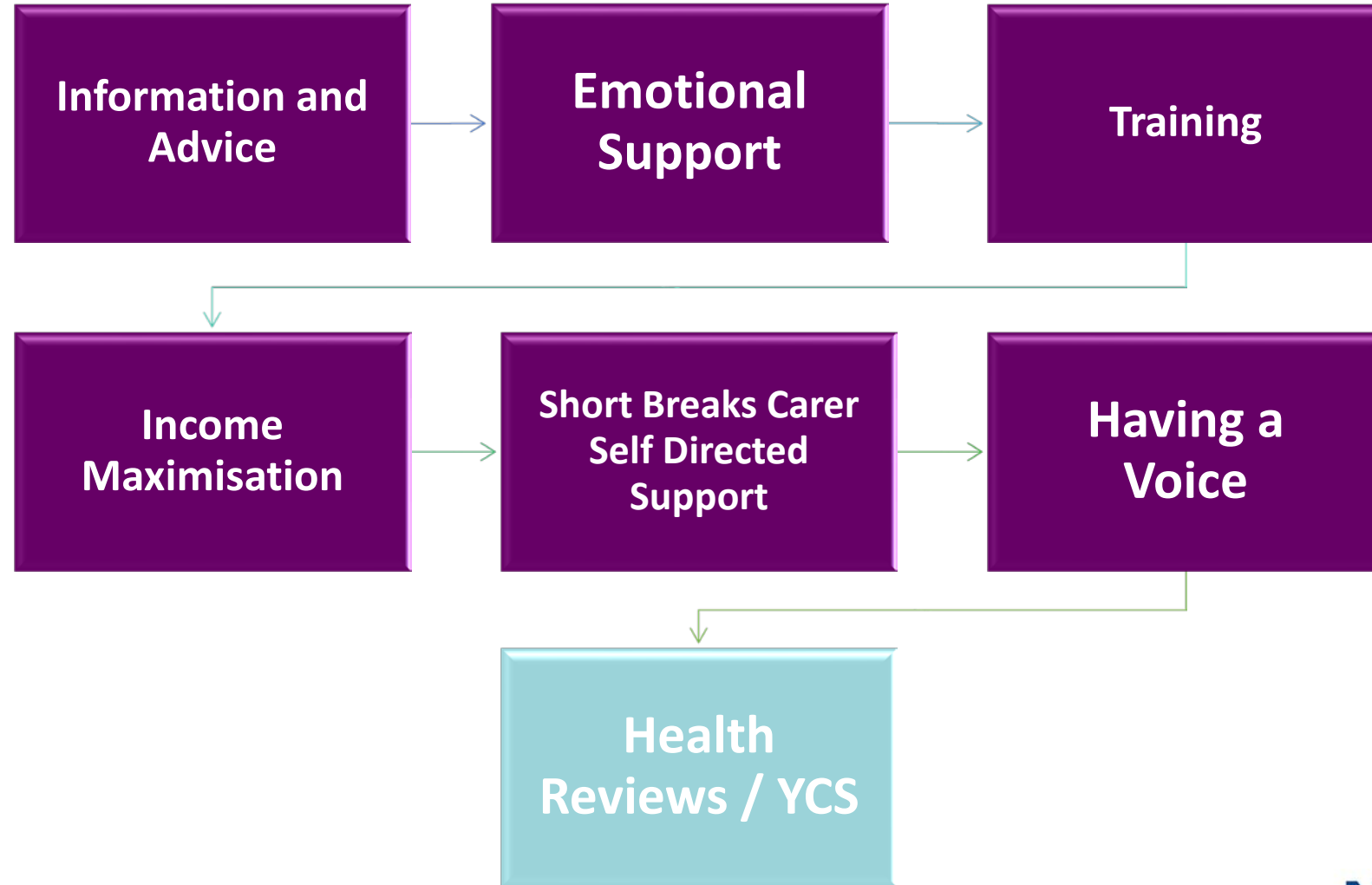
**Additional funds &
grants**

**PPE for unpaid
carers & vaccine
info**

Jointly app

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Carers Centres Core Support Services



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Ways to Make a Referral

GP

**Carers
Information
Booklet**

**Carers Information
Line**

0141 353 6504

**Online at
[www.yoursupport
glasgow.org](http://www.yoursupportglasgow.org)**

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Referral is Triaged by SW Carers Team

P1

Carer or cared for at extreme high risk of the Caring role breaking down. It may be that the Carer has become unwell! This work is undertaken by Social Work Services

P2

Carer or cared for at risk of caring role breaking down unless supports put in place to ease the situation. This work is undertaken by Social Work Services

P3

Carer is managing but recognises that support may be beneficial. Support provided: information & advice, emotional support, money matters, short breaks, training & 'having a voice'. Undertaken by the local carers centres.

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Glasgow City Carer Services Localities

- Carer Centres
Commissioned Services
- Social Work Carer
Services
- Carer Information Line
covers NHSGGC



Carers Feedback

"It's just nice to have someone to talk to that understands and knowing that someone is there"

"You have been so helpful, informative and knowledgeable. You have been like one stop shop for me where I have got so much information. I always mention this to other professionals that how helpful you are. I really appreciate your support and service."

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"Thank you so much for all your help and support that you have provided me. I feel as if you were the only one standing for me the whole time during the lockdown."

"I would never have invested in my mental health like this without the support of my carer support worker."

Carers Feedback

“I felt very isolated for a while when the schools were closed and you helped me through this!”

“The support I received enabled the person I care for to have some enjoyment in a practical sense.

“I have had training which has helped me manage my stress levels”

“The carers grant was a godsend”

Questions?

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Contacts – Glasgow North West

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Glasgow West Carers Centre : GAMH

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Email westcarers@gamh.org.uk

Glasgow North West Social Work Carers Team

Phone 0141 276 1066

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Referral Info

Carers Information Line

Phone 0141 353 6504

Email info@glasgowcarersinformation.org.uk

Your Support Glasgow

Link www.yoursupportglasgow.org

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