



# A helping hand for carers

Information on the range of support  
available for carers

**mygov.scot**

## Are you an unpaid carer?

An unpaid carer is anyone who looks after a friend, family member, or neighbour due to either old age, physical or mental illness, disability, or an addiction.

When you are caring for someone, there is a wide range of support available to you. This includes help from your local carer centre, wellbeing support, financial assistance and access to short breaks.

The Carers Rights (Scotland) Act 2016 is a law that gives rights to unpaid carers. To find out about your rights as a carer, go to **[gov.scot/publications/carers-charter](https://gov.scot/publications/carers-charter)**

## Some of the support you can receive as a carer:

### Adult Carer Support Plans and Young Carer Statements

You have the right to get a plan that outlines your needs and the support you may be able to get. This is called an Adult Carer Support Plan, or for younger carers, a Young Carer Statement. You can request a plan from your local council or carer centre.

Find your local council or carer centre at **[careinfoscotland.scot](https://careinfoscotland.scot)**

### Support from your local carer centre

Carer centres provide a range of help and advice, including information on benefits and grants, emotional support, social activities and training. You do not need to be referred to a carer centre. You can call or drop in during opening hours.



## Support if you work or study while caring

You have rights at work to help you keep your job and income while you're caring, such as requesting flexible working and time off for dependants. A carer who is studying may be eligible for a range of financial support including grants and bursaries. Support is also available to return to work or education when your caring role ends.



## Support to take short breaks from caring

Short breaks allow you to have a break, time to yourself, or to spend time with friends, family or with the person you care for. You may be able to receive financial assistance to help you take a break.

For more information, go to **mygov.scot** and search for 'short breaks from caring'

## Financial support

You may be eligible for benefits, grants, support with energy costs, council tax reduction, bills or debt, or urgent help with money, food and fuel.

- Use a benefits calculator to see what benefits you may be entitled to: **mygov.scot/benefit-calculators**
- Get free money advice from Citizens Advice Scotland's Money Talk team: **moneytalkteam.org.uk** or call free on **0800 028 1456** to be connected with your local service.
- Check what support you could get with cost of living: **costofliving.campaign.gov.scot**





To find out more about the help listed in this leaflet, and more, visit **[mygov.scot/help-for-carers](https://mygov.scot/help-for-carers)**



**Care Information Scotland** provides information and advice about care services and support for carers in Scotland. Visit **[careinfoscotland.scot](https://careinfoscotland.scot)** or call free on **0800 011 3200**.

**[mygov.scot](https://mygov.scot)**