

Unpaid Carer Support in Aberdeenshire

Are you a Carer?

An unpaid carer, also known as a carer, is anyone who provides care for a family member, friend or neighbour due to illness, disability, a mental health problem or addiction. This does not include paid care workers or those who are volunteers. An adult carer is anyone aged 18 and over and a young carer is under the age of 18, or 18 if still at school.

The emotional impact and physical demands of caring can impact on a carers' own health including stress, anxiety, back problems and wellbeing. Aberdeenshire Health and Social Care Partnership and Aberdeenshire Council work in partnership with, or commission services from, organisations to support unpaid carers in Aberdeenshire. These organisations offer impartial advice, information and support on all aspects of caring.

Quarriers Aberdeenshire Carer Support Service



Quarriers provide a carer support service for both adult and young carers in Aberdeenshire. Quarriers offer information, advice and enable carers to access resources within their community. Quarriers can help a carer complete an Adult Carer Support Plan or Young Carer Statement, which identify a carer's needs and personal outcomes. Quarriers also provide training and development opportunities to enable carers to continue in their caring role. Quarriers offer opportunities to meet other carers and share knowledge and experiences.

For more information Tel: **01467 538700** or Email: aberdeenshirecarers@quarriers.org.uk

Webpages: [Quarriers Aberdeenshire Adult Carers](#) & [Quarriers Aberdeenshire Young Carers](#)

Quarriers also have a [Virtual Carers Centre](#), with information and resources for carers of all ages.

Advocacy North East

Advocacy North East provide independent advocacy services to Aberdeenshire carers aged 16 and over.

For more information Tel: **01467 651604** or Email: admin@advocacyne.org.uk

Website: www.advocacyne.org.uk



ADVOCACY NORTH EAST

PAMIS



PAMIS works in partnership with people with profound and multiple learning disabilities and their carers by providing advice, support and information.

For more information Tel: **01382 385459** or Email: grampian@pamis.org.uk

Webpage: www.pamis.org.uk/

Alzheimer Scotland

Alzheimer Scotland provides a wide range of specialist services for people with dementia and their carers. They offer personalised support services, community activities, information and advice. For more information visit www.alzscot.org/

Other useful weblinks for Aberdeenshire Carers:

- [Aberdeenshire Council Caring for Others](#) - useful information for Aberdeenshire carers, including documents such as Local Carer Strategies, Eligibility Criteria, Unpaid Carers Information Pack and Short Breaks Services Statement
- [NHS Inform Support for Unpaid Carers](#) - useful information for unpaid carers in Scotland

Aberdeenshire Carer Support Literature Weblinks:

- [Are you looking After Someone](#)
- [Aberdeenshire Unpaid Carers' Information Pack](#)
- [Aberdeenshire Young Carers Leaflet](#)