



DUNDEE CARERS PARTNERSHIP INFORMATION FACTSHEET No. 1

Who is a Carer?

The Carers (Scotland) Act 2016 describes a Carer as an individual who provides or intends to provide care for another individual (the “cared-for person”). This is not the same as someone who provides care professionally, or through a voluntary organisation.

The circumstances of each carer are unique. Carers can be any age and carers are part of every community and culture. Carers may be parents, spouses, grandparents, daughters, brothers, same sex partners, friends or neighbours.

Some carers may be disabled or have care needs themselves. Sometimes two people with care needs are carers for each other. Some carers can provide care and support for more than one person.

Am I a Carer?

If you provide unpaid support to friends or family members who are affected by illness, disability, frailty, mental health, alcohol misuse, or drug misuse then you may be a Carer. You can contact Dundee Carers Centre who can provide you with more information about the caring role and about the supports which you may be able to access for yourself. You will still be considered to be a carer under the following circumstances:

- You don't live with the person you care for
- You are not the only person providing care for someone
- You care for more than one person
- You are not related to the person you care for

Adult Carers

An adult carer is 18 years or older. They take responsibility for the care of relatives or friends who need help because of an illness, disability, frailty, mental health, alcohol misuse, or drug misuse.



Young Carers

A young carer is a child or young person under the age of 18, or someone who has reached the age of 18 years and is still a pupil at a school. They may have practical caring responsibilities or be emotionally affected by a family member's care needs.

Young carers can sometimes put the needs of the person for whom the care before their own. This means that they can sometimes miss out on things that other people do not get to do. This can mean that young carers experience stress, anxiety, and worry. Because of this, they may sometimes need help or support from other people.

Dundee Carers Centre

Dundee Carers Centre can advise and support young carers, young adult carers, and adult carers. Dundee Carers Centre offers support in the following ways:

Information and advice

- Welfare rights
- Maximising your income
- Short breaks
- Self-directed support
- One-to-one and group support
- Volunteering
- Carer involvement
- Counselling and Peer Support
- Keep Well health checks

Further information can be found at the Dundee Carers Centre web site,

<http://dundeecarerscentre.org.uk/>. You can also call on 01382 200422. You are also welcome to visit the Dundee Carers Centre at 134 Seagare, Dundee, DD1 2HB.

This Fact Sheet contains information and general advice. It should not be used as a substitute for personalised advice from a professional. We do not accept any liability arising from its use. We strive to ensure that the content is accurate and up to date. Please direct queries or comments about the information to dundeehscp@dundeecity.gov.uk.