



## DUNDEE CARERS PARTNERSHIP INFORMATION FACTSHEET No. 10

### Health & Wellbeing

Caring for a person can be rewarding, but it can also be very challenging. As a carer you may often be so busy looking after the person you care for that you forget about your own health and wellbeing. This may result in you experiencing a range of difficult emotions as you might be meeting the needs for the person you care for but neglecting your own.

The Carers (Scotland) Act 2016 aims to improve physical and emotional wellbeing and deliver positive outcomes for Scotland's carers by ensuring more personalised and effective delivery of carer support.

This factsheet provides some information to help you manage your health and wellbeing and looks at the different forms of support that are available to you.

### What is wellbeing?

Wellbeing is a state of feeling good about ourselves and the way our lives are going. When we are experiencing good wellbeing, we may also experience positive relationships with others, a sense of control over our life and a sense of purpose.

Wellbeing can change over time and as a carer you may experience periods of relatively positive wellbeing and times when your wellbeing is challenged. This can have a range of negative consequences on your physical, emotional and mental health, and from time to time you may want or need extra support to help you manage your caring role.

### Getting help and support

The type of support you may need will vary depending on your individual circumstances. There are a number of organisations that can help and who can signpost you to support available. These include voluntary organisations, health and social care professionals and local authorities. You might need different types of help and support at different times.

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The types of help and support you might want to think about include:

- Support groups are a great source of support and information. These are available in many local areas or a short journey away from where you live. You will be able to talk to people experiencing a similar situation and be able to share ideas, tips and strategies about caring.
- Information and advice – information or advice from organisations who have specialist knowledge that you may want e.g. Carer Organisations, GP, Nurses, Care Managers, and Condition Specific Organisations such as Alzheimer’s Scotland or Penumbra.
- Adaptations to the home - specialists like Occupational Therapists may be able to give advice about simple pieces of equipment to support a carer in their caring role and about how to keep the carer and the person you care for injury free.

## Someone to talk to

If you are in a crisis and are needing someone to talk to in an emergency, the dedicated support helplines below can be contacted out-with normal hours:

- Dundee Samaritans 01382 832555
- Samaritans (national lines open 24/7) 116 123
- NHS 24 (lines open 24/7) 111
- Breathing Space 0800 838587

## Carer Support Organisations

Please note this list is not exhaustive and many different services support carers.

### Dundee Carers Centre

Dundee Carers Centre aims to improve the lives of carers through practical and emotional support, advocacy, training and information about services, rights and benefits. Dundee Carers Centre provides a service to support unpaid carers and disabled people and offers a range of support in the following ways:

- Information and advice

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- Welfare rights/ Maximising your income
- Short Breaks
- Self-directed support
- 1 to 1 and group support
- Volunteering
- Carer involvement
- Counselling and Peer Support
- Keep Well health checks
- Working in partnership with other Organisations who can help including specialist carer support (e.g. Alzheimer's Scotland)

The service can be accessed by contacting:

Dundee Carers Centre  
Seagate House  
132-134 Seagate  
Dundee  
DD1 2HB  
Tel: 01382 200422

## Short Breaks Service - Dundee Carers Centre

Dundee Carers Centre can offer information and advice on accessing short breaks. The Short Breaks service aims to provide unpaid carers with a break which is designed by them and is unique to their individual needs.

For further information and to find out if we can help you with funding a short break, please contact:

Dundee Carers Centre on 01382 200422 or email the Short Breaks team at:

[shortbreaks@dundecarerscentre.org.uk](mailto:shortbreaks@dundecarerscentre.org.uk).

You can find out more by visiting the Dundee Short Breaks Website on:

<http://www.shortbreaksforcarers.org.uk>

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The Shared Care website has National information about breaks for you and the person you care for:

<https://www.sharedcarescotland.org.uk/>

## Keep Well Health Checks

The Dundee Keep Well Community Team and the Dundee Carers Centre are working together to offer Free Carers Health Checks to adult carers over the age of 18. It will focus on your own health and wellbeing and whether there are any areas you need support with.

The Keep Well Health Nurse will check your height, weight, blood pressure, cholesterol and blood sugar level. The check can also be an opportunity to discuss your health and lifestyle and any other health related issues you may have as a carer.

If you would like to arrange a Keep Well Health Check, please contact the Dundee Keep Well Community Team on 01382 424014.

## Penumbra

Penumbra Dundee Carers Support Service offers various types of help for people caring for/supporting someone aged 16-65 with a mental health challenge.

Workers offer both practical and emotional support focusing on areas important to the individual.

Support, advice and information can be offered on a one to one, group or telephone basis

The service can be accessed by contacting:

Penumbra

9 Tay Square

Dundee

DD1 1PB

Email: [dundee.carers@penumbra.org.uk](mailto:dundee.carers@penumbra.org.uk)

Tel: 01382 223 487

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## Dundee Mental Health Cairn Fowk

Dundee Cairn Fowk is a local charity which offers help for people caring for/supporting someone with a mental health challenge. Cairn Fowk runs a range of weekly drops-ins and peer support groups. You can find out more by visiting <http://www.dmhcairnflowk.org/>

If you are interested in attending any of the groups, you can get in touch:

Email: [info@dmhcairnflowk.org](mailto:info@dmhcairnflowk.org)

Telephone: 07704514103

## Dealing with stress

It is important that you recognise the signs and symptoms of stress, which happens when the demands that are placed on you exceed what you can cope with. You may feel overwhelmed and out of control, or feel sick and panicky, or feel detached from everyday life. It can have different effects on different people, and can also affect you physically.

The Carers Trust website has an [information page about ways to reduce stress](#) which includes tools and techniques such as:

- Deep breathing
- Mindfulness, meditation and music
- Exercising, eating well and sleeping more
- Prioritising what you need to do and managing your time

## Carers of Dundee

The Carers of Dundee website is a source of support and information for carers and professionals in the city. It will continue to be developed through engagement with the people who are using it, to ensure it creates a true online community for carers in Dundee. You can view the website at:

<http://carersofdundee.org/>

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## Dundee My Life Portal

Dundee My Life offers information on Care and Support Services for people of all ages across Dundee. For more information, please visit: <https://dundee.mylifeportal.co.uk/home/>

## Dundee My Wellbeing

Dundee My Wellbeing section of the council website has details of a wide range of local services and activities that can support your wellbeing. For more information, please visit:

<https://www.dundee.gov.uk/my-wellbeing>

## Independent Living Centre

The Dundee & Angus Independent Living Centre website provides information about equipment and advice for people with physical disabilities. For more information, please visit: <https://ilda.scot/>

## Carer support planning

There may be times when you may need some extra support to help you manage your caring responsibilities.

Young Carers - Children's Services are responsible for offering a Young Carers Statement to carers who are under 18. If you are unsure who should support the young carer please check this out by telephoning 01382 436000.

Adult Carers - For more information about an Adult Carer Support Plan please see Carers Information Fact Sheet 6.

If you decide you could benefit from having more planned support in your caring role you should ask the Health and Social Care Professional involved with the person you care for. If you are not sure who this is or if the person you support does not have Health and Social Care services then you should get in touch with First Contact Team Health and Social Care Partnership.

01382 434019, Email [firstcontact.teamadmin@dundee.gov.uk](mailto:firstcontact.teamadmin@dundee.gov.uk)

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