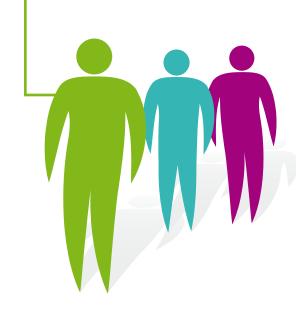






CARER

A CARER is someone who provides care and support to a family member, partner or friend. They can be any age and from every culture and community.



PERSON

The **PERSON** they care for may be disabled, an older person, have a long-term physical or mental health condition or have addiction issues.



WORKER

Without this army of (mostly)

UNPAID carers, Scotland would have to find an extra £10 billion per year to provide that care and support – the equivalent of a second NHS.



3 IN 5

The 2011 census says there are 516,358 adult carers in Scotland (though other sources suggest this could be higher) and 16,701 young carers. It is reckoned that 3 in 5 of us will be carers at some point in our lives.



care other responsibilities

role with work, study or other responsibilities. Others are caring round the clock, with nearly 27% of carers caring for 50 hours or more a week. Carers may or may not live with the person they care for, and some provide emotional support rather than physical care.

This can have a big IMPACT on carers'

Carers may be balancing the priorities of their caring

**IMPACT** 

ability to have a life of their own.

They may need information, support and resources to carry on caring and to look after themselves as well. But not every carer sees themselves as a carer, or knows where to look for support.

own health, wellbeing, finances and

job to identify and support carers"

says the Scottish Government in Caring Together

"It's everyone's

To make sure health, social services and other workers with a role in identifying and supporting carers become more **CARER AWARE**, NHS Education for Scotland and

2010-15 (the carers strategy for Scotland).

resources to support workforce learning on carers and young carers.

the Scottish Social Services Council have developed

Carers are supported and empowered to manage their caring role **Carers** Carers are enabled to have a life are identified outside Core of caring principles for working with carers and young Carers are fully Carers are carers recognised and engaged in the valued as equal planning and Carers are partners in shaping of free from care services disadvantage or discrimination related to their caring role These are based on six outcomes for carers and outline the knowledge and skills workers need

for all involved in the caring relationship to work together as partners as this can lead to better outcomes for everyone.

to work with carers and the person they care for

as **EQUAL PARTNERS** in **CARE** (**EPiC**). It makes sense

for you?

When a carer comes in looking for information,

What do

the EPiC core

principles mean

are

identified

we point them in the direction of

the Carers Centre.

Carers are supported

and empowered to

manage their

caring role

do for you?"

Being listened

to and asked

"what can we

outside of caring

Carers

to have a life

are enabled

To be able to go

Carers are

Carers are fully

engaged in the

planning and

shaping of

services

I have managed to

sit on various carers

groups which has

given me a voice

to shape services.

discrimination related to their caring role

Carers are

free from

disadvantage or

I arrange a translator

for Mrs B whenever

she makes an

appointment.

recognised and

valued as equal

partners in

care

than anyone else.

Acknowledge my

mum as the

specialist - she

knows me better

Learn more... If you want to learn more about carers and young carers, or brush up on your EPiC skills, you will find learning resources at:

www.knowledge.scot.nhs.uk/equalpartnersincare
or
www.ssks.uk.com/equalpartnersincare

email

email
carers@nes.scot.nhs.uk





