

You can use this form to make a referral to the Positive Tracks Project

Carer's Name: _____

Address: _____

Telephone No: _____

Cared for person's details: _____

Relationship to carer: _____

Referrer's Details

Name: _____

Organisation: _____

Telephone No: _____

Please detach and return the form to the Carers Centre.

If you think we can help, you can -

- Telephone us yourself
- Speak to your Social Worker, GP or any other health professional
- Visit our Carers' Centre

Get in contact

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Carer Support Worker

Positive Tracks Project

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Partnership

Outcomes

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E m p o w e r i n g



TRACKS

WHO IS A CARER?

A carer is someone of any age who looks after and supports a relative or friend who, because of their disability, illness, frailty or addiction, would not otherwise be able to live independently at home. Many people do not see themselves as carers and often miss out on vital services, support and financial help. It may be that they are new to caring or have been caring for some time.

ABOUT POSITIVE TRACKS

Positive Tracks provides support to carers who are over the age of 65 years and who are looking after an older relative or friend. With an ageing population and increasing demand on health and social care services, supporting older carers better is a key way of helping people to stay in their own home. It can also help to reduce unplanned hospital admissions and avoid premature admission to long term care.

The project aims to:

- Identify older carers as early as possible.
- Ensure that older carers are aware of their rights to an Adult Carers Support Plan.
- Provide access to services which can help them to sustain their caring role.



HOW CAN POSITIVE TRACKS HELP?

Many older carers are often providing long hours of vital care and support which can be having an adverse affect on their own health and wellbeing. It can result in poor physical and mental health, financial strain, and a breakdown in their ability to carry on caring. Older carers are more likely to be managing their own health problems which can make their caring role all the more demanding and stressful.

Positive Tracks provides:

- One to one support from the project's carer support worker.
- Emotional support.
- Learning opportunities specifically relating to older carers.
- Access to a range of services which support older carers.
- The opportunity to meet other older carers in a safe and confidential environment

ADULT CARERS' SUPPORT PLAN

Anyone that provides care or is intending to provide care e.g. their relative is being discharged from hospital, is entitled to their own assessment. This is called an Adult Carers' Support Plan. Even if the person that they are caring for is not in receipt of services they are still entitled to have an assessment of their own needs as a carer. Ask the Positive Tracks Carer Support worker about this.

FOR MORE INFORMATION, PLEASE CIRCLE THE RELEVANT BOXES

Access to services

Adult Carers' Support Plan

Advice and Information about caring

Advocacy

Carer Call Service

Emergency Planning

Help Packs (*personal care items*)

Hospital Discharge Information

Learning Opportunities

POSITIVE TRACKS Project
(*for people 65+*)

Replacement Care and Short breaks

SEARCH Project (
for those affected by alcohol misuse)

Self Directed Support (SDS) Information

Stress Management

Support Groups and Social Opportunities

Welfare Benefits