

Our Services

We offer a wide variety of services to unpaid carers, including:

- **Adult Carer Assessment and Support Plan**
- **Advice and Information**
- **Advocacy**
- **Emergency Planning**
- **Help Packs**
- **Hospital Discharge Information**
- **Learning Opportunities**
- **Moving and Assisting Support**
- **Positive Tracks Project (carers aged 65+)**
- **Replacement Care and Short Breaks**
- **SEARCH Project (carers affected by alcohol challenges)**
- **Social Opportunities**
- **Stress Management**
- **Support Groups**
- **Support Accessing Services**

More information can be found at
www.carerswd.org



Carers of West
Dunbartonshire
"the place for every carer to turn to"

If you are looking after someone in West Dunbartonshire, and would like support:

CONTACT US

Carers of West Dunbartonshire
84 Dumbarton Road
Clydebank
G81 1UG

Call: 0141 941 1550

Visit: www.carerswd.org

Email: clydebankcc@carerswd.org



@CarersofWestDun

Carers of West Dunbartonshire is a registered Scottish Charity No. SC038695 and is a company limited by guarantee and registered in Scotland No. SC318083



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Are you looking after someone?

Looking for advice and support?



We're here to help

West
Dunbartonshire
COUNCIL

NHS
Greater Glasgow
and Clyde

West Dunbartonshire
Health & Social Care Partnership

Who is an unpaid carer?

An unpaid 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 carers provide substantial amounts of regular care and are not paid for the help and support that they give. Caring for someone can be very stressful, and carers often have little help and regularly suffer financially, physically and emotionally themselves.

Carers (Scotland) Act 2016

The Carers' (Scotland) Act is a law which enhances the rights of carers in Scotland and which is intended to recognise the valuable role that carers play in supporting people who have an illness, disability, frailty or addiction. The Carers' Act extends and enhances the rights of carers in Scotland to help improve their health and wellbeing so that they can continue to care, if they so wish and have a life outside of caring.

Rights you have as a carer include:

- The right to have an Adult Carer Support Plan
- The right to be involved in hospital discharge
- The right to advice and information
- The right to be involved in planning

Who Are We?

Carers of West Dunbartonshire is an independent, voluntary organisation providing advice and support to adult unpaid carers aged 18+ looking after someone in West Dunbartonshire.

We are managed by a voluntary Board of Directors, and work in partnership with West Dunbartonshire Council and West Dunbartonshire Health and Social Care Partnership.

You'll find us at 84 Dumbarton Road, Clydebank, G81 1UG, where our dedicated team of Carer Support Workers are available to support you in your caring role.

We're available Mon - Fri, 9:30am - 4:30pm.

PLEASE NOTE: Staff work on hybrid basis and may work from home on certain days. A duty worker is available each day for advice and information, and individual staff contact details can be found on our website.



Areas We Cover



To access our services, the person you care for must live within West Dunbartonshire.