

Our Services

We offer a wide variety of services to unpaid carers, including grant funded projects.

Our core services include:

- **Adult Carer Assessment and Support Plan**
- **Advice and Information**
- **Emergency Planning**
- **Hospital Discharge Information**
- **Learning Opportunities**
- **Mental Health and Wellbeing Support**
- **Positive Tracks Project (Carers aged 65+)**
- **Self Directed Support**
- **Short Breaks**
- **SEARCH Project (Carers affected by alcohol challenges)**
- **Social Opportunities**
- **Support Groups**
- **Support to access services**

More information can be found at
www.carerswd.org



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

**Make an appointment by
CONTACTING US**

**Carers of West Dunbartonshire
41 Kilbowie Road
Clydebank
G81 1BL**

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



Are you looking after someone?

Looking for advice and support?



We're here to help

**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 Trustees, and work in partnership with West Dunbartonshire Health and Social Care Partnership and other local organisations.

We are open Mon - Fri, 9:30am - 4:30pm.

If you would like to register or speak to a member of staff, you can do so by calling to make an appointment on **0141 941 1550**. You can also use our webform to register <https://carerswd.org/contact-us/make-a-referral/>



Areas We Cover



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