



Being a carer

If you are looking after a family member or friend who is frail or who has a medical condition, disability or mental health problem then you are a carer. Likewise, if you are bringing up a disabled child. Caring for someone can be rewarding but it can also have an impact on your own health, your finances and the other relationships in your life. You may not see yourself as a carer as you are just getting on with things, but you have rights and there is support available for you.

Who we are

Carers of East Lothian is a registered charity which supports people who are looking after a family member, partner or friend who needs their help due to a long-term condition or a disability. We Provide:

- + Experienced carer support workers and counsellors to talk in confidence
- + Information on all aspects of social care and guidance on accessing other relevant services
- + Assistance with claiming welfare benefits
- + Help with setting up a Power of Attorney
- + Support to arrange breaks from caring
- + Carer Support groups, workshops and social events
- + Opportunities to have a say in how local services are run

All our services are free, confidential and are available to any carers over the age of 18.

Hospital Link Carer Support Work

- + **Has someone you look after been admitted to East Lothian Community Hospital?**
- + **Would you like support to understand what's happening with the person you care for while they are in hospital?**
- + **Are you worried about how their change in health, care and treatment may impact on the future?**

Having someone admitted to hospital can be a stressful time and it can sometimes feel overwhelming. Our Hospital Link Carer Support Worker can help you throughout their stay in hospital, until they leave and for up to six weeks following their discharge from hospital. It is important that your views are taken into account and valued throughout the hospital stay and during any conversations about discharge from hospital.

We can support you to express your views, as well as help you to be kept up to date on assessments and planning with ward staff, medical staff, occupational therapists, physiotherapists, other hospital, health and social care and community teams. We know that it can sometimes be difficult to ask for help, but we are here to help and support you. Getting practical advice and emotional support can make all the difference to your ability to cope.

Are you caring for someone who has been admitted to East Lothian Community Hospital?

Our Hospital Link Carer Support Worker is available to help.

Carers of East Lothian supports people who provide unpaid care to others.