



## Support for Parent Carers

One of our experienced carer support workers will listen to you and help you identify any support that you need in your caring role. They can also help you to navigate education, health and social care and medical systems.

When you access our support, we can help you to recognise your rights as a carer and we can support you through the best course of action. Our person centred approach strives to empower you to make positive changes for you and your families wellbeing. We facilitate peer support opportunities, and we can tell you about useful local activities, resources, training, and grants.

We understand that everyone's caring journey is unique and we strive to respond to individual needs. We also recognise that carers have common ground and that opportunities to connect with others in similar situations can be helpful for some.

If there are other children in the family who are helping to care for their sibling, we can help you to access support for young carers.

## Our Parent Carer Support Workers can offer you:

- + Person centred, individualised support.
- + 1:1 emotional support.
- + Support identifying relevant services in East Lothian.
- + Support with benefit applications, including child disability payment applications.
- + Support with grant applications.
- + An Adult Carer Support Plan.
- + Support to apply for a Time For Me\* grant.

*\* Time For Me is a CoEL grant programme, enabling eligible carers to apply for a grant to access a personalised break from caring.*

## You can also access:

- + A variety of peer support opportunities.
- + A monthly, in person support group dedicated to Parent Carers.
- + A private, supportive and informative facebook group for Parent Carers who are registered with the service.
- + Training, events and activities.
- + Welfare rights advice and guidance.



# Support for Parent Carers

## Carers of East Lothian provide support for Parent Carers

A Parent Carer is an adult who provides care for a child with additional support needs for whom they have parental responsibility.

We can provide support to Parent Carers even if a medical diagnosis has not been given.