

Are you a carer?

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.



Anyone can become a carer; carers come from all walks of life, all cultures and can be of any age. Many feel they are doing what anyone else would in the same situation; looking after their mother, son, or best friend and just getting on with it. Carers are the largest source of care and support in each area of the UK. It is in everyone's interest that they are supported. Carers say that access to information, financial support and breaks in caring are vital in helping them manage the impact of caring on their lives.

How we can help?

NHS Shetland, SIC and Voluntary Action Shetland want to help support carers and ensure that they are supported to manage their caring responsibilities with confidence and in good health, and to have a life of their own outside of caring. If you are a carer you are entitled to advice, information, support and often financial benefits and breaks from caring and these resources are available within Shetland. There are also social groups and outings organised by the various carers groups and recently a series of training events for carers has been drawn up by NHS and SIC training department. In addition a Young Carers Group has recently been started up (for information on this contact Jo Jack, Voluntary Action Shetland on 01595 743923) to help support carers who are under 18.

How to get information

If you are a carer please let the practice know. You can tell the girls at reception, the GP or the nurses. You may then be asked if you wish to give your name to NHS Shetland – they will ask you to fill in a card with your details. If you fill in this card you will receive information and contact details for the services available to carers in Shetland. If you want to find out anything more about any of the above topics you can call/email :

Anne Ribet,
Primary Care Operations Manager,
NHS Shetland
Phone: 01595 743349
anneribet@nhs.net

OR

Customer Relations Officer
"First Point Contact"

Phone: 01595 808080
808080@Shetland.gov.uk

Two excellent websites for carers are:

<http://www.carersuk.org/>

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