



## **Carers' Journey**

### ***What is the Carers' Journey?***

The Carers' Journey' is a tool that we use to help us to engage with carers to identify your needs and the support that you may require.

It encourages engagement at an early stage that focuses on identifying and supporting you in a personalised way to achieve good outcomes that will assist you in your caring role.

You can be supported in completing a Carers' Journey by someone from Social Work or a Carer Support Worker based within Lanarkshire Carers Centre.

We hope that by completing a carers' journey your support needs will be identified and addressed, however a fuller carers' assessment for more complex situations can be completed by Social Work

### ***Should I have a carers' journey completed?***

As a carer, you may not have considered the extent of your caring role and the effect it may be having on your life. If you are unsure whether you are a carer, it may help to think about the following questions:

- do you live with, or support an adult or child with a disability or health care needs?
- are you the main person providing care and is this on a regular basis?
- would the person you care for be at risk without you?
- do you need support to carry on providing care?

The journey will give you the opportunity to talk to a member of staff about the issues that concern you as a carer and your support needs.

The aim is to improve the quality of your life and that of the person you care for by, among other things:

- helping you feel less stressed;
- helping to reduce your level of social isolation;

- ensuring you are better informed and more knowledgeable about your caring role and the needs of the person you care for;
- helping you put a plan in place should you be unable to continue with your caring role for a period of time;
- ensuring you feel valued, supported and listened to;
- improving your confidence and capacity to express your views; and
- improving your education, training and employment opportunities

If you would like more information about the Carers Journey, please contact your local Social Work office, Lanarkshire Carers Centre or North Lanarkshire Carers Together.

Alternatively, you can complete a carer's journey on line at 'looking local' available through a direct link on the North Lanarkshire Council website:  
<http://lookinglocal.gov.uk/digitv/cds/northlanarkshire/Netgem/screen.html;jsessionid=D0A835003E0C6897644D760EFC352ADD.web2?id=341431>

### **Contact details**

Airdrie Social Work Locality Floor 2, Coats House Gartlea Road Airdrie ML6 9JA Tel: 01236 757000	Bellshill Social Work Locality 303 Main Street Bellshill ML4 1AW Tel: 01698 346666
Coatbridge Social Work Locality 122 Bank Street Coatbridge ML5 1ET Tel: 01236 622100	Cumbernauld Social Work Locality Bron Chambers, Bron Way North Carbrain Road Cumbernauld G67 1DZ Tel: 01236 638700
Motherwell Social Work Locality Scott House 73/77 Merry Street Motherwell ML1 1JE Tel: 01698 332100	CLASP Wishaw Locality Support Services Stewarton House 101 Stewarton Street Wishaw ML2 8AG Tel: 01698 274312
Lanarkshire Carers Centre 92 Hallcraig Street Airdrie ML6 6AW Tel: 01236 755550	North Lanarkshire Carers Together 51 Hope Street Motherwell ML1 1BS Tel: 01698 404055