



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>

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