



Are you a carer?

www.carerstogether.org



Under The Carers (Scotland) Act 2016 you are considered to be a 'carer' if you are looking after a family member or friend who cannot manage alone due to a long term condition or disability.

We are here to help all carers who live or care for someone living in North Lanarkshire, we have a team of staff who can provide you with **information** on all aspects of your caring role including:

- **Carers rights**
- **Income maximisation**
- **Education and training**
- **Advocacy**
- **Health and wellbeing**
- **Bereavement support**
- **Emergency and future planning**
- **Local carer support and short breaks**
- **Local health and social care services**





Know your rights

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Carers have the right to be informed, heard and their views considered. We aim to make a positive difference to the lives of carers in North Lanarkshire through the provision of information, carer representation and campaigning.



@NLCARERSTOGETHER



@NLCT_CARERS

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The Carers (Scotland) Act 2016

Carers have the right:



TO ACCESS LOCAL INFORMATION AND ADVICE



TO AN ADULT CARER SUPPORT PLAN



TO ACCESS SUPPORT IF YOUR NEEDS MEET ELIGIBILITY CRITERIA FOR CARERS IN NORTH LANARKSHIRE



TO BE INVOLVED IN CARE PLANNING FOR THE PERSON YOU CARE FOR



TO BE INVOLVED IN THE HOSPITAL DISCHARGE PROCESS



TO BE INVOLVED IN THE PLANNING OF ANY CARER SERVICES



In Partnership with
Health & Social Care
North Lanarkshire