

Help that's right for you

We recognise that every caring situation is different and every Carer is different. You may be caring for a:

- parent or grandparent
- son or daughter
- brother or sister
- husband, wife or partner
- relative
- friend
- neighbour

There is a wide range of reasons why they may not be able to care for themselves. They might:

- have a physical or learning disability
- misuse alcohol or drugs
- be frail or elderly
- have mental health problems
- have a long-term illness

We will work with you to help you prioritise your needs as a Carer and help to reduce your caring role as much as possible. We can then help you to access the advice, information and support to best meet the needs of you and your family.

Getting in touch

Aberdeenshire Carers Support Service
Wardes Road
Inverurie
AB51 3TT

Tel: 01467 538700

Email: aberdeenshirecarers@quarriers.org.uk

www.quarriers.org.uk/aberdeenshirecarers

**We cover the whole of Aberdeenshire.
Wherever you live, we can help.**



Aberdeenshire Carers Support Service

Do you look after a friend or family member who is unable to care for themselves? You are a Carer, and we can help.



What we offer

- **Support to work out what help you need**
If you are struggling and know you need support but don't know what would make a difference, we can help.
- **Range of contact methods**
No matter where you live in Aberdeenshire, you can contact us online. We can meet you in your local community, and we are also at the end of a phone if you want to let off steam but don't want to worry other family members or friends.



Support for the whole family

Our unique service looks at the effect caring has on the whole family. By taking time to discuss your situation and understanding each person's needs, we can identify solutions which will benefit everyone.

“ You just feel so alone. It's such a relief when someone not only understands but can help. ”

- **Advice and information**
We provide advice and information on a wide range of resources and community supports which could help you and your family.
- **Peer support**
We can work with you on a one-to-one basis or as part of a group. We also run events where you can meet other Carers and speak to people in similar situations.
- **Training and development**
We offer a range of individual and group training opportunities for Carers to build your knowledge, skills and confidence. The learning opportunities we offer are based on what Carers tell us they need.
- **Support to have a life outwith caring**
We will support you to balance your caring role with your own needs.

