



Carers Referral Form and Adult Carer Support Plan

Information & Guidance for Carers

Are You a Carer?

A Carer is someone of any age who provides support to a family member or a friend who is affected by long term illness, disability, age or addiction.

You may not see yourself as a Carer. You may feel that you are simply looking after your partner, child, relative or friend.

Carer Referral Form

Completing a Carer Referral Form enables you to access appropriate information, advice and support connected to your caring role.

You can choose to complete your own Carer Referral Form or get help from family, friends, a Carers Support Worker or any other organisation of your choosing.

You will also be given the opportunity to access an Adult Carer Support Plan which enables your caring situation to be looked at in more depth.

Completed forms should be returned to:

Dumfries & Galloway Carers Centre

2-6 Nith Street

Dumfries

DG1 2PW

Tel: 01387 248600 or emailed to info@dgalcarers.org

Adult Carer Support Plan

The Adult Carer Support Plan is an opportunity to express your feelings and needs as a Carer. The aim is to find out what impact your caring responsibilities have on your life and aims to support you in your caring role. In the past, the Adult Carer Support Plan was referred to as a 'Carers Assessment'.

The Adult Carer Support Plan ensures your needs are being taken into account. It does not have the intention of judging your ability to care or the way in which you carry out your caring role.

This support plan looks at 7 areas of your life, your caring role, how you are feeling, time for you, your health, how you manage at home, your finances and your work situation.

Choosing to complete an Adult Carer Support Plan is entirely up to you. You can complete the form with help from a person or organisation of your choice.



There are different steps to getting support.

The steps are called the Carer Pathway.

Here's how it might work for you

