

wee changes can make a **big difference...**

## Unpaid Carers wellbeing counts too

### You know the challenges

If you are reading this and are an unpaid Carer you know the challenges, you face. These tips will not have the answers for every situation; however, we hope they offer help and reassure you that you are not alone. We've also provided links to support.

We want to help, even if only in a small way. There are more resources on [www.cope-scotland.org](http://www.cope-scotland.org) to support wellbeing.



### Support to deal with the challenges

If you are not already receiving any support in your caring role, then explore what is available near you. This is one place to start looking Care Information Scotland – which also has a helpline for carers on **0800 011 3200** (local rate) (Mon - Fri 8am - 10pm; Sat and Sun 9am – 5pm).

#### [Carers - Glasgow City Council](#)

Other helplines can provide a good starting point when you first become a carer or are struggling with issues in your current situation e.g. <https://www.glasgow.gov.uk/carers>

#### **Carers Scotland:**

[www.carersuk.org](http://www.carersuk.org) T: 0808 808 7777

#### **Alzheimer's Scotland**

[www.alzscot.org/](http://www.alzscot.org/) 24-hour freephone  
Dementia helpline T: 0808 808 3000

#### **Your Support Your Way Glasgow:**

<https://www.yoursupportglasgow.org/carers>

#### **Find your local service**

<https://www.careinfoscotland.scot/topics/support-for-carers/carers-centres/>

**GAMH North East Carers Support Service:** (0141) 404 3769

**Glasgow North West Carers:** (0141) 954 1010

**Glasgow South Carers:** (0141) 423 0728

**Health and Social Care Connect:** (0141) 287-0555.

Other charities linked to specific health issues also often offer family support e.g., MND Scotland, Parkinson's Scotland, Down Syndrome Scotland and others. Check out their websites. PAMIS offer support to parents who support people with profound and multiple disabilities and their families. Visit their website here:

**[PAMIS](http://PAMIS) | [Promoting a more inclusive society](http://Promoting a more inclusive society) | <https://pamis.org.uk>**





## You are not a machine

No matter who we are, we have a finite amount of energy and eventually if we keep going and don't recharge, we will feel an impact on our wellbeing. Sometimes we need to switch off, even for 5 minutes. What helps you switch off? Build more of that into your day. If you need to speak to someone this resource may be of interest -Free, safe and anonymous mental wellbeing support for adults across the UK. [www.qwell.io](http://www.qwell.io)

## Self-care matters

Self-care includes making sure you stay hydrated, eat regular meals and a balanced diet, have time to rest and a decent night's sleep. Sometimes we don't have the time or space to do this well, so it's important to find small spaces or moments to remind ourselves that we matter too. There are many resources for improving self-care e.g., [thesleepcharity.org.uk](http://thesleepcharity.org.uk) [www.selfcareforum.org/](http://www.selfcareforum.org/)



## Avoid unhelpful coping strategies

Sometimes when life is challenging, or we find ourselves feeling isolated, we can lock into some unhelpful habits. If you find this is a concern for you, please talk to someone, there is often more support than we realise. This search engine may be of interest [www.aliss.org/](http://www.aliss.org/)

## Find ways to be Mindful when our minds feel too full

Sometimes we can feel overwhelmed and that is natural. It is also exhausting.

Finding ways to ground ourselves can help. Mindfulness is one practice which can be helpful, there are also some useful techniques on this site [capacitar.org](http://capacitar.org) This may also be of interest Free Mindfulness [www.freemindfulness.org/download](http://www.freemindfulness.org/download).

Carers centres and other organisations may offer Mindfulness and Wellbeing training and sessions check out what is available near you.





## Stay connected

Where you can stay connected to other friends and family please do. If this doesn't seem possible, try to build new connections. Perhaps even with other people who are in an unpaid caring role who together want things to change for unpaid Carers e.g. We Care Campaign [wecarecampaign.org.uk](http://wecarecampaign.org.uk) Peer support is priceless as you don't need to explain why you feel the way you do as others understand through the lens of their own experience. Being in a space where you are not judged but listened to is priceless.

## Retain your own identity hopes and dreams

It matters when we are caring for someone that we do not lose sight of who we are. Retaining our own identity and hopes and dreams matters. If we need help to rediscover who we are, there are services there who care about you too. Find out what your local Carers Centres can offer/link you too. Remember also [breathingspace.scot](http://breathingspace.scot) T: 0800 83 85 87



## A life in balance

A life in balance can mean different things to each of us. You decide what a balanced life looks like for you. Maybe even create a vision board, there are tips on [www.cope-scotland.org](http://www.cope-scotland.org) on visualisation as well as goal setting tips to help bring your vision to life.

Maybe there is not a lot of time for you, so its finding ways to maximise what is there that also offers you space to breath.



## Get help for money worries

Practical issues including paying the bills all add pressure to already pressured lives.

If money is a concern for you speak to someone and see what other support may be available. [www.citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/carers-help-and-support/](http://www.citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/carers-help-and-support/). Your local Citizens Advice Bureaux can offer advice and practical support on benefits, debt and other financial issues.



## Boundaries and guilt

It can sometimes feel hard to set boundaries when it feels there is no one else to help. That is why it matters that we do connect to others and don't feel alone.

It also matters we learn to control our guilt and don't feel responsible for everything, we are only one person, and no one person can do it all. If you need support to work through these feelings check out what is in your area using some of the local directories e.g., [www.glasgowhelps.org/](http://www.glasgowhelps.org/)



## Keep yourself safe from thoughts of suicide

The pressure of caring, maybe worrying about money, feeling alone can all put someone at a higher risk of considering suicide. It matters if you have thoughts of suicide you talk to someone. Remember, the Samaritans are there 24/7 365 Tel No 116 123

**You do matter and people do care.**

