

# Shetland Carers Useful Links

**Advocacy** – VoiceAbility Advocacy are the provider of independent advocacy. The service can be contacted as follows:

**Tel: 03003031660      Email: [helpline.scotland@voiceability.org](mailto:helpline.scotland@voiceability.org)**

**C+ Companion concession card** – The person you care for can apply for a C+ card so that they can have a companion to help them when travelling by bus or ferry where they are unable to travel unaccompanied. Conditions apply see website and you can check these with **SIC Transport 01595 744868**

**CAB** - The Citizens Advice Bureau can provide advice, support and assistance filling in forms on many issues you may encounter as a carer, including legal matters, employment housing, benefit entitlement, debt, as well as self directed support (direct payments). They help to ensure that your income is maximised. They are also carrying out outreach visits. To find out more, **please call 01595 694696.**

**Carers Allowance** – This is a long term, earnings replacement benefit. It is paid weekly to people who are caring for someone who is in receipt of a qualifying benefit – you can speak to citizen’s advice to find out if you would be eligible for this benefit.

**Care at Home** –a service provided by Shetland Islands Council. They will assess the needs of the person you care for and if they meet the eligibility criteria you could be offered a worker who will come out to your house to assist the person that you care for. This service can be free. **Contact Duty Social Work – 01595 744400**

**Carers Card** – Carers Card UK is a national card that helps support, recognise and reward carers. Visit the website for more details **[www.carerscarduk.com](http://www.carerscarduk.com)**

**CLAN** - provides local cancer support services for anyone living with cancer, for their family members, carers and close friends. More info [www.clancancersupport.org](http://www.clancancersupport.org)  
**Contact 01595 697275 or [shetland@clancancersupport.org](mailto:shetland@clancancersupport.org)**

**Fire Safety Checks** – if you wish, a member of the local fire and rescue service will visit your home to carry out an inspection which will help you identify any risks, plan with you what to do to reduce the risks and ensure your home smoke alarms are working. For more information **Scottish Fire and Rescue Service 0141 646 4501**

**Power of Attorney** is a written document appointing someone to act on your behalf in respect of decisions that require to be made for you when you are unable to take these decisions for yourself. For more information **contact a solicitor or Silverline Scotland – 0800 4708090**

# Shetland Carers Useful Links

**Respite care** - the Social Care (Self Directed Support) Scotland Act 2013 introduced the right for carers not to be charged for any support they receive as a carer. This can include residential respite or day care. **Contact Duty Social Work – 01595 744400**

**Royal Voluntary Service** - a range of services to older people within the community, including transport (e.g. to doctor/hospital appointments, collecting pension, shopping,) companionship, home from hospital service and social and lunch clubs.  
**Contact** - 01595 743914

**Shetland Care Attendant Scheme** - provides practical support (where they have capacity), a trained Care Attendant can sit with the person that you care for, enabling you, the carer, to have some time free from your caring role.  
**Tel: 01595 743932 Email: [scas@shetland.org](mailto:scas@shetland.org)**

**Shetland Community Connections (SCC)** can offer support, advice, signposting and connections to any person living in Shetland with additional support needs. They offer support and advice for arranging direct payment packages, giving information, helping people in becoming an employer and working with Personal Assistants'.  
**Tel : 01595 745091 Email : [communityconnections@shetland.org](mailto:communityconnections@shetland.org)**

**Shetland Mobility** We can offer everything from mobility scooters and electric or self-propelled wheelchairs, adjustable beds, riser recliner chairs to daily living aids. Our stocked items are available to view and try in store. **Tel: 01806 249 151 Email: [info@shetlandmobility.co.uk](mailto:info@shetlandmobility.co.uk)**

During the interim period within **Shetland Carers**, what we can offer is.

- Short Break Grants
- Respitality Breaks

For more information on breaks and other grant avenues, please visit [www.shetlandcarers.org/support/breaks](http://www.shetlandcarers.org/support/breaks)

Any concerns or urgent queries about your caring role, please contact Duty Social Work – 01595 744400/ 01595 744 468 or Out of Hours Duty Social Work on 01595 69 5611

If you have any further questions then please leave a voicemail message on 01595 743923 or email [carers@shetland.org](mailto:carers@shetland.org) or look on our website [www.shetlandcarers.org](http://www.shetlandcarers.org)