

# Unpaid Carer Support Organisations in Aberdeenshire



1 in 10 people in Scotland provide care and support to a family member, friend or neighbour to enable that person to continue to live in their own community. The emotional impact and the physical demands of caring can impact adversely on carers own health including stress, anxiety, back problems and their emotional health & wellbeing generally. The following organisations aim to work with carers in order to prevent deterioration in their health and support them to continue with their caring role.

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*Early identification and support of carers has a positive impact on their overall health.*

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## Aberdeenshire Council

Aberdeenshire Council greatly value the very important work of family and friends caring for people who use our services. We work in partnership with carers and commissioned services to support carers in their role.

[www.aberdeenshire.gov.uk](http://www.aberdeenshire.gov.uk)



Registered Scottish Charity SC 012950

## VSA Carers Service

VSA provide a wide range of person centred support to unpaid carers including; Carers Assessments, Creative Break funding opportunities, training, emotional support, carer Forums, peer support, information & advice on a broad range of issues facing unpaid carers.

[www.vsa.org.uk](http://www.vsa.org.uk)



## PAMIS - working with people with Profound and Multiple Learning Disabilities

The charity works in partnership with people with profound and multiple learning disabilities and their carers, by providing advice, support and information.

<http://www.pamis.org.uk/>



## Mental Health Aberdeen - MHA

The charity provides support services, counselling and advice to both people affected by and caring for those affected by the challenges relating to mental health and wellbeing.

<http://www.mha.uk.net/aberdeenshircarerssupport/>



## Alzheimer Scotland

The charity provides a wide range of specialist services for people with dementia and their carers. They offer personalised support services, community activities, information and advice, at every stage of the dementia journey.

[www.alzscot.org/pages/carers.htm](http://www.alzscot.org/pages/carers.htm)



## Quarriers

The charity supports young people aged under 18 years who have a significant caring role for someone in their household on an ongoing basis due to physical health, mental health, or issues with drugs and alcohol.

[www.quarriers.org.uk/aycs](http://www.quarriers.org.uk/aycs)