



Being a carer

If you are looking after someone who is frail or who has a medical condition, disability or mental health problem then you are a carer. Likewise if you are bringing up a disabled child. Caring for someone can be rewarding but it will also have an impact on your own health, your finances and the other relationships in your life.

Giving up paid work, having to help someone with personal care, dealing with professionals on their behalf, feeling "on call" all the time and seeing someone you love struggling due to a health condition are just some of the situations that you might have to face. Getting practical advice and emotional support can make all the difference to your ability to cope.

You may not see yourself as a carer as you are just getting on with things but you do have some rights and there is support available for you.

What we offer

- + Experienced carer support workers and counsellors to talk to in confidence
- + Information on all aspects of social care and guidance on accessing other relevant services
- + Assistance with claiming welfare benefits
- + Help with setting up a Power of Attorney
- + Support to arrange breaks from caring
- + Carer support groups, workshops and social events
- + Opportunities to have a say in how local services are run

All of our services are free, confidential and are available to any carers over the age of 18.



Who we are

Carers of East Lothian CoEL is an independent charity that provides information and support for carers. Many carers feel guilty about asking for or wanting help – please don't – we are here to help you.

We can meet you in your home, at our offices or another suitable location if you prefer.