

STILL CARING

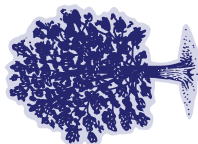
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CARE FOR CARERS

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**Contact Details for
Still Caring**

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Confidentiality

All information received will be kept confidential to the **Still Caring Project** in accordance with policies of both organisations and will not be shared without your permission.

Care for Carers



Edinburgh
Carers Support Project



support
in mind
scotland
action for people affected by mental illness

Still Caring is funding through the
Reshaping Care of Older People—Change Fund Innovation Grant

Support in Mind Scotland is the operating name of National Schizophrenia Fellowship (Scotland), a company limited by guarantee, registered in Scotland SC088179.
Registered Office: 1 Rutland Court, Edinburgh, EH3 8EY Charity No. SC013649
Care for Carers is a registered charity SC013450

**STILL
CARING**

**A project for Carers 65+
offered by
Support in Mind Scotland
&
Care for Carers**

*Do you care about or support
someone who is experiencing
mental ill health?*

*Are you struggling to manage the
mental health difficulties of your
relative, partner or friend?*

*Are you worried about what will
happen to the person you care
about as you get older yourself?*

*Would you like to speak to some-
one face to face about any concerns
you have either for yourself or the
person you care about?*

**Are you aged 65+ -
if so then please read on -
WE CAN HELP**

Who we are & Who can contact us

Support in Mind Scotland Edinburgh Carers Support Project and Care for Carers have many years experience in supporting families, partners, friends and neighbours who care for and about another person.

Families, partners, friends and neighbours who provide support in any way are in fact CARERS.

As you become older you may:

- Find it more difficult to manage the caring situation you are in.
- Find yourself worrying about what will happen to the person you care about in the future.
- Find yourself requiring support for yourself and your own health needs and you may feel less able to support the person you care about.

If the above is relevant to you and you are aged **65+** and care for a person with Dementia or a Mental Illness then please contact us for more information.



What we can do for you

Still Caring can offer you:

- One-to-one dedicated ongoing support from a carer support worker.
- We will work with you to help you identify your own needs as a carer.
- We will work with you to help you access other support services for both you and the person you care for.
- You will be offered the opportunity to have a respite break for yourself through Care for Carers Stepping Out[®] Short Weekend Breaks for Carers.

You can, if you wish, join in the many activities that Care for Carers and Support in Mind Scotland have to offer such as

- ◆ Support Groups,
- ◆ Activities such as Stress Management and Relaxation,
- ◆ Training courses such as Caring and Coping with Loss in Dementia and Living with Mental Health Problems,
- ◆ Stepping Forward activities such as daytrips, pantomime, museum trips etc.

Contact form

Please contact me to discuss how **Still Caring** could help

Please indicate by ticking the appropriate box your preferred method of contact

Letter	Telephone	Email
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please give your details below
(Please print clearly)

Name:

Address:

.....

.....

Postcode

Phone

Mobile

Email

.....

Please delete as appropriate if you wish to be on our mailing list: Yes / No