

What support can carers in Midlothian expect during the COVID-19 pandemic?

Are you a carer?

If you look after a relative, friend or neighbour who has a disability or long-term condition, you are considered to be a carer



Where can carers go to get information, advice or support?



If you are providing care for a relative or friend, support is available for you from the **VOCAL Midlothian Carer Centre**



Staff can still be contacted on:
0131 663 6869
or email: midlothian@vocal.org.uk



Visit our website to find out more about our services and support for carers:
vocal.org.uk



You can keep up to date by following us on facebook:
[@VOCALMidlothian](https://www.facebook.com/VOCALMidlothian)

What advice or support is available for carers?

We can help you set out what's important to you in an



Adult Carer Support Plan and put together an **Emergency Plan** in case you are unable to provide care



We can provide **advice and support on welfare benefits** and help you fill out benefit and grant applications



There are a number of **online groups, training sessions and meetings** for carers that you can attend



We can issue you with a **carers letter** which can help you to confirm your ID as an unpaid carer

What help is available for carers in a crisis?

We don't provide an emergency service.



If you need urgent support contact the Access Team on:

0131 271 3900 (Day)
0800 731 6969 (Out of hours)

If you or the person you care for



experience a mental health crisis you can contact your local Midlothian Crisis Response Team:

0131 663 5533



For any **medical emergencies** phone:
999



If you are at **risk of harm** phone the police:
999

Let us know how we can improve our services for carers

If you have any comments or suggestions on how we can improve or better support you at the moment then we would love to hear from you. Contact us on:

VOCAL Midlothian Carer Centre

Email: midlothian@vocal.org.uk

Tel: **0131 663 6869**