



PKAVS CARERS CENTRE

DEFINITION OF AN UNPAID CARER

- an individual who provides regular, non-professional care and support to a family member, partner, friend, or neighbour who cannot manage without this help due to illness, frailty, disability, mental health issues, or addiction.
- Young carers - aged between 5-17 years old
- Young adult carers - aged between 18-24 years old
- Adult carers - aged between 25 years plus

YOUNG CARERS SERVICES

- Educational Attainment for Young Carers service (EASyc) - private tuition & homework clubs
- Inhouse counsellor 2.5 days a week
- Access to funding for short breaks from caring
- E-Learning toolkit for professionals and YC ID card launched in March
- Evening groups during school term time
- Day trips and residential breaks during school holiday periods
- One to one and advocacy support
- Commissioned to complete Young Carers Statements on behalf of PKC.

YOUNG ADULT CARERS

- One to one support sessions providing information and advice on accessing further education, benefits, housing, volunteer opportunities, employment and more besides.
- Peer support opportunities through groups and trips and residential breaks away from the caring role.
- Provide access to funding for person centred short break opportunities.
- Advocacy support.
- Completion of adult carer support plans and identifying and

ADULT CARERS

- Day services for cared for delivered 5 days a week from at the carers centre.
- Telephone support line offering access to emotional and practical support.
- One to one contact to identify and action personal outcomes to help support a carer quickly potentially leading on to the completion of an adult carer support plan. This support can often come from signposting on to partner agencies.
- Dedicated support work delivered for parent carers and male carers including activities like peer support groups, trips away etc.

DEVELOPMENT TEAM

- Create a monthly carers newsletter for distribution.
- Oversee access to short breaks through the Respite Initiative and funding from Shared Care Scotland and the Carers Trust.
- Administer the Wee Treats scheme funded by PKC.
- Develop and deliver a calendar of peer support groups.
- Develop and deliver a calendar of training opportunities for carers - 6 Legal Must Do's; Dementia Awareness etc.
- Designated worker offering support and advice on Self Directed Support.

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- We also develop and deliver a calendar of events and activities for
 - Young Carers Awareness Day in March
 - Carers Week which is usually the 2nd week of June
 - Carers Rights Day in November
 - All these events are geared towards celebrating carers and all that they do whilst providing them with information and advice they need to lessen the impact the caring role is having on them.

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- Accessing our services (apart from the day club) are free of charge as attendance needs to be based on the carers needs and not their ability to afford to attend.
 - To find out more please visit our new website at www.pkavs.org.uk
 - Our contact details are 01738 567076 or carershubadmin@pkavs.org.uk
 - Thank you and happy to answer any questions.