

General information for carers and young carers:

[Carers Trust Scotland \(Formerly Princess Royal Trust for Carers\)](#) Carers Trust Scotland (formerly The Princess Royal Trust for Carers) has been operating in Scotland since 1991. They are the largest provider of comprehensive carers support services in Scotland.

[Carers Scotland](#) Working as part of Carers UK they provide expert advice, information and support and connect carers so no-one has to care alone. They also campaign for carers and to find new ways to reach and support carers.

[Crossroads Caring Scotland](#) Crossroads Caring Scotland provides care in the home to enable carers to take a break. The needs of both the carer and the person they care for are assessed and regularly reviewed to ensure the service is tailored to achieve positive outcomes.

[Young carers](#) Part of The Carers Trust, YCNet is a website and online support service for young people aged 18 and under in the UK, who help to look after someone in their family who has an illness, disability, drug/alcohol addiction or mental health condition.

[Quarriers – young carers](#) As part of their wider work, Quarriers support carers of all ages by providing services specifically designed to help you in your caring role.

[Shelter – young carers](#) As part of their wider work, Shelter also provide information and support for young carers.

[Young Minds](#) YoungMinds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people and also provides information and advice for young carers and their families.

Organisations providing information and support on particular conditions/circumstances:

[Age UK](#) The leading UK charity promoting and protecting the rights and interests of older people. They also produce a useful booklet "Advice for carers – a Practical Guide", available [here](#).

[Age Scotland](#) The Scottish arm of Age UK.

[Alzheimer Scotland](#) Alzheimer Scotland 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.

[Arthritis Care Scotland](#) Information and support for anyone affected by arthritis in Scotland

[Ayrshire Hospice](#) The Ayrshire Hospice provides care and services which help those with any life limiting illness and also provides support for their carers and families.

[Cancer Support Scotland](#) Provides emotional and practical support on a one-to-one basis and through community-based groups to anyone affected by cancer, including family, friends and carers.

[Chest Heart and Stroke Scotland](#) Provides information, advice and practical support for carers affected by any of these conditions.

[Dementia UK](#) Dementia UK is a national charity, committed to improving quality of life for all people affected by dementia.

[Macmillan Cancer Support](#) Information, support and advice for anyone who is a carer of someone who is affected by cancer.

[Maggie's Centres](#) Maggie's Centres provide free practical, emotional and social support to people with cancer and their carers, families and friends.

[Mental Health Foundation](#) Research-based information and advice on mental health, including issues relating to being a carer/young carer.

[Parkinson's Disease Society](#) Information and support for anyone affected by Parkinson's Disease.

[Scottish Huntington's Association](#) Provides information, advice and practical support for anyone affected by Huntington's disease.

[The Stroke Association](#) Information, advice and support for anyone affected by a stroke.

[Scottish Association for Mental Health](#) Scotland's leading mental health charity, providing information, advice and support on a wide range of mental health issues.

Organisations which can provide general advice/information:

[Care Inspectorate](#) The independent scrutiny and improvement body for care services in Scotland. They have a responsibility to make sure people receive high quality care and ensure that services promote and protect their rights. They routinely inspect care service providers and their inspection reports are all available on their web-site.

[Citizens Advice Bureau](#) Independent provider of information and advice across a wide range of issues.

[Department of Work and Pensions](#) The UK Government department responsible for providing information and advice and administering social security benefits and pensions.

[NHS 24](#) Scotland's national provider of information on matters related to illness, health and wellbeing.

[Office Of The Public Guardian \(Scotland\)](#) The government body responsible for legal issues related to adults with incapacity, powers of attorney and guardianship.

[Samaritans](#) Confidential support line, available 24 hours a day, providing support for anyone experiencing difficulties in coping.

[Scottish Independent Advocacy Alliance](#) Charitable organisations which promotes independent advocacy across Scotland.