

Dundee Carers Centre Referral Form

Referrals can also be taken over the phone during office hours.
If you need help to complete this form please call 01382 200422

Full name of person being referred			
Date of Birth			
Full Address (include postcode)			
Preferred Method/ Time of Contact	Home phone:	Mobile (Text/Call):	Email:
Spoken Languages			
Brief Reason for Referral			
Is the person aware of this referral?			

If the person being referred **is under 16 years or under 18 years and still living at home**, please provide the following information:

Name of parent/guardian		Telephone no. of parent/guardian	
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- Please indicate which service(s) you are referring to:

<i>Carers Support Services</i>		
<i>Short Breaks Service</i>		
<i>Welfare Rights Service</i>		
<i>Self-Directed Support Service (Dundee or Angus)</i>	D	A
<i>Not sure- more information required</i>		

For Welfare rights support only: If you have a form what is the deadline for completion?

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Referrer information:

Name		Address	
Job title		Agency/other	
Telephone number		Email address	
Date of referral		Would you like to be added to our mailing list?	
How did you find out about Dundee Carers Centre?		Do we need to speak to you before making contact with the person?	

We will treat your information in the strictest confidence, in line with Data Protection Regulations.

Once completed return to:

Office use: Date of receipt stamp

**Dundee Carers Centre
Seagate House
132-134 Seagate
Dundee
DD1 2HB
01382 200422**

Or email to: centre@dundecarerscentre.org.uk

Additional information can also be found at: www.dundecarerscentre.org.uk



Support Available

For Disabled People and Carers:

Welfare Rights

The Welfare Rights service can help to: identify benefit entitlements; fill in benefit application forms; assist with incorrect benefit decisions, including reconsiderations and representation at tribunals; help to maximise income and promote financial capability.

Self-Directed Support Service, Dundee & Angus – the team provide information and advice to individuals and carers with eligible health and social care needs on the four SDS options. They also support people who chose Option 1 (Direct Payments) where the person organises their own support by purchasing agency services or employing Personal Assistants by providing training and guidance on recruitment, managing staff, legislative responsibilities, payroll and budget management.

For Carers Only:

Short Breaks Service

When was the last time you gave yourself a break? When did you last have an evening out, go for a swim, try something new, take a holiday? When did you last have a chance to do all the things you would like to do, but can't do while you are caring. The short breaks service can help you identify the break that will best fit your needs.

Carers Support Services

A carer is someone who provides unpaid care and support to a partner, child, parent, other family member or friend who could not manage without their help. This could be due to age, disability, physical or mental illness or addiction. We support carers aged 8 and above through one to one work and group activities. We provide a range of services: practical and emotional support; access to other statutory and voluntary organisations; access to other services within the centre; a variety of groups, alternative therapies and social events; training sessions; peer support; family support, support in bereavement and through transitions; counselling and befriending.

All carers can additionally access accreditation through youth award schemes and adult achievement awards.

Young adult carers moving into adulthood while in a caring role can be helped to access confidential information and support in a range of areas. This includes personal development work, raising confidence and self esteem, assessing entitlement to benefits and improving CV/interview skills. We also help young adult carers to access flexible opportunities for combining education, training, or employment with their caring role.

The team aims to make our information and services accessible to carers and disabled people from minority ethnic communities through the work of multilingual Development Workers. Languages spoken within the team are: Urdu, Punjabi, Mandarin and Cantonese.