

## What is an unpaid Carer?

A Carer is someone of any age who provides unpaid support to a relative or friend who has an illness or disability.

Anyone can find themselves in the position of being a Carer and often not by choice. Carers may live with the person they care for delivering 24 hour care and be unable to leave the person on their own. Sometimes they may live close by and have to pop in several times a day to make sure they are safe and well. Regardless of the amount of time you spend caring for the person there are services available to help and support you.

## Crossroads Respite Care Scheme

We can provide a Care Attendant to support the person you care for, to enable you to have a break from your caring role.

The care can be provided in the home or we can take people out to activities in the community. All Care Attendants are trained and registered with the Scottish Social Services Council.

The service is free of charge but extra hours can be purchased if required. If we take the person you care for out for a run in the car, there will be a mileage charge.

## Services to Elderly and Disabled people who do not have a Carer.

Crossroads Care Orkney can provide personal, social and domestic care to elderly and disabled people.

As these services are chargeable we will help you look for options of how to pay for them. For example if you receive Disability Living Allowance, Personal Independence Payments or Attendance Allowance you can use these to purchase care. Alternatively you may be eligible for our service to be purchased through Option 2 of Self Directed Support by the Local Authority on your behalf.

### Service to Children and Young People.

We have for the past 17 years provided a service to children and young people with an additional need by taking them out to an activity of their choice.

Our aim is to help the child or young person to become more independent and confident. It also helps to enhance their social skills as well as providing them with an opportunity to have some fun. The family benefit from the respite break.



Our Time to Live Fund is available to Carers of Adults and Young Carers. We can give up to £300 for Carers to put towards a short break of their choice, this can be a trip away, alternative therapies, gym membership, etc.

## What does the Carers Centre provide?

- **Emotional Support**—we are here to listen and give support. You can drop in anytime or we can visit you at home.
- **Services**—as well as giving information about services available in Orkney we produce an Information Booklet for unpaid Carers.
- **Advice**—about benefits, council tax, grants, aids and equipment.
- **Advocacy**—for Carers who require help and support to attend meetings or reviews.
- **Carers Assessment**—looking at what Carers need to support them in their caring role and helping them to access services.
- **Library**—we have a large selection of books for loan and leaflets to take away.
- **Carers Support Group**—Carers are welcome to drop in between 12 and 2 on the 2nd Wednesday of the month to socialise with other Carers and staff.
- **Dementia Resources**— We have an extensive range of items we can loan to people affected by Dementia such as dementia clocks, TV controls, mobile phones, tracking devices etc.
- **Wheelchair**—for loan on a short term basis free of charge.
- **Gloves, Aprons, Wipes and Cleansing Foam for sale in the office.**

## Our other services.

### *The Independent Living Support Service*

The Manager of this service supports the recipients of Direct Payments and Independent Living Funds. She can help with recruitment, staff training, job descriptions, contracts and give advice on employer responsibilities as well as providing a payroll service.

#### *Contact details:*

Elsbeth Casely  
The Orkney Carers Centre  
The Travel Centre  
West Castle Street  
Kirkwall  
KW15 1GU

**Telephone:** 01856 870777

**Email:** [ilss@crossroadsorkney.co.uk](mailto:ilss@crossroadsorkney.co.uk)

### *The Young Carers Support Worker*

The Young Carers Support Worker supports Young Carers under 18 who care for a family member. She runs a monthly fun activity for the children and can do one to one support for them. She also raises awareness of Young Carers with other agencies and in schools.

#### *Contact details:*

Lynn Bartlett  
01856 870500

**Email:** [youngcarers@crossroadsorkney.co.uk](mailto:youngcarers@crossroadsorkney.co.uk)

#### *Contact details:*

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Crossroads Care Orkney is a regulated service which is registered with the Care Inspectorate.  
Registration Number: CS2004060561

Updated August 2022



Providing care to un-  
paid Carers, Elderly  
and People with  
Disabilities since  
1994

Registered Charity No. SC022786  
Company No. 164342