



Think Carers Training - Key Messages

Overview

The session focused on improving understanding of unpaid carers, recognising the challenges they face and ensuring professionals can identify and support carers effectively.

1. Carers Are Everywhere, But Many Remain Invisible

Many people do not recognise themselves as carers and may miss support. Caring is not defined by hours, location, relationship or diagnosis.

2. The Impact of Caring Is Significant and Often Hidden

Carers can experience emotional, physical, social and financial pressures while prioritising the needs of others above their own wellbeing.

3. Unpaid Carers Make an Enormous Contribution

Around 722,000 people provide unpaid care in Scotland, contributing an estimated £18.3 billion value annually.

4. Carers Have Rights

The Carers (Scotland) Act provides rights to information, support, involvement in planning and access to an Adult Carer Support Plan.

5. The Adult Carer Support Plan Is a Vital Tool

The ACSP helps identify outcomes, wellbeing impacts, support needs and opportunities for respite.

6. Meaningful Conversations Can Make a Difference

Simple conversations that recognise carers and ask how they are coping can make a significant difference.

7. Carers Should Be Treated as Equal Partners

Carers bring valuable expertise and should be included in decisions and care planning.

8. Early Intervention Prevents Crisis

Early support reduces the risk of burnout and helps sustain caring relationships.

9. Local Carer Centres Offer a Wide Range of Support

Services include advice, emotional support, benefits guidance, peer support and respite opportunities.

10. Useful Resources

VOCAL Professionals resource page: [Resources - VOCAL](#)

Carers Act: [Carers \(Scotland\) Act 2016: statutory guidance - updated July 2021 - gov.scot](#)

Care Reform (Scotland Act 2025): [Care Reform \(Scotland\) Act 2025](#)

Carers Charter: [Carers' charter - gov.scot \(www.gov.scot\)](#)

A helping hand for carers: [Helping+Hand+for+Carers+Leaflet.pdf](#)

Looking after someone guides: [Looking after someone guide | Carers UK](#)

Carers & confidentiality: [Carers, consent, and confidentiality \(mwscot.org.uk\)](#)

Emergency planning: [enable_your-emergency-plan_161215_proof-1.pdf](#)

UK Carer Centre Directory: [Support where you live | Carers UK](#)

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