



# Advice and Support for Parent Carers



Are you the parent of an adult or child with a disability or additional support need? We have a team of carer advisers here to support you.

We can:

- Check that you are all on the right benefits, help claim benefits you are missing out on and appeal decisions
- Provide information and support at different times in your loved-one's life: from early months and years, to starting school, leaving school, leaving home and beyond.
- Support you through difficult times
- Connect you with other sources of support (like funds, activities, parent carer groups and wellbeing support) that could make life a bit easier.
- Provide information on statutory services that could help (like Housing, Education and Social Work)

Whether you are new to caring and need help to find what is out there or are very experienced and need some extra support or advice – our friendly team are here for you.



Email: [careradvice@actiongroup.org.uk](mailto:careradvice@actiongroup.org.uk) with your contact details or call **0131 475 2315** and ask for a member of the carer advice team to give you a call back.

**We can arrange for interpreters where this is needed.**



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Some recent comments made about  
The Action Group's Advice Service

Your help *"has made a big difference to how I am coping and I could never have managed these issues myself. I do not know where I would be or if I could have gotten through the last few years without this service."*

*"It was really good to have the help at a stressful time. It made an amazing difference to know that we could turn to someone."*

*To have someone help deal with the DWP on behalf of you helps you to look at it more clearly and not bring you emotionally to shreds. I think I would find it extremely hard and possibly not complete (the forms) if I had to do it on my own.*

*"I feel like I was helped to complete the form with dignity not despair."*

*"I can't say how much I value the Service. The benefit system is a minefield that is hard to negotiate."*

Parents Carewell is a partnership of four agencies, working together to make sure that parent carers can access all of the help they need.

