

Social Work Offices

Social Work Headquarters
Dalrymple House
195 Dalrymple Street
Greenock
Tel: (01475) 714000

Central Office
195 Dalrymple Street
Greenock
Tel: (01475) 714100

Social Work Office
2nd Floor, 99 Dalrymple Street
Greenock
Tel: (01475) 714500

Bow Farm Office
Nicol Street
Greenock
Tel: (01475) 714400

Strone Office
1 Aberfoyle Road
Greenock
Tel: (01475) 714600

Port Glasgow Office
Scarlow Street
Port Glasgow
Tel: (01475) 714900

Social Work Office
Inverclyde Royal Hospital
Inverkip Road
Greenock
Tel: (01475) 633777

Social Work Offices

Social Work Office
Ravenscraig Hospital
Inverkip Road
Greenock
Tel: (01475) 633777

Social Work Office
Greenock Health Centre
Duncan Street
Greenock
Tel: (01475) 501296

Social Work Office
Gourock Health Centre
16 Shore Street
Gourock
Tel: (01475) 502469

Social Work Office
Port Glasgow Health Centre
2 Bay Street
Port Glasgow
Tel: (01475) 506034

Inverclyde Centre for Independent Living
10 - 16 Gibshill Road
Greenock
Tel: (01475) 714350
Minicom: 01475 794334

**For emergencies outwith office hours:
Tel. 0800 811505**

Inverclyde Carers Centre
68 - 70 Cathcart Street
Greenock
Tel: (01475) 735180

Inverclyde
Council

Carers



SOCIAL WORK SERVICES

Carers

All kinds of people can be carers: children whose parents are sick or disabled; elderly people who look after their partners or other relatives; parents whose children have special needs; people with physically or mentally frail elderly parents, or anyone who looks after a relative or friend who needs support.

Needing Help

Carers may need help in a variety of situations. For example when you are:

- working as well as caring
- having financial problems
- feeling ill or under stress
- needing a break or the chance to go out socially

or whenever the situation is changing - for example the person being cared for may need more help, or the Carer may be finding it harder to cope.

Getting Help

If you are a Carer and need help, you should contact Social Work Services (addresses at the end of this leaflet).

Social Work offers a range of services to assist you to care. Even if the person you care for thinks there is no need for outside help, you have a right - as a Carer - to have your needs considered and assessed.

Carers Assessment

If you are providing substantial care on a regular basis you have the right to a Carer's Assessment.

This assessment is intended to help you continue in your caring role wherever possible and to decide what other supports you may need.

You can call in any social work office (addresses overleaf) if you wish a Carer's Assessment, or alternatively call at the Carers Centre 68 - 70 Cathcart Street Greenock if you wish further information. The Carers Centre offers a range of activities, support and advice for carers

Services

All Carers are encouraged to get involved in their local Carer's Groups so that they can meet with other carers, share experiences and help shape future services. Services available to help Carers include:

- Inverclyde Carers Centre
- Inverclyde Carers Council
- Equipment & adaptations for your home
- Welfare Benefits advice
- Day Care
- Home Care
- Community Alarms for the dependent's home
- Respite and Shared Care

There are also a wide range of specialised services available for people with all kinds of impairments which can help relieve the burden on Carers.