

This is an extremely challenging and uncertain time for everyone, even more so when you are responsible for the care and welfare of others.

We understand that now more than ever, carers are under significant pressure and we want to ensure you have access to information that gives clear and effective guidance about how you can manage during this time. Over the past few weeks, we have sent out lots of information through our e-mail bulletins and we hope you have found these helpful. We will continue to communicate other sources of useful information to you.

You will be aware of the information around Personal Protective Equipment (PPE) and the Scottish Government have recently published advice around accessing this if you are unpaid carer. The information provides advice for people who visit or live with a friend or family member to provide help with personal care and to help prevent the spread of COVID-19.

Please see the link below

<https://www.gov.scot/publications/ppe-access-for-social-care-providers-and-unpaid-carers/>

If the routes you normally use to access PPE are unavailable, please contact us at the VSA Adult Carers service and we will advise you on how to access these supplies locally.

You can contact us on

Email: [carers.info@vsa.org.uk](mailto:carers.info@vsa.org.uk)

Tel: 01224 358628/ 01224 358639