

# Are you a carer?

## Would you like to be involved in local health and social care decision making?

In the Fife area there are several planning groups which make decisions on local adult health and social care services. We are looking for local carers to join these groups, to make sure our services reflect the needs of carers and the people they care for.

You don't need any specific qualifications. You will need to commit the time to attend meetings and read the meeting papers and then contribute to discussion during meetings.

**How will we support you?** There will be three online training sessions done through Zoom, where you will learn more about what is involved and how carers can have a voice. The sessions are an opportunity to find out what's involved and meet other interested carers - there is no commitment. If you decide to get involved, ongoing support will be provided by your local Carers Centre.

If you are interested, or want to learn more, please contact:

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**"I want to  
help other  
carers have  
a voice"**



**"I want to  
make sure  
the services  
we use meet  
our needs"**



**"I want  
services to  
'Think carer'"**

