

CARING FOR SOMEONE WHO USES ALCOHOL OR DRUGS

A guide for families, friends and loved ones

ON AVERAGE, WHEN ONE
PERSON USES ALCOHOL OR
DRUGS, 11 PEOPLE IN THEIR
FAMILY ARE AFFECTED



HOW DOES THIS AFFECT FAMILIES?

- **Emotional strain** - depression, fear and anxiety.
- **Physical strain** - chronic illness, fatigue and burnout.
- **Confusion** about what is out there to help.
- **Feeling ignored**, unseen and hidden.
- **Feeling unsure** about how to help their loved ones, and themselves.



"I FEEL LIKE I JUST CAN'T DO RIGHT FOR DOING
WRONG..."



WHAT SUPPORT WORKS FOR FAMILIES?



- **One-to-One** support - listening, connection and warmth.
- **CRAFT & 5-Step** - approaches with evidence they can help.
- **Peer support groups** - meeting others who are living it too.
- **'Creative Coping'** - creativity and arts.
- **Bereavement support** and counselling.



Helpline: 08080 101011

www.sfad.org.uk

DID YOU KNOW?

- You might be an **unpaid carer** without realising it.
- You have **rights** under the **Carers (Scotland) Act 2016**.
- **Support** is available for you.
- You don't need to do this **alone**.

KNOW YOUR RIGHTS

As an **unpaid carer**, you have the **right** to:

- Be **involved** in the care of your loved one.
- Request an **Adult Carer Support Plan**.
- Access **training**, benefits **advice**, and emotional **support**.
- Take **carer's leave** from work.
- **Challenge** services if your rights are ignored.



When advocating for yourself or a loved one, use the **FAIR Approach**: **F**acts, **A**nalyse Rights, **I**dentify Responsibilities, **R**evue actions.



FAMILY INCLUSIVE PRACTICE

Family Inclusive Practice is a collaborative approach where professionals actively **involve a person's family** and social networks in care, proactively **ask about the needs of the whole family**, and ensure all **family members are supported**.

