

ARE YOU CARE EXPERIENCED OR SUPPORTING SOMEONE WHO IS ?

The term "**Care Experienced**" refers to anyone who is currently in care or has been for any length of time regardless of their age.

This care may have been provided in many different settings, such as:

- **Kinship Care:** Living with a relative who is not your mum or dad
- **Looked After At Home:** With the help of social work
- **Residential Care:** Living in a residential home or school
- **Foster Care:** Living with foster carers
- **Secure Care:** Living in a secure accommodation
- **Adoption:** Living with adoptive parents



We're here
for
you!



Have you heard about our Helpline?

Our Helpline is for Care Experienced people and those supporting them. We offer connection, a listening ear, lifelong advocacy, support and signposting around these issues:

Finances . Benefits . Housing . Health . Employment . Education . Rights.



0330 107 7540



help@whocaresscotland.org

Open 12 noon to 4pm Monday to Friday