



If you look after someone, need care yourself or are planning for your future care needs, you can get the information and advice you need from Care Information Scotland.



**0800 011 3200**

every day, 8am to 10pm

**[www.careinfoscotland.scot](http://www.careinfoscotland.scot)**



**Care Information Scotland (CIS) is a phone, webchat and website service providing information about care and care services for people living in Scotland.**

Care Information Scotland provides a central point to help guide people through what can be a maze of care and support resources, to ensure they have accurate, up to date information either for themselves, a relative or a friend.

This service is a great place to start, particularly if you're new to care services or a caring role. Providing a range of information from how to access services to finances, support, carers rights, information specifically for young carers and much more, **why not call or go online.**

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Lines open 7 days: 8am to 10pm

