[Shared Care Scotland](https://www.sharedcarescotland.org.uk/) is a small organisation with a big ambition.

We want every unpaid carer in Scotland to be able to live a full and balanced life, with the assistance they need to take regular, quality breaks from the demands of their caring routines.

In Scotland, there are an estimated 800,000 people of all ages who provide unpaid care for a family member, partner, friend or neighbour who needs assistance due to a physical or mental illness, disability, age or addiction-related issues.

Access to breaks from caring provides a much-needed release from the physical and emotional demands of the caring situation and can help carers achieve better balance in their lives by looking after their own health and wellbeing.

Shared Care Scotland work to improve the quality, choice and availability of short breaks and respite care across Scotland and we aim to be the leading source of information on short breaks in Scotland.

We are a values-led organisation which recognises the commitment of all employees and supports them to reach their full potential.