



Carers Awareness and Carers Rights

Who is a Carer?

ANYONE who provides support,
UNPAID,
For a friend or family member who
**Due to illness, disability, a mental
health problem or an addiction**
CANNOT cope without their support



Job Description

Essential attributes required: Patience, tolerance, endurance, perseverance, inner strength, sense of humour, ability to communicate at all levels.

Ideal candidates require qualifications in: Nursing, chiropody, physiotherapy, dietician, cooking, hairdressing, accountancy, housekeeping, gardening and DIY.

Hours: Must be prepared to be on call 24 hours a day, 7 days a week, 52 weeks of the year

Holidays and services: Depends on where you live. No Bank Holidays allowed.

Other terms and conditions: No sick pay; no TOIL; no union representation



What to look out for?

Sensory impairments

Drug and Alcohol Addiction

Older People

Alzheimer's/
Dementia

Arthritis

Osteoporosis

General frailty

Health conditions

Diabetes

Heart conditions

Cancer

Learning disabilities

Physical Disabilities

Neurological conditions

Multiple Sclerosis

Autism

Parkinsons

Stroke

Cerebral Palsy

Mental Health

Bipolar

Psychosis

PTSD

Depression

Schizophrenia



Effects on caring

Caring can impact all dimensions of family functioning & wellbeing with adverse effects on:

Social: Difficulty to form relationship, social isolation, reduction of friends & social network

Economic: Unemployment, financial hardship, Debt, fuel poverty

Physical Health: Back pain, fatigue, physical injury

Psychological health: Stress, depression, behaviour problems, sleeping problems

Well being: Lack of physical exercises, happiness, life choice, Addiction, high blood pressure



How to identify Carers:

Do you look after someone, or does someone look after you?

Who helps them/you with that?

It sounds like you do a lot. How well do you think they would manage without you...?

When was the last time you did something that wasn't for your... (husband, mother, friend etc)?

What would you be doing if you weren't looking after your...(son, partner, gran etc)?

Carers' Rights

Care Act 2014:

- Entitlement to an assessment of their needs as a carer – even if the person they care for does not want an assessment.**
- Access to advice and basic support without an assessment.**
- The Care Act places a duty on local authorities to promote an individual's 'wellbeing'.**
- The opportunity to apply for a Carers Personal Budget if they have had an assessment and care has a significant impact on their wellbeing.**

Equality Act 2010:

- If someone looks after an older or disabled person, the law protects them against direct discrimination or harassment because of their caring responsibilities.**

Primary Care:

- Carers are entitled to request a free flu jab**
- Carers can book a double appointment at their GP**

Hospitals:

Unpaid carers have the right to be consulted when a hospital discharge for the person they care for is going to happen.

Carer's Rights:

At the workplace: From April 2024

- **Flexible working:** from day one entitled to flexible working for the same employer.
- **Leave.:** Carer entitled to five day's leave in the year. Can be taken flexibly (half or full days)
- **Time off for emergencies:** legal right to take reasonable time off to deal with emergencies.

Source: <https://www.employersforcarers.org/>

Advocacy:

Under the Care Act 2014, local authorities must involve carers and cared for in making any decisions about their social care and support. This includes providing advocacy to help with making decisions.

- The Advocacy Project: <https://www.advocacyproject.org.uk/h-f/>
- **Independent Mental Capacity Advocates (IMCA)**

Source: <https://www.rethink.org/advice-and-information/rights-restrictions/rights-and-restrictions/advocacy/>

How we support Carers

Carers Assessment and Support Plan: A space to talk about their caring role and how this has impacted on their lives

Information and advice: Carer's rights, welfare benefits, local services, grants, support for the Cared-for, emotional support

Helpline: Monday to Friday 9am to 5pm 020 8960 3033

Groups: coffee mornings, male carers group...

Quarterly Forums: a space for Carers to make their voice count

Activities: art, poetry, mindfulness, Pilates and yoga...

Training: IT skills, diet and nutrition, energy savings...

Events: visiting Kew Gardens, St Paul's cathedral...

Carers Network – Projects

End of Life Project

Specific support for older carers who are looking after someone at the end of their life: terminally ill, over 80 or in a residential or nursing home.

What we do:

- End Of Life Carer's Assessment
- Advance Planning (including Lasting Power of Attorney, Wills, Advance Decision to Refuse Treatment, Funeral wishes, Organ Donation, future care wishes, etc.,)
- Tailored emotional, practical and psychological support
- Bereavement Support
- Grants & Income Maximisation
- Advocacy
- End of Life Workshops & Stalls

BizzyBox Lending Project

Carers can borrow for free a fantastic range of activity products that you can enjoy from the comfort of own home together with your loved one!



How to refer:

- ✓ **By Email.** The professional should complete our referral form and forward it to us by email: info@carers-network.org.uk
- ✓ **By completing our online referral form and submit it on our website:**
<https://www.carers-network.org.uk/help-and-advice/register-for-support>



Contact



Email: info@carers-network.org.uk

Website: www.carers-network.org.uk

Telephone: 020 8960 3033



Thank you

