

Keeping in touch with change

To find out more, use all resources available, including:

www.carerscentre.com

www.carers.org

www.carersuk.org

www.gov.uk

www.parliament.uk

www.nhs.gov.uk and <https://hiowhealthandcare.org/>

www.kingsfund.org.uk

www.thinklocalactpersonal.org.uk

www.scie.org.uk

www.nationalvoices.org.uk

www.hants.gov.uk/socialcareandhealth

www.hiowhealthcare.nhs.uk

www.cqc.org.uk

www.nice.org.uk

www.dwp.gov.uk

Connect to Support Hampshire

www.connecttosupporthampshire.org.uk

HCC Support for adult carers

www.hants.gov.uk/socialcareandhealth/adultsocialcare

HCC Support for young carers - www.hants.gov.uk/socialcareandhealth/childrenandfamilies/supportyoungpeople

Carers and their Rights - the law relating to carers. This guide describes the legal rights of carers. Author: Luke Clements. Find at: www.lukeclements.co.uk/wp-content/uploads/2018/05/7th-ed-draft-Carers-Guide-11.pdf

Care and Support Guidance (over 300 pages)

www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance

Care Act 2014 - Fact Sheet 8 - the law for carers

www.gov.uk/government/publications/care-act-2014-part-1-factsheets/care-act-factsheets#factsheet-8-the-law-for-carers

Carers Leave Act 2023 - www.carersuk.org/help-and-advice/work-and-career/carers-in-employment-hub/carers-leave-act/

For more information about **Carers Rights** please contact:

Carers Together Tel: 01794 519495 / Email: admin@carerstogether.org.uk



Carers Rights

Carers Rights are laid out in a number of Acts including:

- ⇒ Care Act 2014
- ⇒ Children and Families Act 2014 – education, health and care plans 0-25
- ⇒ Human Rights Act 1998
- ⇒ Equality Act 2010
- ⇒ Mental Capacity Act 2005
- ⇒ Health and Social Care Act 2012
- ⇒ Data Protection Act 2018 (DPA 2018) and Guide to Data Protection
- ⇒ Health and Care Act 2022
- ⇒ Carers Leave Act 2023

There is also a range of regulations, green papers, white papers and strategies relating to Carers Rights

We must acknowledge that with 'Rights come Responsibilities'.

Do carers know their rights? Do you?



Carers have the right and choice to:



- access appropriate respite care services
- access information when needed in a format suitable for them
- **ask their GP practice to identify them as a carer**
- be accompanied by a friend/advocate at any meeting if they wish
- be consulted on all aspects of their caring role and life
- **be consulted when the person they care for is discharged from hospital**
- be enabled and encouraged to do things for themselves
- be given information about community services, e.g. carers centres, carers support groups, specific condition support groups
- be treated with respect
- care or not to care
- expect a certain minimum standard of treatment
- expect better joint working between councils and health services, to ensure support for carers is delivered in an equitable manner
- have a direct payment in their own right
- **have an individual assessment of their needs**, prepare for an assessment or refuse an assessment of their needs
- have a response that meets their individual needs
- have their outside interests taken into account
- know their rights
- meet and communicate with others in a similar position and achieve mutual support
- participate in any decisions being made that may affect them
- **protection against discrimination or harassment**
- recognition of their carer expertise, skills and lived experience
- refuse to be called a carer
- **request a free flu jab** or refuse to have one
- **request flexible working arrangements where possible**
- support to help them to maintain their own health and well-being
- take responsibility for the medical, personal and financial affairs of the person they care for with a registered Lasting Power of Attorney
- **unpaid Carers Leave**
- work or not to work

Some interesting ideas to consider:

- Carers know the person they care for better than anyone else.
- Coproduction and personalisation go hand in hand to produce a person-centred solution and better outcomes for carers
- Every carer is different - so it is important to use a person-centred approach to individual assessments
- Find out what carers can do, what are their needs, how they can be supported, how they receive help, how they want to be treated and respected.
- If carers did not support the people they care for health and social care services would collapse
- It is useful to find out key legislations, strategies, guidelines, proposals, carers rights and the rights of the people they care for
- Keep consulting, listening, supporting, coproducing
- No single person or organisation has all the answers to support carers - so coproduction is essential
- Some carers want to do more, some less - but any carer's input should be harnessed to deliver a better service, not in place of statutory services
- Some carers have more support than others, but we need to ensure everyone has access to some support by any means available
- Use carers knowledge and acknowledge they have a role to play

Some Interesting Statements

- A carer is a person first, therefore planning and support for any carer should be holistic, person-centred and mean a carer's needs are met as an individual and as a carer
- If you do not know the questions to ask, it is difficult to find the answers you need
- Independent individual single issue peer advocacy for carers is a key to good carers support. It ensures that carers have access to good information about their rights and appropriate support as and when they need it
- Services are valued if they meet the individual needs of the carer
- Carers need to have help available when needed - the right help for each individual including information, advice, advocacy, liaison, individual services, innovative solutions, person centred support