

# Keeping in touch with change

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

[www.gov.uk](http://www.gov.uk)

[www.parliament.uk](http://www.parliament.uk)

[www.nhs.gov.uk](http://www.nhs.gov.uk) and CCG websites

[www.kingsfund.org.uk](http://www.kingsfund.org.uk)

[www.thinklocalactpersonal.org.uk](http://www.thinklocalactpersonal.org.uk)

[www.scie.org.uk](http://www.scie.org.uk)

[www.nationalvoices.org.uk](http://www.nationalvoices.org.uk)

[www.hants.gov.uk/socialcareandhealth](http://www.hants.gov.uk/socialcareandhealth)

[www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

[www.cqc.org.uk](http://www.cqc.org.uk)

[www.nice.org.uk](http://www.nice.org.uk)

[www.dwp.gov.uk](http://www.dwp.gov.uk)

## Connect to Support Hampshire

[www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

**HCC Support for adult carers** - [www.hants.gov.uk/socialcareandhealth/adultsocialcare/homepage-inline-content/support-for-carers](http://www.hants.gov.uk/socialcareandhealth/adultsocialcare/homepage-inline-content/support-for-carers)

**HCC Support for young carers** - [www.hants.gov.uk/socialcareandhealth/childrenandfamilies/supportyoungpeople](http://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/2018/7th-ed-draft-Carers-Guide-11.pdf3](http://www.lukeclements.co.uk/wp-content/uploads/2018/7th-ed-draft-Carers-Guide-11.pdf3)

**Care and Support Guidance** (over 300 pages)

[www.gov.uk/government/publications/care-act-statutory-guidance/care-and-support-statutory-guidance](http://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](http://www.gov.uk/government/publications/care-act-2014-part-1-factsheets/care-act-factsheets)

For more information or help with **Carers Rights** please contact:

**Carers Together**, 9 Love Lane, Romsey SO51 8DE

Tel: 01794 519495 / Email: [admin@carerstogogether.org.uk](mailto:admin@carerstogogether.org.uk)

Web: [www.carerstogogether.org.uk](http://www.carerstogogether.org.uk)

Reviewed 23 11 20



# 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

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 Together**

**NHS**  
Southern Health  
NHS Foundation Trust

## Carers have the right:

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- To care or not to care
  - To work or not to work
  - To be treated with respect
  - To be consulted
  - To have an individual assessment of their needs
  - To prepare for an assessment
  - To choose whether to be assessed or not
  - To have a response that meets their individual needs
  - To refuse to be called a carer
  - To access appropriate respite care services
  - To request flexible working arrangements where possible
  - To have their outside interests taken into account
  - To be accompanied by a friend/advocate at any meeting if they wish
  - To have direct payments in their own right
  - To expect a certain minimum standard of treatment
  - To be given information about community services, e.g. carers centres, carers support groups, specific condition support groups
  - To access information when needed in a format suitable for them
  - To a recognition of their carer expertise, skills and lived experience
  - To be enabled and encouraged to do things for themselves
  - To participate in any decisions being made that may affect them
  - To meet and communicate with others in a similar position and achieve mutual support
  - To have help available when needed - the right help for each individual including information, advice, advocacy, liaison, individual services, innovative solutions, person centred support
  - To support, to help them to maintain their own health and well-being
  - To be able to dip in and out of that help as required
  - To expect better joint working between councils and health services, to ensure support for carers is delivered in an equitable manner
  - To take responsibility for medical, personal and financial affairs with a registered Lasting Powers of Attorney
  - To know their rights

## Some interesting ideas to consider:

- If carers did not support the people they care for health and social care services would collapse
- 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 receive help, how they can be supported, how they are treated and respected.
- No single person has all the answers to supporting carers - so coproduction is essential
- Carers know the person they care for better than anyone else.
- Use carers knowledge and acknowledge they have a role to play
- No single organisation has all the answers to carers support
- Some carers want to do more, some less - but any carers input should be harnessed to deliver a better service, not in place of statutory services
- Some carers will get more support than others - but we need to try to ensure everyone has access to some support by whatever means available
- 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
- Coproduction and personalisation go hand in hand to produce a person-centred solution and better outcomes for carers

## Some Interesting Statements

- A carer is a person first, therefore planning and support for any carer should be holistic and person-centred and mean a carer's needs are met as an individual and as a carer
- 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 only valued if they meet the individual needs of the carer
- If you do not know the questions to ask, it is difficult to find the answers you need