

Family Carers Guide – November 2018

Carers Rights



Carers Rights Day on 30th November 2018 is an opportunity to raise awareness of Carers Rights and where they can go for information and support. It is also a reminder of the vital contribution made by the UK's 6.5 million carers.



Knowing your Rights:

The **Care Act 2014** sets out carers legal rights to assessment and support. For answers to frequently asked questions about this go to:

<https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/care-act-faq>



Centre for Adults' Social Care – Advice, Information and Dispute Resolution (CASCAIDr)

Based on the belief that everyone needs health and social care services to be allocated lawfully, rationally and fairly.

It operates online and has no employees, just unpaid trustees, directors and volunteers. It uses self-employed caseworkers who are informal experts in the Care Act, Health, Social Care and Human Rights law in general and work alongside solicitors and barristers. For more information:

www.cascaidr.org.uk/

Information and support:



Carers UK have produced a new 'Looking After Someone' guide for 2019. This includes sections on getting help and support, finances and work. To download or order a copy of this go to:

<https://www.carersuk.org/help-and-advice/get-resources/looking-after-someone>



They also have an on-line tool called '**Upfront**' to help carers who are new to the complexities of benefits and entitlements across Health, Care and Welfare Rights.

Spend a few minutes filling in your details and answering questions and they will guide you to the information you need.

www.carersuk.org/upfront/



The **NHS** have a list of helplines and forums for carers available at

<https://www.nhs.uk/conditions/social-care-and-support-guide/help-from-social-services-and-charities/helplines-and-forums/>



Carers Trust has a range of help and advice available in relation to:

- Money and Benefits
- Getting a break
- Health and Wellbeing
- Being out and about
- Working and Learning
- Legal matters and Rights
- Young Carers
- Connecting with others on line

For detailed information go to

<https://carers.org/section/help-advice>

They also publish a magazine called '**We Care**' twice a year to share stories of how their

supporters are making a difference to carers' lives across the UK. The September edition can be found at <https://carers.org/we-care-our-magazine-supporters>



HfT Family Carer Support Service offers one-to-one support by phone, email or letter, regular workshops so you can find out about the things that matter to you as a family carer and a huge range of family carer focused resources about issues and legislation that affect you. Freephone number: 0808 801 0448
More information available at www.hft.org.uk/our-services/family-carer-support-service/



Mencap, On-line 'family hub' is a community to share experiences, triumphs and challenges, and a space to offer support and guidance to others. For more information go to <https://www.mencap.org.uk/familyhub>



Initiatives and good practice
Developed by Carers UK, **Jointly** is an innovative mobile and online app that is designed by carers for carers. Jointly makes caring easier, less stressful and more organised by making communication and coordination between those who share the care as easy as a text message. For more detail go to <https://www.carersuk.org/search/jointly-app>

A variety of local **Carers Card** schemes are available, most of which identify you as a carer so that appropriate support can be sought in an emergency and give you discount to services and shops in your area. Contact your nearest Carers Centre for information.