

CARERS RIGHTS DAY

Thursday 23 November 2023

Carers Rights Day aims to raise awareness of caring, helping to identify carers, like you, and signpost them to information, advice, and support.



As an unpaid carer, you may be entitled to certain rights. These rights can help you access services, support your health and wellbeing, or provide vital information and support in looking after the person you care for. Understanding your rights can help you to feel confident asking for what you need and challenging things when your rights are not being met.

KNOW YOUR RIGHTS



If you are juggling work with your caring responsibilities, **you have the right to request flexible working.**



If you provide unpaid care, **you can ask your GP practice to identify you as a carer on your patient record** and might be called forward for priority vaccines or other public health campaigns.



If you are the main carer for an older or disabled person, who may be put at risk if you became ill, or if you are in receipt of Carer's Allowance, you can **exercise your right to request a free flu jab.**



If you look after an older or disabled person, the law **protects you against direct discrimination or harassment because of your caring responsibilities.** Knowing your rights is useful if you feel you have been treated unfairly because of your caring role.



If you're over 18 and provide regular unpaid care for someone, you're **entitled to a carer's assessment** - it doesn't matter how much or what sort of care you provide.



If the person you care for is being discharged from hospital, the hospital must identify and consult with you, where possible, helping relieve some of the stress that can occur when someone close to you has been in hospital.

You can get more information on all of the above from Carers UK:

www.carersuk.org | advice@carersuk.org | 020 7378 4999

HELP & SUPPORT

- **Citizens Advice**
☎ 0808 189 6280
🌐 www.citizensadvice.org.uk
- **Your Circle Directory of Services**
🌐 www.yourcircle.org.uk
- **Dementia UK**
☎ 020 8036 5400
🌐 www.dementiauk.org
- **Gloucestershire Carers Hub**
☎ 0300 111 9000
🌐 www.gloucestershirecarershub.co.uk
- **Care Advice Line**
☎ 01452 222200
- **AgeUK Gloucestershire**
☎ 01452 422660
🌐 www.ageuk.org.uk/gloucestershire/
- **Benefits (Marie Curie)**
☎ 0800 090 2309
🌐 www.mariecurie.org.uk/help/support/benefits-entitlements
- **Turn2us Benefits Calculator**
🌐 www.turn2us.org.uk
- **Continuing Healthcare Funding**
🌐 www.alzheimers.org.uk/get-support/help-dementia-care/nhs-continuing-healthcare

UPCOMING EVENTS

Carers Rights Event

Thursday 23rd November 2023
1.00pm to 3.30pm
Abbeydale Community Centre

Come along and meet members of the Carers Hub team, along with representatives from local services.

For more information, email bookings@peopleplus.co.uk or call 0300 111 900.

End of Life Awareness

From planning to support at the end of life

Information sessions for carers. Hosted by Longfield Hospice, Sue Ryder, and Gloucestershire Carers Hub.

For further information and to book, email bookings@peopleplus.co.uk or call 0300 111 900.

Community Carer Cafes

Monday 20th November
10.00am to 12.00pm
Phoenix Centre, Matson Carer Café, GL4 6DX

Tuesday 28th November 2023
10.30am to 12.00pm
Robinswood Hill, GL4 6SX

WE'RE HERE FOR YOU TOO

Our team of Social Prescribers may also be able to help you find and access the support you need.

Read more about the service they offer, and find out how to refer yourself:
www.hadwenhealth.co.uk/navigator/social-prescribing-referral/

FUTURE PLANNING RESOURCES

- **Power of Attorney**
🌐 www.gov.uk/power-of-attorney
- **Making a Will**
🌐 www.gov.uk/make-will
- **ReSPECT process and form information - Resuscitation Council UK**
🌐 www.resus.org.uk/respect
- **Advance Decision template**
🌐 www.cdn.compassionindying.org.uk/wp-content/uploads/advance-decision-pack-v2.3.pdf
- **In case of death checklist (financial planning)**
🌐 www.charnwoodaccountants.co.uk/prepared-case-death-checklist/