

Carers Rights Day 2022 - Know Your Rights

Carers need to know their rights wherever they are in their caring journey: whether they are in the workplace, in a healthcare setting, when interacting with professionals or at home. This Carers Rights Day, we want to empower you with information and support, so you can feel confident asking for what you need. We also want you to know how to challenge things when your rights are not being met.

Helping you to continue caring and look after your own wellbeing

The Care Act gives you rights as a carer so that you can get the support you need to help you continue caring and look after your own wellbeing. You have the right to:

- Have your views taken into consideration by health and social care services when supporting or treating the person you care for;
- Have an assessment of your own needs as a carer (either jointly with the person you care for or separately);
- Specific advice and information for carers that you can understand;
- Have your say if you are no longer prepared to care, or are not prepared to do an element of caring;
- Be helped to develop a carer's support plan;
- A personal budget to meet any 'eligible needs';
- A choice as to how your personal budget is managed.

Help from your employer

You don't have to tell your employer about your caring responsibilities, but if you're an employee, you have the right to ask your employer:

- For flexible working if you've worked there longer than six months and haven't made the same request in the last 12 months.
- For a 'reasonable' amount of time off in the case of an emergency involving a dependant.
- For 18 weeks unpaid parental leave if you are looking after a child under 18.

Help with money

- You may be able to get help to increase your income if your caring duties are affecting your finances, depending on your income, assets and living arrangements.

Help for the person you're caring for

- The person you are looking after is entitled to get a care needs assessment from the council. The support they receive may make your caring role a little easier.



How to raise concerns if your rights aren't being met

- Share your views on support for carers
 - In the BCP area - [Carers Reference Group \(crispweb.org\)](http://crispweb.org)
 - In the Dorset area - email admin@carersupportdorset.co.uk
- Share your views on your health and social care experiences - www.healthwatch.co.uk
- Making a complaint about the NHS - www.nhs.uk/using-the-nhs/about-the-nhs/how-to-complain-to-the-nhs/
- Making a complaint about adult social services –
 - In the BCP area - [Adult Social Care comments, compliments and complaints \(bcpcouncil.gov.uk\)](http://bcpcouncil.gov.uk)
 - In the Dorset council area - [How to complain about social care services - Dorset Council](http://www.dorsetcouncil.gov.uk)

Carer support in your area

Carer Support Dorset and The Carers Information Service (CRISP) support family/unpaid carers looking after someone who would not be able to manage without their support.

<p>Carer Support Dorset Supporting carers who are looking after someone living in the Dorset Council area.</p> <p>Phone: 0800 368 8349 Email: admin@carersupportdorset.co.uk Web: www.carersupportdorset.co.uk</p> <p>Registered Charity No. 1092762 Company Limited by Guarantee 4415685</p>	<p>CRISP Supporting carers who are looking after someone living in the Bournemouth, Poole & Christchurch council area.</p> <p>Phone: 01202 128787 Email: carersupport@bcpcouncil.gov.uk Web: www.crispweb.org</p>
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