

## **Key Messages for all carers**

Carers Rights Day 2023 key messages are as follows:

### **1. Ensure carers are aware of their rights**

All carers are entitled to a carer's assessment from their local council which could lead to them, or the person they are caring for, getting social care support to help with caring. The assessment is a conversation that will look at how caring **impacts the carer's ability to cope**, including their physical, mental and emotional needs, and whether they are able or willing to carry on caring. Some carers may also be entitled to help with finances such as Carers Allowance encourage carers to speak to their local Citizens Advice bureau about what benefits they may be entitled to.

The following legislations supports carers rights:

- Rights under the 2014 Care Act
- Young People's rights under the Children Act 1989 and the Children and Families Act 2014
- Parent carers of children's rights under the Children and Families Act 2014
- Employment rights
- The Equality Act
- The Human Rights Act
- Health and Care Act 2022
- The Carers Leave Act 2023

### **2. Let carers know where to get help and support**

The Carers Information leaflet provides the core support information from organisations in Warwickshire for carers of all age.

**Click here for printable copy of the [Carers Information Pack](#) (support services for informal carers)**

Should you wish to receive hard copies of this information pack please email [jayaulum@warwickshire.gov.uk](mailto:jayaulum@warwickshire.gov.uk)

## Main support services for All Age carers



**This Service provides emotional and practical information and advice as well as targeted support to all age carers including parent carers and young carers to maintain their health and wellbeing.**

- Assessments can be done for carers to identify any needs they may have and provide signposting to other agencies to help support the person they care for.
- A community-focused service helps the person with a caring responsibility have access to local agencies who can help with shopping, collecting prescriptions and other practical help.
- The service also provides short term cover for planned and urgent breaks should the carer need to leave the cared for unexpectedly.
- Freephone 0800 197 5544
- Opening times: Monday, Wednesday, Friday 9am to 5pm Tuesday and Thursday 9am to 8pm and Saturday 9am to 2 pm.
- Email: [hello@caringtogetherwarwickshire.org.uk](mailto:hello@caringtogetherwarwickshire.org.uk)
- Website: [www.caringtogetherwarwickshire.org.uk](http://www.caringtogetherwarwickshire.org.uk)

### **Warwickshire Parent Carer Voice**

The forum is for parents, carers and families who have children or young people with Special Educational Needs or disabilities (SEND) to get useful information and advice. Website: <https://warwickshireparentcarervoice.org/>

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Parent Carers can access an assessment via the Parent Carer Support Pathway [childrenwithdisabilitiesteam@warwickshire.gov.uk](mailto:childrenwithdisabilitiesteam@warwickshire.gov.uk) or phone 01926 413737 option 4. More information can also be found here: <https://www.warwickshire.gov.uk/carers/parent-carer-support-pathway>

## **Caring for Someone with Dementia?**

Dementia Connect in the local service by the Alzheimer's Society which supports carers of those living with Dementia. To find out what service are available in your area, please visit: <https://dementia.warwickshire.gov.uk/>

### **3. Raise awareness of the needs of carers**

All partners and the general public should be aware of the challenges of having a caring role and how this impacts a carers health and wellbeing. We encourage everyone to proactively take time to understand and support those carers who do so much for family and friends.

#### **Carer Awareness eLearning**

WCC have commissioned training to raise awareness of the needs of carers. We would encourage all our networks to access this free training to help improve awareness of the needs and support for carers via the links [Carer Aware](#) and [Young Carer Aware](#)

#### **Carer Groups and Activities**

Carers often report feeling isolated. There are carer support groups across the UK that can help you meet other carers, as well as access local advice and support. Contact the **Caring Together Warwickshire for information on group and activities in your area.**

#### **Online Support for carers**

Many carers also find online forums a huge source of support – a place where you can share what is on your mind, anytime of the day or night, with other carers who understand what you are going through and who can support you through everything caring has to throw at you. Carers UK's forum is at [www.carersuk.org/forum](http://www.carersuk.org/forum).

#### **Mobilise**

Have a 'virtual cuppa' Mobilise provides online information and support to carers. There is currently a 'virtual cuppa' for carers at 4pm each day – where carers are invited to link up with each other via laptops, tablets and smartphones to share ideas, news and have a laugh, which is proving very popular visit the website to sign up. Website: [www.mobiliseonline.co.uk/cuppa](http://www.mobiliseonline.co.uk/cuppa)