

Keeping in touch with change

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

www.gov.uk

www.parliament.uk

www.nhs.gov.uk and CCG websites

www.kingsfund.org.uk

www.thinklocalactpersonal.org.uk

www.scie.org.uk

www.nationalvoices.org.uk

www.hants.gov.uk/socialcareandhealth

www.southernhealth.nhs.uk

www.cqc.org.uk

www.nice.org.uk

www.dwp.gov.uk

Connect to Support Hampshire

www.connecttosupporthampshire.org.uk

HCC Support for adult carers - www.hants.gov.uk/socialcareandhealth/adultsocialcare/homepage-inline-content/support-for-carers

HCC Support for young carers - 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

Care and Support Guidance (over 300 pages)

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

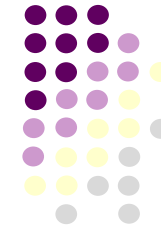
For more information or help with **Carers Rights** please contact:

Carers Together, 9 Love Lane, Romsey SO51 8DE

Tel: 01794 519495 / Email: admin@carerstogogether.org.uk

Web: www.carerstogogether.org.uk

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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?



Charity No. 1051879

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