



Welcome to Carers Rights Day – Understanding Your Rights

Amy Weaver, Head of Carer Communities

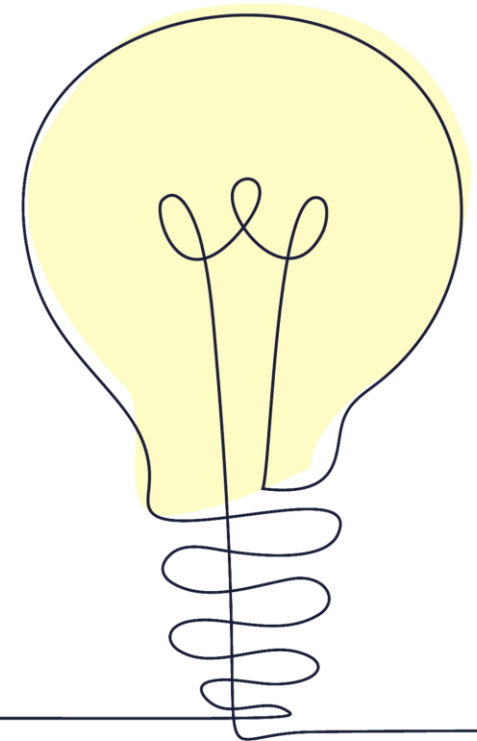
Zuzana Lazarova – Co-Ordinator, Carer Assessments Team

Aims & Objectives

The aims of this information session is to examine how the law supports and protects carers

At the end of the session, hopefully you will:

- ✓ Understand the key Carers Rights & The Care Act 2014
- ✓ Feel more confident to assert your rights
- ✓ Feel supported with your caring role



Facts about Carers

5.8 Millions
unpaid carers
in the UK

Average of 2
years to
identify as a
carer

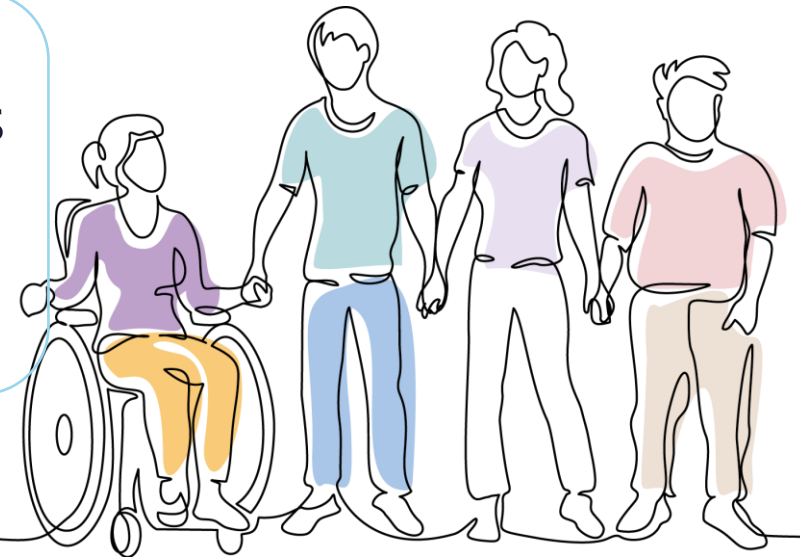
Care
provided
worth
£184bn per
year

Caring
recognised
as a social
determinant
of health

1.2 million
carers live in
poverty

2.6 million
people have
given up
work to care

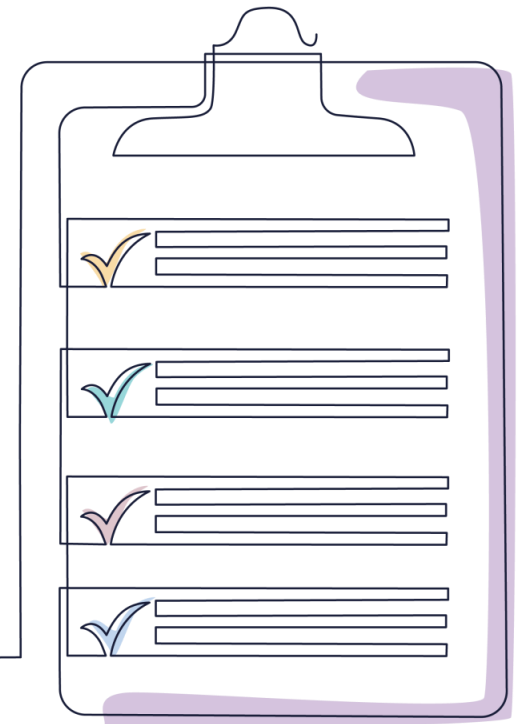
72,815 carers
in West
Sussex



There are moral and financial reasons to identify and support carers, and importantly legal reasons, which is what these slides focus on

Key Carers' Rights

- ✓ To access support in your own right as a carer
- ✓ To request a Carer's Assessment
- ✓ To ask your GP practice to identify you as a carer
- ✓ To request a flu jab
- ✓ To be consulted when the person you care for is discharged from hospital
- ✓ To request flexible working
- ✓ To unpaid carer's leave



The Care Act 2014 – Core Principals

Parity of Esteem

Carers are placed on an equal footing with those they care for, with statutory entitlements to assessment and support in their own right

Legal Recognition

Any adult carer who appears to have needs for support is entitled to an assessment, regardless of the amount of care provided or whether the person cared for accepts support

Choice

People have the right to choose and willingness and ability to have a caring role should not be assumed



Local Authority Duties

Prevent, Reduce, Delay Needs

Councils must take steps to prevent or delay the development of needs for care and support, including carers' needs.

Information and Advice

Councils must provide accessible advice on wellbeing, financial support, breaks, and advocacy for all carers—not just those eligible for funded support.

Advocacy

Independent advocacy must be offered where a carer would struggle to participate in assessment or planning without support.

[Home | The
Advocacy People](#)

Support Planning

Eligible carers must receive a written support plan and a personal budget, with the option of direct payments.

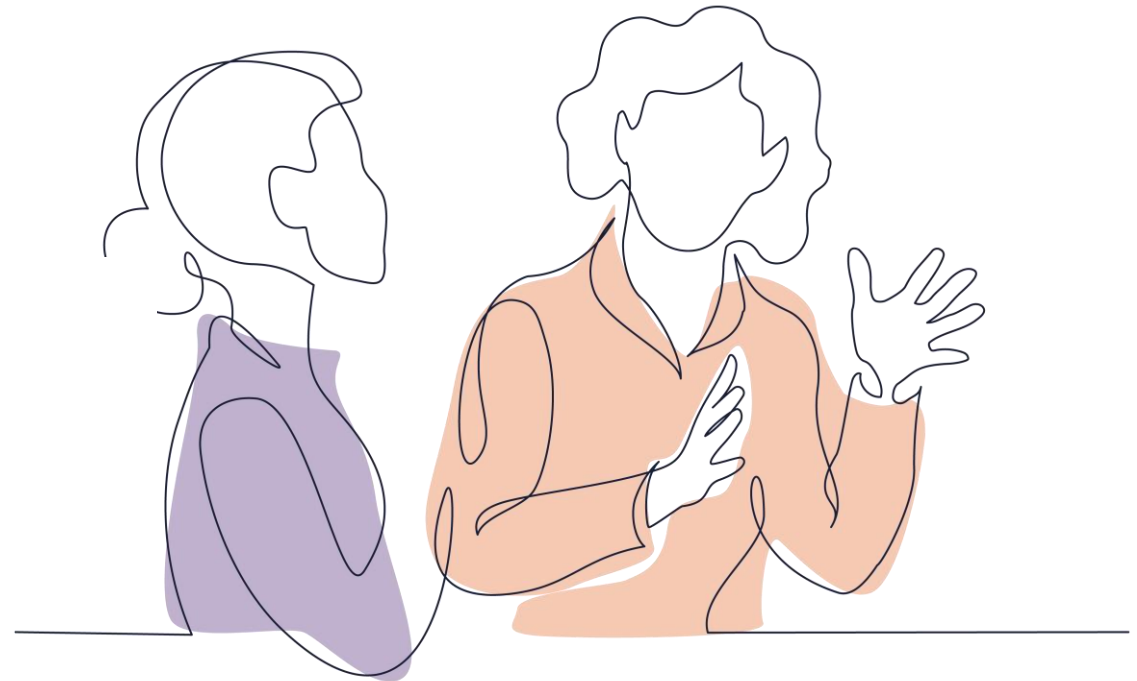


Your Right to an Assessment

Any adult carer who appears to have needs for support is entitled to an assessment, regardless of the amount of care provided or whether the cared-for person accepts support

Three key criteria for eligibility for support

- ✓ Needs arising from providing care
- ✓ Impact on physical or mental health
- ✓ Impact on wellbeing



An Assessment Should Cover..

Your role as a carer
How you feel about caring
Whether you're able or willing to carry on as a carer
Your health
Your work
Other caring responsibilities
What you enjoy doing in your free time
Planning for emergencies.

Be honest and realistic about your caring role. If you put on a brave face or play down any difficulties, you could miss out on help and support.



Right to ask your GP practice to identify you as a carer

Benefits Include:

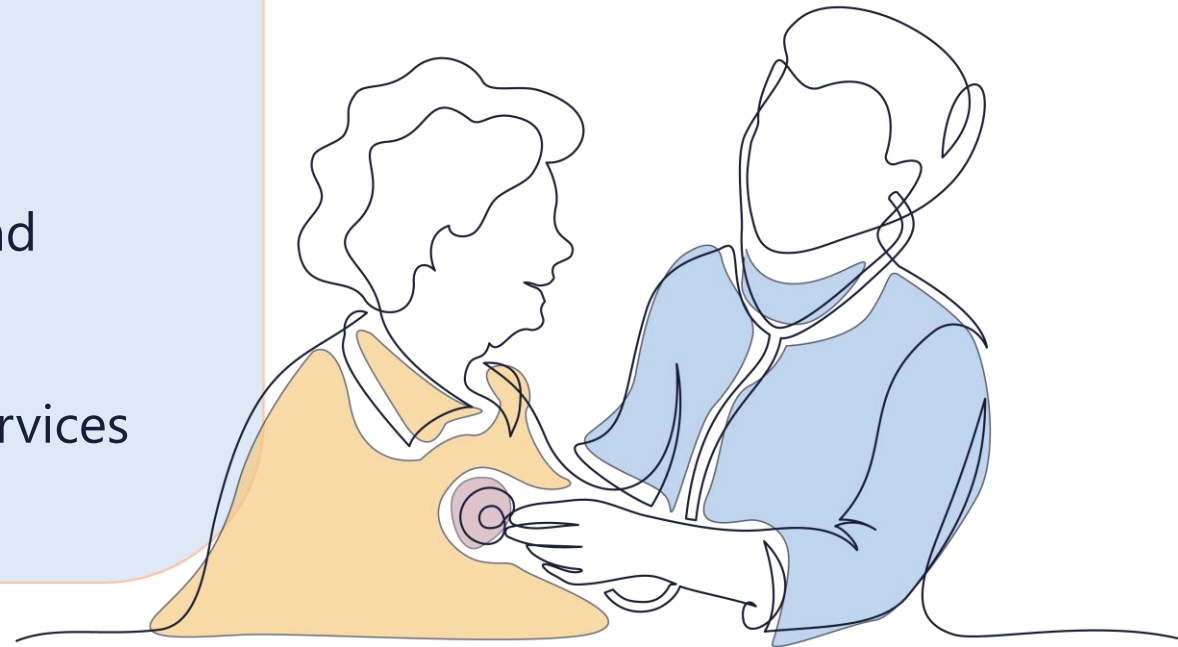
Health Support and Annual Checks

Priority list for Flu Jab

GPs can tailor their help to your needs

Earlier support for your caring, physical health, and emotional wellbeing needs

Better informed and connected to the support services available to you



Rights in Hospital

Recognition and Involvement

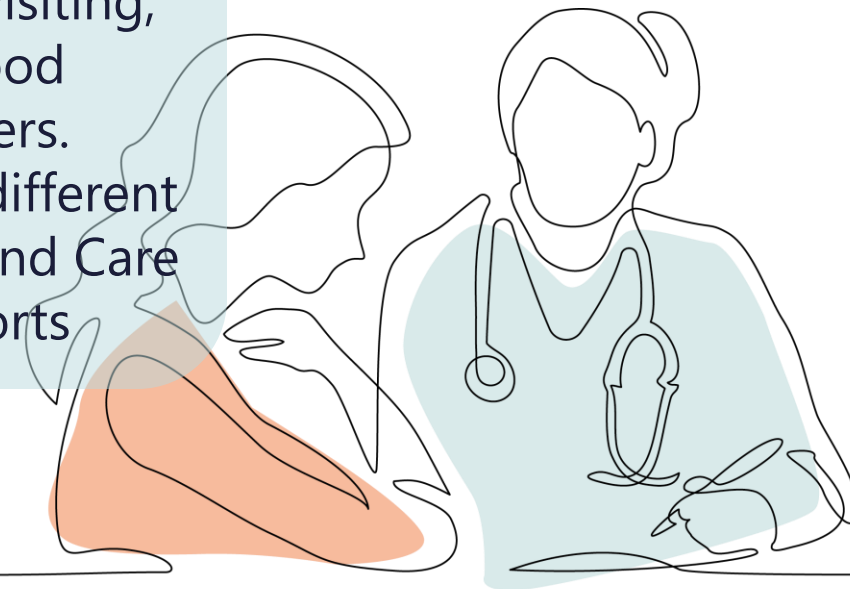
Hospitals should identify carers early and involve them in discussions about care and discharge planning

Communication Rights

You can request to be included in care conversations and have the right to advocacy support

Carer's Passport

Some hospitals have Carer Passports with benefits like out-of-hours visiting, and food vouchers. These are different to Health and Care Passports



Top Tips

Introduce your role

State that you are a carer and explain your relationship to the patient and your involvement in their care

Request involvement

Ask for regular updates, request to be involved in care and discharge planning and write down the names and roles of staff you speak to

Stay calm and assertive

Use "I" statements, eg "I feel concerned"
Maintain a respectful tone and take breaks if emotions run high

Use Questions to Guide the Conversation

Can you help me understand why this decision was made? What are the options available for discharge planning? Who can I speak to about a second opinion or escalation?



Martha's Rule

Martha's Rule is a national NHS patient safety initiative introduced across all acute hospitals in England to prevent avoidable harm by ensuring concerns about a patient's deterioration are acted upon quickly.

Being rolled out to all Acute Hospitals in England

It gives patients, families, and carers the formal right to request an urgent review by a different clinical team if they believe the **patient's condition is worsening** and their concerns are not being addressed by the current care team.

[Martha's Rule - University Hospitals Sussex NHS Foundation Trust](#)

**Speak to the Care
Team**

**Activate Martha's
Rule**

**Immediate
Assessment &
Action**

Employment Rights

Right to Request Flexible Working

Employment Relations (Flexible Working) Act

Requests from Day One

2 Requests per 12 months

Consultation with Employee
before declining

No longer need to explain
impact of request

Right to Unpaid Carer's Leave

Carer's Leave Act

1 week unpaid leave per year for planned and unforeseen caring commitments

Can be taken flexibly

Available from Day One

Employers cannot demand evidence that the employee is a carer.



Useful Links

[Carer Assessments | Carers Support West Sussex](#)

[Carer Emergency Contact Card | CECC | Carers Discount Card](#)

[Hospital To Home Service | Help For Carers | West Sussex](#)

[Are you aware of your rights as an unpaid carer? – Short Animation](#)

[Who Are You Caring For? | Carers Support](#)

