

Adult Carers Rights

Carers Rights Day is an annual event held in November. Started by national charity, Carers UK, the day aims to raise awareness and promote the rights of unpaid carers. This leaflet summarises and reinforces the rights of unpaid carers throughout the year.



Carer's Assessments

If you are over the age of 18 and provide unpaid care, you are entitled to a Carer's Assessment. In the London Borough of Bromley, Carer's Assessments are currently carried out by the local authority. It is usually the local authority in which the person you care for resides which is responsible for assessing your needs as a carer.

- You can request a Carer's Assessment regardless of the type or amount of unpaid care you provide
- You do not need to be in receipt of Carer's Allowance
- The person you care for does not need to have been assessed by the local authority
- If you share caring responsibilities with another person, you are both entitled to a Carer's Assessment

Carer's Assessments should focus on the needs of the carer, and not the person they look after, including:

- Caring role and how it affects your life and well-being
- Health – physical, mental and emotional issues
- Feelings and choices about caring
- Work, study, training, leisure
- Relationships, social activities and your goals
- Housing
- Planning for emergencies

What happens after your assessment?

The local authority will determine if you meet the following three criteria:

- 1) Your needs are as a result of providing care
- 2) Your caring role negatively affects your physical or mental health
- 3) You are unable to achieve at least one of the following outcomes:
 - look after any children you have responsibilities for
 - provide care to any other person
 - maintain your home
 - eat properly and maintain proper nutrition
 - maintain and develop your relationships with family and friends
 - time for social activities and hobbies
 - take part in any education, training, work or volunteering (if you want to)

What support could you receive?

If you have met the above criteria, there are a number of ways the local authority can support you. If required services are not free of charge, the local authority will then carry out a financial assessment to determine what (if anything) you would need to contribute towards the cost. Direct payments are the most flexible way of receiving any funding, so that you can change how the funds are spent as your caring role develops.

Examples of the sort of help that could be available directly to you:

- Services that reduce stress and support your health and well-being (such as gym membership or massage)
- Transport costs (such as taxi fares or driving lessons)
- Technology
- Help with housework or gardening

Please see last page for more information on requesting a Carer's Assessment

Registering as a carer with your GP

If you are providing unpaid care, you have the right to be identified as a carer with your GP surgery. Registering as a carer with your GP surgery will ensure you are contacted regarding any public health campaigns and should also make things easier when discussing the needs of the person you care for when you are patients of the same practice. Some GP surgeries also hold participation groups specifically for carers and may invite carer representatives to take part.

Carers Rights

Carers UK has also produced a letter template that you can use to register as a carer at your GP surgery: www.carersuk.org/help-and-advice/health/looking-after-your-health/register-as-an-unpaid-carer-with-your-gp-template-letter

If you would like to feedback on services provided by your GP Surgery, [Healthwatch Bromley](#) “works to help local people get the best out of their local health and social care services. Whether it’s improving them today or helping to shape them for tomorrow. Healthwatch Bromley is all about local voices being able to influence the delivery and design of local services. Not just people who use them, but anyone who might need to in future”.

Free Flu Vaccinations

As an unpaid carer, you are entitled to a free flu jab, and in more recent times, priority bookings for COVID-19 vaccinations and boosters.

Hospital discharge

“If you are an unpaid carer and the person you care for is being discharged from hospital, the hospital must identify and consult with you, where possible.” Carers UK has some really useful resources on their website regarding the hospital discharge procedure: www.carersuk.org/help-and-advice/practical-support/coming-out-of-hospital

Protection from discrimination

The [Equality Act 2010](#) is the law that protects you from being unfairly treated on the grounds of age, disability, race, religious beliefs, sex, sexual orientation, gender reassignment, marriage or civil partnership and pregnancy. If you look after an older or disabled person, you are protected against discrimination because of your association with that person.

Right to request flexible working

You have the right to request flexible working if you provide unpaid care. However, it is up to your employer and the policies they have in place as to whether you are granted flexible working. Carers UK has a number of resources to guide you through these discussions with your employer on their website: www.carersuk.org/help-and-advice/work-and-career

Contact us on: **020 8315 1925** or carers@bromleywell.org.uk

Further information

How do you request a Carer's Assessment in Bromley?

Contact Adult Early Intervention service to request an assessment over the phone, via e-mail, post or by completing their online form. In some cases you may be directed to another local authority service.



Telephone: 020 8461 7777

E-mail: adult.early.intervention@bromley.gov.uk

Online form: www.bromley.gov.uk/CarersAssessmentForm

Address: Adult Early Intervention, Civic Centre, Stockwell Close, BR1 3UH

Sharing your experiences of health and social care services in Bromley

Healthwatch Bromley works to help local people get the best out of their local health and social care services.

Telephone: 020 3886 0752

E-mail: info@healthwatchbromley.co.uk

Website: www.healthwatchbromley.co.uk



Hospital Discharge

Advocacy services can be extremely useful if you or the person you care for is admitted to hospital. Advocacy First is one such service providing advocacy for residents of Bromley or non-residents who are in Bromley Borough Hospitals. Their aim is to “listen to you to find out what you want and give you all the options available for you to choose about when you leave hospital” and includes the same for families or carers of the inpatient.

Telephone: 020 8460 6712

E-mail: info@advocacyfirst.org.uk

Website: www.advocacyfirst.org.uk



Employment Advice

Acas is an independent government body providing free advice and guidance on employment rights, best practice and workplace disputes.

Telephone: 0300 123 1100

Website: www.acas.org.uk

