



## KEY MESSAGES

**Carers Rights Day “2020 Know Your Rights”**

**26<sup>th</sup> November 2020**

### **1. Those who care should be aware of their rights**

The Care Act 2014 and the Children and Families Act 2014 sets out the rights of carers to have their needs assessed. 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 services to help with caring. The assessment will look at how caring affects your life, including your physical, mental and emotional needs, and whether you are able or willing to carry on caring. To discuss the options available to you, contact the Council’s Customer Services on 01926 410410.

Carer’s Allowance is the main carers’ benefit – offering a small income now and National Insurance contributions towards your State Pension if you have given up work to care. But not everyone is eligible for the benefit, so make sure you get a full benefit check to see what other financial support you may be entitled to. Contact your local Citizen Advice Bureau for advice.

### **3. Those with caring responsibilities should know where and how to get support**

Unpaid carers may need practical support to help you care, like short breaks, equipment to help make caring easier or information about local groups that can help. Please see the digital carer information leaflet for more support available to carers and share this with your networks.

<https://api.warwickshire.gov.uk/documents/WCCC-1068-1124>

The main support services includes:

By registering as soon as possible with the **Warwickshire Carer Wellbeing Service** carers will have access to help and support to help you maintain your health and wellbeing. Support also includes emergency breaks.

Call Telephone: 024 7663 2972 – Opt 2 or Email: [carerssupport@carerstrusthofe.org.uk](mailto:carerssupport@carerstrusthofe.org.uk) or visit

<https://www.carerstrusthofe.org.uk/warwickshire-carer-wellbeing-service/>

For those carers caring for someone affected by Dementia please contact **Dementia Connect**

Tel: 0333 150 3456 Email: [dementia.connect@alzheimers.org.uk](mailto:dementia.connect@alzheimers.org.uk) or visit

[www.alzheimers.org.uk/dementiaconnect](http://www.alzheimers.org.uk/dementiaconnect)

**Warwickshire Parent Carer 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: [www.warwickshireparentcarerforum.co.uk/About/](http://www.warwickshireparentcarerforum.co.uk/About/)

The **Warwickshire Young Carers** service aims to help make a difference to the lives of young carers from the age of 8 years of age upwards. Remote support is currently available such as one to one calls and virtual groups to young carers. Please check the website and social media for latest information and activities. Website: [www.warwickshireyoungcarers.org.uk](http://www.warwickshireyoungcarers.org.uk) or Email: [info@warwickshireyoungcarers.org.uk](mailto:info@warwickshireyoungcarers.org.uk)

### **3. Everyone should be aware of the needs of those who care**

Caring can be isolating. When we're looking after someone, it's not always easy to find people who really know what caring is like and are able to give us help and understanding.

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 Carers Trust Heart of England Warwickshire Carer Wellbeing Service. Call Telephone: 024 7663 2972 – Opt 2

Email: [carerssupport@carerstrusthofe.org.uk](mailto:carerssupport@carerstrusthofe.org.uk) or visit <https://www.carerstrusthofe.org.uk/warwickshire-carer-wellbeing-service/>

Many carers also find online forums a huge source of support – a place where you can share what's 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)

To be more aware of carers and caring please take the training modules to become carer aware and share this with your networks.

Carer Aware Training

<https://careraware.warwickshire.gov.uk/index.html?lms=none&enable-assessment=true>

Young Carer Aware Training

<https://youngcareraware.warwickshire.gov.uk/index.html?lms=none&enable-assessment=true>



## Ideas of how you can get involved in Carers Rights Day 2020 “Know Your Rights”

We encourage all our partners to share information on Carers Rights with your networks on 26<sup>th</sup> November 2020 and beyond. Here are some ideas of things you can do in your local area:

- Please do share the social media posts across your accounts.
- Print and/or share the Carers Information Leaflet with your networks using this link. <https://api.warwickshire.gov.uk/documents/WCCC-1068-1124> (if you would like printed copies please email [jayaulum@warwickshire.gov.uk](mailto:jayaulum@warwickshire.gov.uk))
- Raise the awareness of support for carers with your partners and visit [www.warwickshire.gov.uk/carers](http://www.warwickshire.gov.uk/carers) for more information.
- Hold a virtual cuppa with your colleagues, customers, partners and networks and encourage carers to take a break and network with each other.
- Put an article in your internal newsletter or bulletin to raise awareness about informal caring.
- Encourage services to advise all carers to get help as soon as possible and register for support with the Carer Wellbeing Service by Carers Trust Helpline: 02476 632972 or contact WCC Customer Services on 01926 410410.
- Start a staff carers network or have a carers champion in your organisation. **WCC staff who have caring responsibilities are encouraged to join the Staff Carers Network.**
- Encourage all our partners to access the free training available to help improve awareness of the needs and support for carers via the links below. **Internal WCC Staff can access this Training on Wilma with the following course codes Carer Aware GEN NS576 and Young Carer Aware GEN NS577.**
- All external partners, networks/providers can access the free carer awareness training modules via these links below:

Carer Aware

<https://careraware.warwickshire.gov.uk/index.html?lms=none&enable-assessment=true>

Young Carer Aware

<https://youngcareraware.warwickshire.gov.uk/index.html?lms=none&enable-assessment=true>

If you require any information about this campaign please email: [Jayaulum@warwickshire.gov.uk](mailto:Jayaulum@warwickshire.gov.uk)

If you require further information on support for carers please email: [melanieadekale@warwickshire.gov.uk](mailto:melanieadekale@warwickshire.gov.uk)

Do you regularly look after someone who can't cope without your help? You can get help!

**26th November 2020**



Visit: [www.warwickshire.gov.uk/carers](http://www.warwickshire.gov.uk/carers)