

Caring for Someone – Your Rights

Have you started caring for a loved one – or been caring for a while but never accessed support? Here’s a summary of what you may be entitled to.

A Carer’s Assessment is carried out by the local council of the person you care for. It’s your legal right – and you can request one every 12 months. It looks at the care you provide, its impact on other aspects of your life (such as work, family life and social activities) and whether you’re able to carry on providing it. As a result, you’ll receive information and advice about how to reduce the impact of your caring role, or – if eligible – a support plan explaining how the council will meet any needs they’ve identified.

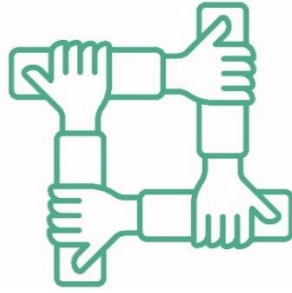
✔ Visit <https://www.carersmanchester.org.uk/carers-assessments/>



Registering with your GP means that your caring role is logged on your medical records so your GP can provide you with tailored support and advice. This might include offering home visits, or double appointments for you and your loved one, if getting to the surgery is difficult; arranging repeat prescriptions via a local pharmacy; and ensuring you are registered for any priority vaccinations.

Carers UK has more information on its website as well as a template letter/email you can use to register.

✔ Visit <https://tinyurl.com/49cc6bed>



Financial support is available in various forms. Benefits such as [Carer's Allowance](#) are provided by the Department for Work and Pensions. You can check if you're eligible via a free online calculator such as [Entitledto.co.uk](#). And for help with specific costs of caring, you can search for grants on the [Turn2Us.org.uk](#) website.

✔ Visit <https://tinyurl.com/39d7jwpr>

Requesting flexible working is a legal right for anyone after their first 26 weeks with an employer. It may help you to juggle your job and caring role by varying the amount, timing or location of your work. [Carers UK's guide](#) sets out how flexible working may help you – and how to start the conversation with your employer. Also, ask if your organisation has a Carers Policy. This will outline ways they will support you in addition to your legal rights.

✔ Visit <https://www.carersuk.org/help-and-advice/flexible-working-films>

The Upfront Guide is a quick and easy online tool from Carers UK to help you navigate the maze of support on offer. Answer a few questions about yourself and the person you care for – and get a personalised guide covering practical support, work and money, relationships, health and wellbeing and staying connected.

✔ Visit <https://www.carersuk.org/upfront/>

Workshops

Carers Manchester runs free online workshops for carers. You may be interested in joining Being a Carer, which is a general introduction to the support available, including issues like looking after your own wellbeing, or Welfare and Benefits to learn about the main benefits you and your loved one might be entitled to.

✔ Visit <https://www.carersmanchester.org.uk/events>



If you would like to discuss your options for support or you have a general query about your caring role, you can call the Carers Manchester Contact Point on 0161 543 8000 (Monday-Friday 10am-4pm, Wednesdays 10am-6pm; except bank holidays) or email contactpoint@carersmanchester.org.uk.