



carers RIGHTS DAY

Friday 30th November 2018

Carers Rights Day: Caring for Your Future

Having the right information at the right time can make all the difference when you're looking after someone.

Every day 6,000 people become carers but often it's not something we've planned for.

This Carers Rights Day the focus is on supporting people to prepare for the future through our theme: Caring for Your Future.

Carers Rights Day is a national campaign to:

1. Make carers aware of their rights
2. Let carers know where to get help and support
3. Raise awareness of the needs of carers

Are you a carer?

A carer is someone who looks after a friend, family member or neighbour who due to illness, disability, mental health problem or an addiction could not cope without their support

- **Do you get any support, have you got a carers card?**
- **Do you know about the support available to you as a carer?**
- **Do you want to know about your rights as a Carer?**

"I wish I had known sooner that it was my right to have a Carers Assessment. It has really helped me to access support."

"I had no idea that as a carer I had rights at work. Now I work flexible hours I juggle and manage life better than I did before."

"Finally I am recognised and involved in decision making. It not only helps our situation but I feel able to speak up knowing I will be listened to and if I'm not I will remind them about the Care Act!!!!"

For more information contact Care for the Carers

No one left to care alone

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