

Know Your Rights

CARERS RIGHTS DAY

25th November 2021



Carers Rights Day – ‘Know Your Rights!’

Derbyshire Carers Association (DCA) are here to support unpaid carers in understanding their rights and provide access and signposting for wider support services which may be available to them.

Each year [Carers Rights Day](#) brings organisations together to help carers in the local community to understand their rights and find out how to get the help and support they are entitled to.

DCA raises the awareness of the needs of carers and lets carers know their rights and where to access the help they need.

We want carers to know how and when their rights are not being met and how they can challenge this. We want to empower carers with information and support, so they can feel confident asking for what they need.

Carers need to know their rights wherever they are in their caring journey; whether they are in the workplace, in a healthcare setting, when interacting with professionals or at home.

We have a Carers Right Day packed with all kinds of informative talks and workshops which will help our Carers ‘know their rights’.

[Register as a Carer here](#)

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Timetable of Events

Supporting Carers in Employment Webinar

Tuesday 23rd November

10am - 11am (via Zoom)

[REGISTER HERE](#)

How and why businesses should support unpaid carers in the workplace

Our online webinar provides an opportunity to learn about the issues of unpaid caring, how employers can identify and support those who manage caring responsibilities alongside their work and introduces our Carers in Employment Initiative.

The Initiative aims to support and encourage organisations to recruit and retain those staff who, due to their unpaid caring responsibilities, are at risk of leaving the workforce as a result of stress, ill health, lack of understanding and/or simply lack of time.

As part of the Initiative, we will recruit organisations across Derbyshire to sign up to our carers pledge and show their commitment to unpaid carers within their organisation. In signing the pledge, employers will benefit from free training, resources and ongoing support from DCA.

ROTHERAS

Employment Law Webinar

Thursday 25th November

10am - 11am (via Zoom)

[REGISTER HERE](#)

Rotheras have kindly offered their time to deliver this workshop to better inform carers about their employment rights. The workshop will focus on employment protections and rights afforded to carers, to include consideration of flexible working requests and discrimination law.

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Welfare Rights Clinic

Thursday 25th November
11am - 12pm (via Zoom)

[REGISTER HERE](#)

If you are confused by the benefits system or just want to know more about what you can claim, this session will help. Eastre Leedham from Derbyshire County Council's Welfare Rights Service will provide a quick overview of benefits including, means tested benefits and carers disability benefits. There will also be a chance to ask questions to seek the advice and support you need.

Supporting Carers in Employment Project

Through our Carers in Employment initiative, Derbyshire Carers Association can help employers understand their legal obligations but also the challenges faced by carers, so they can put in place a package of support for the unpaid working carers in their employment.

Employers can help by creating a culture where it is ok to talk about caring, communicating to all their employees the support available in their organisation - from flexible working practices, adapting policies and procedures, to advice and information.

Giving carers the support to manage their caring responsibilities alongside their paid work benefits both them and their employer. In the last two years nearly 500,000 people have left employment due to the challenges of managing both work and caring. Employees who are supported at work, show a measurable improvement in performance and are less likely to leave employment.

For more information, please visit our page where you can access additional advice and guidance together with downloadable support leaflets.

[Supporting Carers in Employment](#)

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Advice & Guidance

[Acas](#) gives employees and employers free, impartial advice on workplace rights, rules and best practice. They also offer training and help to resolve disputes.

[Advice Now](#) offers a wide range of legal advice from selected legal and community information websites. Advice Now also publish a range of guides on a variety of topics including discrimination in the workplace.

[Age UK Derby and Derbyshire](#) have information on local, community and national services for older people and their carers, as well as guidance on welfare rights, assessment of entitlement to benefits, social and emotional issues.

[Alzheimer's Society](#) offer information and practical guidance to help you understand dementia, cope with day-to-day challenges and prepare for the future.

[Attendance Allowance](#) helps with extra costs if someone has a disability severe enough that they need someone to help look after them.

[Carer's Assessment](#) offer an assessment to determine what might help make your life easier. A carer's assessment is free and anyone over 18 can ask for one. It's separate from the needs assessment the person you care for might have, but you can ask to have them both done at the same time.

[Carer's Allowance](#) is a government scheme which could give you £67.25 a week if you care for someone at least 35 hours a week and they get certain benefits. You do not have to be related to, or live with, the person you care for.

[Carers Direct](#) is a web-based introduction service, whereby people seeking care can identify and approach skilled and compassionate care assistants, while bringing benefits to both.

[Carers in Derbyshire](#) has been created by a partnership of unpaid carers and local health, social care and voluntary sector organisations. The website intends to be a

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'starting point' for carers who are using the internet to find help, advice and support services in Derbyshire at any time of the day or night.

[Carer Passport](#) is essentially a record which identifies a carer in some way and leads to provision of support, services or other benefits in response. This website makes the case for setting up a Carer Passport scheme, giving you resources and guidance to help you transform recognition and support for carers.

[Carers Trust](#) work to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. Our vision is that unpaid carers count and can access the help they need to live their lives.

[Carers UK](#) provide expert advice, information and support. You can contact Carers UK for free, impartial advice about caring on 0808 808 7777 or advice@carersuk.org

[Citizens Advice](#) provide information and advice on your employment rights.

[Derbyshire County Council](#) provides information and help with adult care services in Derbyshire.

[Derbyshire Mental Health Helpline](#) offers mental health support to Derbyshire residents of all ages through a new mental health support line. Call 0800 028 0077 - this is a freephone number and calls from landlines or mobiles should be free. The support line is open 24 hours a day, seven days a week.

[Dementia UK](#) provides specialist dementia support for families through their Admiral Nurse service. When things get challenging or difficult for people with dementia and their families, Admiral Nurses work alongside them. They give the compassionate one-to-one support, guidance and practical solutions people need, and that can be hard to find elsewhere.

[Equality Advisory Support Service \(EASS\)](#) provides information, advice and support on discrimination and human rights issues to individuals.

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[Law Works](#) list various organisations who may be able to help you in England and Wales by providing advice and support.

[Marie Curie](#) provide clear, useful information about living with a terminal illness to expert nursing care in your home.

[NHS Health Check](#) is a health check-up for adults in England aged 40-74. It is designed to spot early signs of stroke, kidney disease, heart disease, type 2 diabetes or dementia. As we get older, we have a higher risk of developing one of these conditions.

[No Panic](#) is a registered charity which helps people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders. No Panic also provides support for the carers of people who suffer from anxiety disorders.

[Rethink Mental Illness](#) offer advice and information on a wide range of topics such as The Mental Health Act, community care, welfare benefits, and carers rights. They also offer general information on living with mental illness, medication and care.

[University of Derby Student Legal Advice Centre](#) is a pro bono service whereby students under the supervision of a qualified solicitor will offer advice and assistance on a range of matters to the community.

[Working Families](#) is the UK's work-life balance charity. They help working parents and carers—and their employers—find a better balance between responsibilities at home and in the workplace. Working Families provide free legal advice to parents and carers on their rights at work. They give employers the tools they need to support their employees while creating a flexible, high-performing workforce.