



carers RIGHTS DAY

Thursday 21st November 2019

Carers Rights Day: Helping you find your way

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

Carers Rights Day is a national campaign to:

1. Ensure carers are 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 provides unpaid care and support to a family member or friend who has a disability, mental or physical illness, substance misuse issue, or who needs extra help as they grow older.

- 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?

Every day 6,000 people in the United Kingdom become carers, something few have been able to plan for.

From the start, they may find themselves needing to take to health and social care providers: to negotiate with their employers on how to juggle work with caring: to deal with the intricacies of the benefits system or to consider how to fund the future of care costs.

All of this while they are coming to terms with their new caring responsibilities.

It's no wonder that caring can feel overwhelming, bewildering and stressful.

For more information contact **Care for the Carers**
No one left to care alone

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