

## **Carers Rights Day in Hammersmith and Fulham**

### **Sharon Tomlin, Community Organiser**

Carers Rights Day is usually held each year in November created by Carers UK to recognise the support and raise awareness of the rights of unpaid carers (carers). This year it will be held on 24<sup>th</sup> November.

As an annual nationwide event Carers UK suggests the following on how to help:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

What are Carers Rights? Unpaid carer is defined as “someone who cares for a friend, family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support” (Carers Trust).

Carers have certain rights to carers assessment, welfare and employment support. For example, the Care Act 2014 lays out the way in which the local authority carries out both carers` and needs assessment to those eligible for support. The focus is mainly on adult carers. There is provision for children and parent carers in need of support.

Over time, carers have shared stories of challenges and frustrations felt when navigating the health and wellbeing systems to when attempting to ascertain information for the people they care for. For instance, in decision-making processes carers have shared that they feel disempowered by the complexities involved in negotiating on behalf of the person being cared for. Many have shared that they feel exhausted and tired as this is their lived experience that tend to leave them feeling isolated and “burnt out” on account of the services have not returned to pre-pandemic levels with additional concerns of the cost of living. Carers have shared that this has impacted on their self-esteem and eventually mental health.

In Hammersmith and Fulham there are a range of support available for those who do not recognise themselves as carers and for those who are existing carers.

Enjoy taking time out!

See below some useful links to events, resources and a list of local organisations provided by London Borough of Hammersmith and Fulham.

## **EVENTS IN HAMMERSMITH & FULHAM**

### **Carers Network – downloadable workshop schedule for 24<sup>th</sup> November 2022**

<https://www.carers-network.org.uk/help-and-advice/news-and-updates/post/52-carers-rights-day-2022>

### **Carers Network – Drop-in Advice at Sobus**

<https://www.carers-network.org.uk/whats-on/upcoming-events/profile/advice-drop-in-for-hf-carers-2/2>

### **Carers Network – events**

<https://www.carers-network.org.uk/whats-on/upcoming-events?date=&id=&start=20>

## **RESOURCES**

### **Carers UK – Carers Rights Day**

<https://www.carersuk.org/news-and-campaigns/carers-rights-day>

### **London Borough of Hammersmith & Fulham – Information and Support for Carers (list of organisations)**

<https://livingindependently.lbhf.gov.uk/care-and-support/caring-for-someone/information-and-support-for-carers/>

### **Carers UK – Frequently Asked Questions on Care Act 2014**

<https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/care-act-faq#:~:text=back%20to%20top-.What%20are%20my%20rights%20as%20a%20carer%3F,meet%20the%20national%20eligibility%20criteria.>