Carers Rights Day 2022

This year, on Thursday 24th November, it is [Carers Rights Day](#) in the UK. At Carers' Hub, we believe it is important for you to understand your rights and access available support.

Carers Rights Day aims to:

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

You have specific rights in the workplace, in a healthcare setting, when interacting with professionals and at home. We want you to not only know your rights, but have the confidence to challenge when your rights are not being protected.

For detailed information, take a look at this [useful guide](#) to caring for somebody, put together by [Carers UK](#).

In particular, we wanted to flag up Carers Rights around **Carers Assessments and Rights in the Workplace.**

Assessments

Adult Carers

The Care Act gives adult carers of adults the right to support and protection from their local authority. It came into force in 2015. It includes the right to Assessment.

All adult carers (aged 18+) caring for another adult are eligible for a Carers' Assessment.

The council has a duty to provide carers with support to meet their needs, according to national eligibility criteria. They must provide information and advice.

The main way to get support is through a Carer's Assessment. In Lambeth, this is conducted by the council. You can request an assessment by contacting the Adult Social Care team on 020 7926 5555 or by emailing AdultSocialCare@lambeth.gov.uk.

Further information is available from the Lambeth council website

Parent Carers

The Children and Families Act 2014 protects children and parent-carers of children with care and support needs.

The council has a duty to consider the parent-carer's needs for support in relation to the care provided.

In Lambeth, if the child or young person you care for has special educational needs and/ or a disability (SEND) you are eligible for a carer's assessment. To request an assessment contact the Children's Social Care team on 020 7926 5555.

Young Carers

Here in Lambeth, Young Carers Assessments are carried out by the Young Carers Team at Carers´ Hub.

We assess the whole family and come up with a support plan to reduce the negative impact that caring can have on a young person.

For more information, take a look at this resource from Carers Trust, visit our website or get in touch.

In the Workplace

Carers Rights at Work

Carers have several protected rights within the workplace. It's useful to know about them and to make sure your employer does too.

These rights include:
- the right not to be discriminated against,
- the right to request flexible working
- the right to time off to care for dependants

Click here to learn more.

At Carers' Hub

We support all Unpaid Carers who live in or care for somebody in Lambeth. This includes one-to-one support, via phone, email, or in person. We can help with planning out support for you and navigating local services.

Alongside one-to-one assistance, we run peer support groups and activities. These aim to reduce isolation and improve your wellbeing.

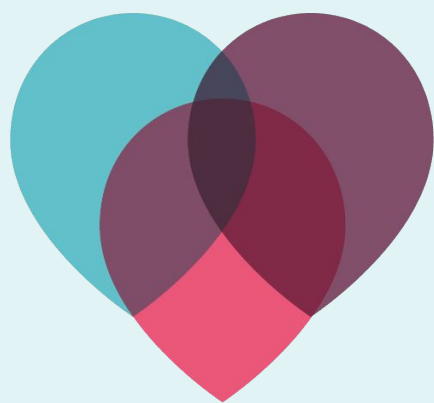Find out more information in our [Top Tips and Signposting Booklet](#) or on our website, www.carershub.org.uk

We also partner with Anthony Gold Solicitors to offer a free monthly legal clinic ([contact us](#) to find out more and be added to the waitlist.)

Lambeth Carers Card

Carers' Hub runs the **Lambeth Carers Card Scheme**, which any of our carers aged 18+ can access. It flags that you are a carer and highlights emergency contacts, as well as entitling you to various discounts and deals at local businesses. This card is a useful tool in sharing your status as a carer, we also run several workshops and emergency planning support.

While it is helpful to know your rights and how the law protects carers, it may feel quite daunting to be assertive if you feel your rights are being ignored.

It is a process that takes confidence, energy and help. You do not need to do it alone.

Carers Hub Lambeth