Your Rights as an Unpaid Carer

Your right to freedom of choice
You have the right to choose whether or not to be a Carer and to decide which care needs you can support.

Your right to be identified as a Carer
You have the right to be identified as a Carer by health settings such as hospitals and GP practices as well as the local authority who are assessing the care and support needs of the person you support. You also have the right to register as a Carer with your local Carer support organisation.

Your right to a Carer's Assessment
Regardless of the support you provide to the person you care for, you're entitled to a Carer's Assessment to explore your needs and what support may be available.

Your right to protection from discrimination
If you work and are a Carer, you can request flexible working and emergency time off.

Your right to be included in care planning of the person you support
You have the right to be involved in decisions about service changes and hospital discharge if you are expected to provide ongoing care. NHS hospitals must involve unpaid Carers early in planning discharge for adults needing post-hospital care, including healthcare support.

Your right to access free NHS health checks and flu jabs
Free NHS Health Checks are available for adult Carers aged 40-74, particularly those whose caring situation puts themselves or the person they care for at risk of hospital admission. Furthermore, all Carers have the right to request free flu vaccinations.

Your right to financial support
You may be able to claim Carer's Allowance if you are 16+ and care for someone 35+ hours a week, and even if you don't get payments, you could have an underlying entitlement. Check with your local council about potential Council Tax Reductions for low-income households and whether they offer a 'carer's disregard' if you live with the person you care for to provide necessary care.

Your right to request Carers' Leave under the new Carers' Leave Act
From your first day in a job, the Carer's Leave Act 2023 gives you the right as an eligible employee to take up to one week of unpaid leave annually to care for a dependant with a long-term care need, including family or close friends. This leave can be used flexibly, in shorter periods, allowing you to balance your work and caring responsibilities without risking your job. Inform your employer as soon as you can if you need to take this leave.

If you require further information please call:
0300 111 9000