

Carers Checklist

Carers Week™

Are you looking after family and friends who are older, ill or who have a disability?

6-12 June 2016

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

Using this checklist:

This checklist sets out practical steps every part of the community can take to be carer friendly - to help you feel supported as a carer and recognised as an individual with needs of your own.

We hope it will help you think about your community and what additional support might improve your life.

Could you ask for that support, maybe by taking this checklist along to help explain what you need? Could your local group or carers network use this checklist to start a conversation with local services or organisations about what they can do to better support carers?

Visit carersweek.org to RECOMMEND organisations, services and employers as carer friendly and INVITE to become carer friendly.



The NHS, pharmacies and health services recognise my caring role, involve and consult me about the treatment of the person I care for, where this is possible, and help me to stay healthy too.

Care services involve and consult me about the care of the person I look after and recognise that I might need support too.

Health checklist

I am offered flexible doctor's and health appointments that fit around my caring responsibilities _____

I am involved in discussions around discharge planning early when the person I care for is in hospital, and the right support is put in place for my caring role _____

NHS and health services staff make sure I know where to go for advice and information about caring and, if I need it, training to help me care safely and well _____

Care services checklist

I can get a carer's assessment of the impact of caring on my life from my local council _____

I am given information about what support is available to help me care safely / well and to live a life of my own outside my caring role _____

I am treated with respect by care workers and social workers who value my expertise on the needs and preferences of the person I care for _____

Care and support providers welcome my feedback and input about the care we receive _____



When I am in education, the impact that caring can have on my ability to study is recognised and there is help to cope with this.

My employer respects caring commitments and promotes awareness at all levels of the organisation about carer friendly policies.



Education checklist

My school, college or university encourages positive discussions about caring, ageing and disability

My school, college or university has clear policies in place to support pupils and students with caring responsibilities

My school, college or university takes steps to identify pupils and students who are caring and let them know how they can get help and support

Employment checklist

My line manager makes it easy to talk about my caring responsibilities at work and ask for support if I need it

My employer has policies in place to support me as a carer, such as care leave, flexible working policies, a carers' staff network or an employee assistance programme

My employer tells me about my rights, including my right to request flexible working and take emergency time off to care for dependents when I need it

Local community checklist

Important services like pharmacies, banks and shops identify me as a carer. They provide me with information and advice, signposting me to other support when I need it

Local services and businesses like supermarkets, restaurants, cafes and important public spaces are age, disability and carer friendly

Local services and businesses prominently advertise carer friendly initiatives, such as home delivery or flexible appointments

Local leisure services or attractions offer discounts or free entry for carers when they are with the person they care for

When I am on the high street, local shops and services are disability and age friendly and understand about carers too.



These charities have joined together to make Carers Week happen in 2016:



Proudly supported by



Find out more: carersweek.org



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