



# Carer's Toolkit

## Your rights as a Carer:

- Time Off for Dependants: You have the right to reasonable unpaid time off for emergencies involving a dependant.
- Carer's Leave: Up to 5 days of unpaid leave per year for caring responsibilities.
- Protection from Discrimination: Carers are protected from indirect discrimination under the Equality Act 2010.

Learn more: [www.gov.uk/time-off-for-dependants](http://www.gov.uk/time-off-for-dependants)

## Financial Support for Carers:

- Carer's Allowance if you care for someone 35+ hours a week and meet eligibility criteria.
- Council Tax Reductions: Some councils offer discounts for carers or the people they care for.
- Grants & Emergency Funds: Check with [Turn2Us](#) or [Carers Trust](#) for help.
- Workplace Benefits: Ask your HR team about EAPs, carers leave, and financial wellbeing schemes.

## Wellbeing and Mental Health Support:

- Mind: Offers mental health support specifically for carers – [www.mind.org.uk](http://www.mind.org.uk).
- Carers UK Forum: Peer support, open 24/7 – [www.carersuk.org/forum](http://www.carersuk.org/forum).
- Samaritans: Free, 24/7 emotional support – Call 116 123.
- Your GP: Don't hesitate to discuss stress, anxiety, or burnout.

Free carers resources at:  
[www.carersuk.org/help-and-advice](http://www.carersuk.org/help-and-advice).

## Looking after yourself:

- Communicate with your support network. Call a friend or meet with family.
- Be informed - know what help is out there and reach out.
- Have dedicated self care activities in place that you can do everyday. This can be reading or watching TV
- Find 3 different things that make you happy, relaxed and energised. Now include them in your daily tasks.
- Take regular breaks!

## Organisations that can help:

- Carers UK – Advice, forums, factsheets | [www.carersuk.org](http://www.carersuk.org)
- Carers Trust – Grants, respite help | [www.carers.org](http://www.carers.org)
- Turn2Us – Financial support tools | [www.turn2us.org.uk](http://www.turn2us.org.uk)
- Age UK – Support for older carers | [www.ageuk.org.uk](http://www.ageuk.org.uk)
- Hospice UK – Employer support | [www.hospiceuk.org/compassionateemployers](http://www.hospiceuk.org/compassionateemployers)