



One-minute guide

Carers and Young Carers

June 2021

A carer is defined under the Care Act 2014 as an adult or young person who provides or intends to provide care for an adult (with some exclusions where there is a paid, contractual or voluntary element to the relationship)

This means that anyone can be a carer, including children from the age of 5 and adults who look after family, partners or friends who have care and support needs.

The roles and responsibilities that carers have is wide and can range from help with everyday tasks such as getting out of bed and personal care such as bathing, to emotional support such as helping someone cope with the symptoms of a mental illness. Any support given where without it an individual would struggle or be vulnerable could be seen as care.

Many carers, particularly young carers, don't see themselves as carers and it takes them an average of two years to acknowledge their role as a carer. They often carry out their role alongside work, study and other commitments and could dismiss the role they play and care they give as 'it is just what I do'.

Carers can be so preoccupied with the health and well-being of the person they are caring for they do not take care of their own, and caring can affect their health and wellbeing and impact on their life in ways they may not have thought of.

The Care Act 2014 recognises the equal importance of supporting carers and the people they care for and gives carers the right to support from their local authority. Every carer in Coventry, who thinks they may need support now or in the future can get a Carers Assessment which looks at the impact the care and support carers provide is having on their own wellbeing. This can be accessed by referral or self-referral and is carried out by a specialist in Adult Social Care or the Carers Trust

Self-assessments are also available for individuals to assess their own needs and what support is available to improve their wellbeing, as well as self-assessments for carers to help adult social care understand the carers needs and plan for the future, as well as understand if there is the need for a carers assessment.

Assessments can show different types of support that can help carers to continue caring safely and look after themselves.

This can include:

- Suggesting equipment to help the person cared for be more independent
- Telecare to give peace of mind when the carer is not around
- Free training and learning, as well as 1:1 support
- Practical advice
- Peer to peer chat and support groups
- The Carers Trust 'Carers Response Emergency Support Service (CRESS)' can provide support in the event of an emergency and help carers build an emergency plan.
- GP services such as free health checks, flu jabs and flexibility with appointments

Professionals

For professionals working with carers, it is important to be professionally curious. Any individuals that form part of a plan of support may be performing a caring role without acknowledging that they are carers and unaware of the help and support available.

When undertaking an assessment, professionals should investigate any dynamics between an individual and their carer/s to understand if there is a need to signpost to services and see if additional help is needed.

Key Contacts and Further Information

Coventry Safeguarding Children Partnership website - <https://www.coventry.gov.uk/lscb>

Coventry Safeguarding Adults Board website - <https://www.coventry.gov.uk/csab>

The Carers Trust - <https://www.carerstrusthfe.org.uk/>

Young Carers - <https://www.carerstrusthfe.org.uk/young-carers/>

Carers Leaflet - <https://www.coventry.gov.uk/carersleaflet>

Carers Assessment - <https://www.coventry.gov.uk/carersassessment>

Care Act 2014 - <https://www.gov.uk/government/publications/care-act-2014-part-1-factsheets/care-act-factsheets#factsheet-8-the-law-for-carers>

NHS Carers page - <https://www.england.nhs.uk/commissioning/comm-carers/carers/>