



All for Carers

THE CARING FAMILIES SUPPORT ALLIANCE

Carers Charter

We believe all Carers have a right to be respected, valued and supported, equally in their caring role, as experts for their cared for and as individuals.

What is a carer?

A carer is anyone who, unpaid, looks after a friend or family member who can't cope alone due to illness, disability, a mental health problem or an addiction. A carer can be any age.

As a carer you can expect

- To be identified as a carer as early as possible, be informed, be respected and included by health and social care professionals.
- To have choice and control about your caring role, get the personalised support you need as a carer to meet you and your family's needs.
- To be able to stay healthy and well yourself, and for your own needs and wishes as an individual to be recognised and supported.
- To be socially connected and not isolated.
- To be supported to fulfil educational and employment potential, and where possible in maintaining employment.
- If you are a young carer or young adult carer, to be supported so you are able to thrive and develop educationally, personally and socially, and you are protected from excessive or inappropriate caring roles.



Carers in equal partnership

- Supporting and developing training programmes to raise awareness and understanding of the needs of carers and their families, and of local carer support services for health and social staff and partner organisations.
- Carers are recognised as 'experts by experience' and are involved in reviewing, monitoring and co-production of services.
- Carers are empowered and supported to manage their caring role and have a life outside of caring.
- All organisations signed up to the charter will work to support and advocate the rights of carers.

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