



## **Expert Parent Programme: Complex Health Needs and Transition to Adulthood**

### **Carers' rights and support (M1.1h)**

#### **Your rights as a carer**

Carers UK has produced Frequently Asked Questions (FAQs) on Carers' rights in the Care Act:

<https://www.carersuk.org/help-and-advice/practical-support/getting-care-and-support/care-act-faq>

#### **Support available for carers**

Information from Contact on Carers' Assessments: [https://contact.org.uk/media/1163492/carers\\_assessments.pdf](https://contact.org.uk/media/1163492/carers_assessments.pdf)

Information for Young Carers from the Money Advice Service:

<https://www.moneyadviceservice.org.uk/en/articles/financial-support-for-young-carers>

#### **More detailed information and policy**

Healthwatch policy report on carers:

[https://www.healthwatch.co.uk/sites/healthwatch.co.uk/files/20181001\\_being\\_a\\_carer\\_0.pdf](https://www.healthwatch.co.uk/sites/healthwatch.co.uk/files/20181001_being_a_carer_0.pdf)

#### **Right to a break**

There are duties on local authorities to provide short breaks for families of children and young people under 18.\*

- Contact have produced information on what these might include and how to access them: <https://contact.org.uk/advice-and-support/social-care/short-breaks/>
- For more detail, the barrister Steve Broach has produced a legal briefing on short breaks for CDC: <https://www.ncb.org.uk/sites/default/files/field/attachment/Shortbreaks%20legal%20duty%20guide%20for%20LAs.pdf>

\*Please note there is currently no equivalent statutory duty for families of adults.

Information from Carers UK on accessing short breaks – for all ages: <https://carers.org/article/getting-break>