

# Information for Carers: Carers rights

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Information sheet E10

March 2015

## What are your rights as a carer?

The Care Act 2014 improves the rights of people who provide unpaid care to adults with care needs because of a disability or long term illness. The Children and Families Act (2012) gives similar rights to people who provide unpaid care to children and young people aged under 18.

### The right to an assessment

As a carer, you are entitled to an assessment of your needs in your own right. It must be conducted separately to any assessment of the needs of the person you care for, unless you both agree that you want a joint assessment.

### The right to support

You have a right to our support if there are things you can't do because you are providing necessary care to someone else which is having an impact on your wellbeing. It doesn't matter if the person you care for is not being supported by us under the national eligibility criteria. It is the impact that caring is having on you that determines if you are eligible for support.

For more information please see our information sheet E4 - Carers assessments and eligibility.

### Personal budgets for carers

If you are eligible you will be given a personal budget. A personal budget is based on the amount of money we usually spend to meet that type of need. You can choose to have your personal budget as cash to spend as you choose. This is called a Direct Payment. Or you might want us to arrange services for you. These options will be discussed with you.

### Charging

In Somerset we do not charge carers for services provided directly to them. If we are providing services or money to the person you care for, they may be asked to contribute towards it.

## Where to go to find out more

### NHS Choices

<http://www.nhs.uk/CarersDirect/guide/rights/Pages/carers-rights.aspx> or phone **Carers Direct on 0808 802 0202** for free, confidential information and advice.

### Carers UK

<http://www.carersuk.org> or phone **020 7378 4999**

### Other useful information

You may also find the following information sheets useful:

**E4, Information for Carers: Carers assessments and eligibility**

**E6, Information for Carers: Working and caring**

## **Your opportunity to feedback**

We welcome your comments about the services you receive. If you would like to tell us what you think, please either:

Contact us by going to our website, [www.somerset.gov.uk](http://www.somerset.gov.uk), or

- Speak to your social care worker
- Phone Somerset Direct on 0300 123 2224, or
- Contact the Adults and Health Customer Experience Officer  
Floor B2 East  
County Hall  
Taunton  
TA1 4DY  
Email: [customerexperience@somerset.gov.uk](mailto:customerexperience@somerset.gov.uk)

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