

Carers Rights in Health & Wellbeing



Your health and wellbeing as a carer matter. You have rights to support, inclusion, and care. You have the right to:

A carer's assessment

The Care Act 2014 gives carers the right to support from their **local authority**. A carer's assessment is used to look at all your needs, including the things you would like to be able to do in your daily life. Your needs should be written down in a support plan.

Get a carer's assessment by contacting the Adult Social Care Access Team in the local authority where the person you care for lives. For **Middlesbrough** call **01642 065070** and **Redcar & Cleveland** call **01642 771500**. *(You can ask for a carer's assessment, even if the person you care for does not receive support from the local authority).*

Support services

There is a fantastic range of organisations delivering services specifically for unpaid carers across the South Tees. They genuinely understand and want to help you with emotional or practical support. These are **Carers Together** (www.carerstogether.co.uk), **Teesside Mind** (www.teessidemind.org.uk) and **The Junction Foundation** (www.thejunctionfoundation.com)

Involvement in care decision and hospital discharge

As a carer, you have the right to be involved in decisions about changes or developments to services for the person you care for, especially when the local authority expects you to provide care. You have rights when someone you care for is leaving hospital. NHS hospitals in England must involve carers early in the discharge planning for adults who need care or support after leaving hospital, including ongoing healthcare. At **South Tees Hospitals NHS Foundation Trust**, carers are recognised through the **carers' charter** and **carers' passport scheme**, which help identify and support carers during hospital visits. www.southtees.nhs.uk/patients-visitors/visitors/carers/

Healthcare access and support

You can be involved in healthcare discussions about the person you care for (with their consent) and register as a carer with your GP for priority support. Use the **South Tees GP carer registration form** (wecareyoucare.info/info-advice/your-gp-surgery)
Carers aged 40–74 or at risk of hospital admission are entitled to a free NHS health check. If you're 16 or over, you can also get free flu vaccinations.

www.wecareyoucare.info
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**WE CARE
YOU CARE.**