

Carer Awareness Information

Hospital Carer Awareness Training supplementary handout



→ Who are Unpaid Carers?

An unpaid carer is a person (including children and young adults) who supports a family member, friend or neighbour who, due to illness, disability, mental health challenges or addiction could not manage without this support.

People with caring responsibilities may not use the term ‘carer’ to describe their relationship.

→ Recognising and Talking to Carers

Instead of ‘Are you a carer?’ aim for more open conversations.

Some prompts:

- Who helps you at home?
- Do you help your mum with...?’
- Would your brother struggle to do ... without your help?

→ Carers Legal Rights

Care Act 2014

Main legislation governing rights of unpaid carers and adults with support needs.

The Children & Families Act 2014

Sets out the rights of young carers, children with additional needs and their carers.

Health and Care Act 2022

Strengthens rights of unpaid carers, of any age, to be involved in health and care decisions of the person they support.

Carers Leave Act 2023

Entitles unpaid carers to one working week’s worth of unpaid leave per year for caring responsibilities.

→ Carers in hospital

- With consent, record carer details on medical records
- Involve carers in decision making and care planning, as appropriate
- Even without the patient’s consent to share information, you can offer carers general information, listen to their concerns and signpost to support.
- Inform carers about their rights and support available to them, or complete an external referral for support on their behalf (if they consent to this)
- Offer the Hospital Carers Passport

→ External VCSE Carer Support



The Carers Centre for Brighton & Hove (part of the Brighton & Hove Carers Hub)

[Professional Referrals](#) | [Self Referrals](#) | 01273 746 222 | www.carershub.co.uk



Care for the Carers, East Sussex

[Professional Referrals](#) | [Self Referrals](#) | 01323 738 390 | www.cftc.org.uk



Amaze

(Supporting parent/family carers of children under 18 in Brighton, Hove and East Sussex)

[Self Referrals](#) | 01273 772289 | www.amazesussex.org.uk



Carers Support, West Sussex

[Professional Referrals](#) | [Self Referrals](#) | 0300 028 8888 | www.carerssupport.org.uk

→ Carer Contingency Plans

Local areas operate carer contingency plan schemes, a document planning for temporary provision of care to the person needing support should their usual unpaid carer suddenly find themselves unable to carry out their caring responsibilities. Plans need to be registered in advance but following registration, the plan will be available to be used in an emergency.

(Names for local schemes may differ between areas).

- Brighton and Hove - Carer Emergency Back Up Scheme

brighton-hove.gov.uk/adult-social-care/care-and-support-adults/planning-emergencies-backup-scheme-carers

- West Sussex - Carer Emergency Contact Card (CECC)

carerssupport.org.uk/carers-emergency-contact-card/

- East Sussex - Carers Respite Emergency Support Service (CRESS Plan)

adultsocialcare.eastsussex.gov.uk/web/portal/pages/preccresspage

→ Support outside of Sussex

- Support for carers differs by local authority area. The Government’s Postcode Finder tool can be used to find someone’s local authority
gov.uk/find-local-council

- Local carer support organisations across the country can be found by using The Carers Trust Postcode finder

carers.org/help-for-carers/carers-services-near-you