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**Funding, sources of support and my rights**

It is really important to know your rights as a carer and what you're entitled to. It's also important to know what the person you're caring for is entitled to, as well. Go to two or three different people, organisations, because knowledge is power. Get some support. My breaks are funded by the local authority. I also, through Carers Support, got a direct payment for me, so that I can have a regular break.

Jean has a care package provided, initially, by the local authority. Jean was given an assessment for Continuing Healthcare Funding. So as part of that care package, part of it involves short breaks. There are places you can go for advice, and if you've got a carers' centre in your local area, then it's definitely worth asking for their advice.

I applied to the council and asked for an assessment. If you're lucky enough to have a resource centre in your area, they may know, you may be able to get a charitable donation, which some charities do give for a break.

So I'd definitely encourage you to make use of Carers UK's forum. It is a free resource that you can access 24/7. It's a safe place. Every now and again, you want to feel like you're not alone in it. And I'm reading some of the comments, and I was like 'oh my goodness’. They're dealing with exactly what I'm having, and actually, it filled me with a sense of relief to know that I'm not alone in this.

Transcript of the film *Carers’ breaks: Funding, sources of support and my rights*

**carersuk.org/break**