

# Carer Aware Project

## Carers' Rights

**Do you look after a family member, neighbour or friend who would struggle to cope without you?  
This means you are an unpaid carer.**

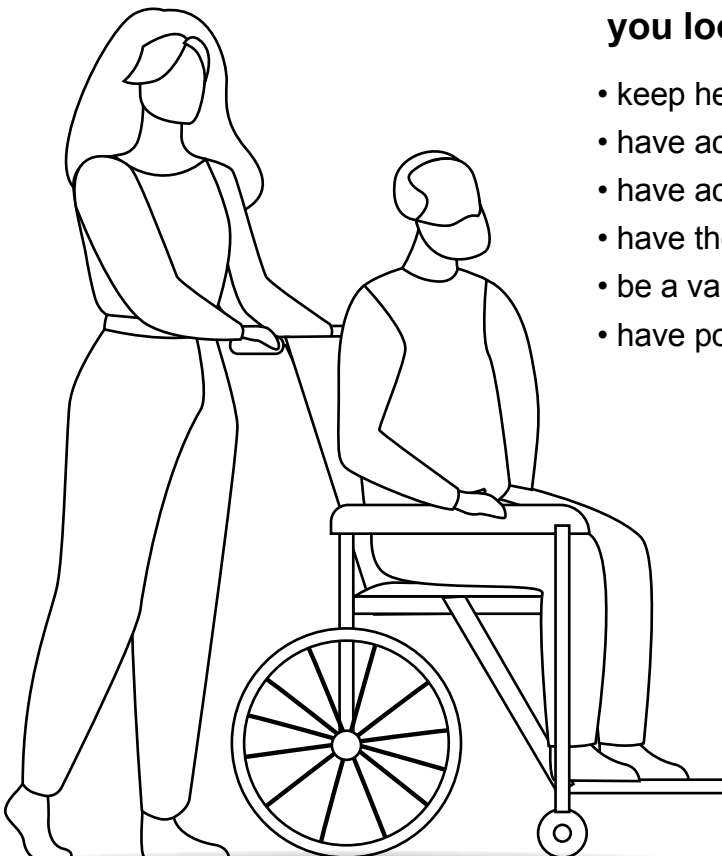
**You have a legal right to information, advice and assistance**

- to help you in your caring role, and
- to do the things that matter to you



**Social Services and Well-being (Wales) Act 2014 gives you the same rights as those you look after to:**

- keep healthy and stay free from abuse, harm or neglect
- have access to a social life and a safe and secure home
- have access to employment, education & training
- have the chance to enjoy taking part or watching sport
- be a valued part of community life
- have positive relationships with friends and family





## How to get help?

You have the right to a Carers' Needs Assessment with your council to work out what help you need. This could be help for you or extra help for the person you care for.

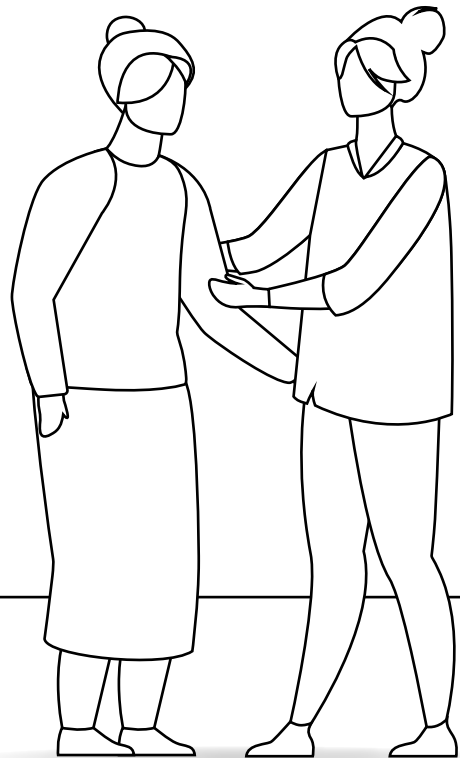
Help may be provided by your council or other organisations. Local charities & carer centres may offer peer support groups, counselling, benefit advice & other services.

You should tell healthcare professionals and your employer. If you are a young carer in school or college you should tell your teachers or lecturers.

## So who is an unpaid carer?

- Carers can be any age and may be juggling caring with work or education
- May be caring 24hrs/day or just a few hours per week
- Some carers look after more than one person
- Some people won't think of themselves as an unpaid carer and this could prevent them asking for the help they need.

[carers.org/wales](https://carers.org/wales)   [carersuk.org/wales](https://carersuk.org/wales)



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