

# Your rights as a carer

You're an unpaid carer if you look after, or give any help or support to family members, friends, neighbours or others because of long-term physical or mental ill-health or disability, or issues related to growing older.

As a carer, you've certain rights that can help make your life that bit easier.

You have the right to:

- receive information, advice and assistance from your Local Authority about support services like practical help at home, support groups near you, or counselling to help deal with stress.
- have help looking after yourself, including the right to request flexible working from your employer or arrange respite care to give you a break.
- have your views taken into consideration by social services when they're deciding how best to meet the needs of the person you care for.

If your needs as a carer cannot be met by the information, advice and assistance from your Local Authority you've the right to a Carers Needs Assessment, and the right for any eligible needs identified through it to be met.

You may also have the right to:

- financial support through Carer's Allowance

## How do I get support?

The best place to start is to contact your local council. The council's contact number should be in your phone book or on their website.

## How do I arrange a Carers Needs Assessment?

Call your local council's social services department to ask for one. The person you care for is entitled to a separate needs assessment, and this should also take into account your role as a carer.

## Further support

.....  
If you want to find out more about your rights as a carer you can look at this guide online [Understanding your rights as a carer.](#)

Contact Age Cymru Advice on 08000 223 444 available 9:30am to 4:30pm, Monday to Friday or email [advice@agecymru.org.uk](mailto:advice@agecymru.org.uk)

Visit [www.carers.org](http://www.carers.org) or contact Carers Trust Wales on 0300 7729702

.....  
Email: [carers@agecymru.org.uk](mailto:carers@agecymru.org.uk)

Visit: [www.agecymru.org.uk/carers](http://www.agecymru.org.uk/carers)

Age Cymru and Carers Trust Wales are working in partnership to develop person-centred service models to identify, and better meet the needs of older carers and carers of people living with dementia, funded by the Welsh Government Sustainable Social Services Third Sector Grant.