



Carers Rights Day

Supporting carers in your workforce

Friday 30 November 2018

Each year Carers UK hold Carers Rights Day to bring organisations across the UK together to help carers know their rights and find out how to get the help and support they are entitled to.

Did you know?

- 1 in 9 in your workforce will be caring for someone who is older, disabled or seriously ill.

Carers Rights Day 2018: Caring for Your Future

By recognising the needs of carers, you can support staff with caring responsibilities to continue working in the future.

Get involved

Whether you host a coffee morning or an information stand, there are lots of ways that you get involved and support carers in your workforce. Use our advice and checklist below to get started.

Advice for employers

1. People may not identify themselves as carers. Use explanatory questions such as 'Do you look after someone who can't manage without your help?' rather than 'Are you a carer?'
2. Publicise your activity and give carers plenty of notice. This might involve contacting your local newspaper or trade press or putting up posters in work.
3. Follow up on your activity by telling staff that it took place and who was involved. This will raise awareness among employees and managers who couldn't attend.

Resources

[Your Rights in Work factsheet](#) – everything you need to know about your statutory rights in work.

[Looking after someone guide](#) - our guide for anyone caring for someone.

[Upfront](#) – Carers UK's personalised online guide to caring.

Your Carers Rights Day checklist

1. Start your plans



- Arrange an information stand.
- Hold a talk on caring in your workplace.
- [Care for a Cuppa?](#) Run a coffee morning to raise valuable funds and awareness of carers' rights.

2. Organise your event



- [Register your event](#) on the Carers UK website.
- Once you've registered, you can order your free Carers Rights Day pack.
- Use your intranet and social media to promote information on caring. Don't forget to use the #CarersRightsDay hashtag on social media.
- Involve employees with caring responsibilities in the planning of your event to ensure it will resonate with other carers.

3. Support working carers



- Set up a carers' network for staff/promote your established network.
- Review your policies and practices to ensure they refer to caring situations and carers. If you already have carer-friendly policies, promote them.
- Make Carers UK your [charity partner](#) – help us continue to be there for carers with information and support.
- Introduce a [Workplace Champion](#) to raise the profile of carers in your workplace.
- Become a member of [Employers for Carers \(EfC\)](#) alongside over 100 other employers receiving advice, resources and support from the EfC team who have over 15 years' experience in the field of carers and employment.

“We want to make our workplace as inclusive as possible. Being a member of Employers for Carers allows us to understand the impact caring can have. As a growing number of people have caring responsibilities it's important we enable colleagues to do their caring role alongside their work.”

Financial Ombudsman Service, Employers for Carers member

