

# Top tips for our working carers

## 1. Speak to you manager and talk about a contingency plan if you may have to be off at short notice

Carers do have statutory rights to address these needs.

The Work and Families Act 2006 and the Employment Rights Act 1996 give working carers rights to help them balance work and caring.

All employees have a right to request flexible working after they have worked for the same employer for 26 weeks (six months), as long as they haven't already made a flexible working request within the last 12 months.

Flexible working is to help staff with caring responsibilities to continue working

### Examples

- home working
- part-time working
- term-time
- working staggered hours working
- working compressed hours

<https://doris.dhc.nhs.uk/hr/toolkit/flexible-working>

Special Leave is normally short-term and may be with or without pay and intended to help staff balance the dual demands of their home and work responsibilities at times of unforeseen need through the provision of paid or unpaid leave.

[https://doris.dhc.nhs.uk/application/files/7414/9925/0415/Special\\_Leave\\_Guidelines\\_for\\_Managers\\_and\\_Employees\\_IN-131a.pdf](https://doris.dhc.nhs.uk/application/files/7414/9925/0415/Special_Leave_Guidelines_for_Managers_and_Employees_IN-131a.pdf)

## 2. Get support for yourself

### Care first

Care first provide online or freephone counselling at any time night or day to DHC staff. For free, confidential advice and support call 0800 174379 or access Care first Lifestyle (login: dhuft, password: wellbeing).

### Carers are entitled to a Carers assessment under the Carer Act 2014

This is an assessment to look at what support **YOU** as a carer might need to help continue in your caring role.

Contact below to find out more

#### Carer Support Dorset

0800 3688349 [www.carersupportdorset.co.uk](http://www.carersupportdorset.co.uk)

#### Carers' Resource Information and Support (CRISP) for Bournemouth, Poole and Christchurch

01202 458204 [www.crispweb.org](http://www.crispweb.org)

#### Department of Work and Pensions

Carers Allowance - 0345 608 4321

Attendance Allowance - 0345 6056055

[www.gov.uk/carers-uk](http://www.gov.uk/carers-uk)

## **Leonardo Trust**

**Call 01202 698325**

[www.leonardotrust.org](http://www.leonardotrust.org)

The Leonardo Trust can help:

- An unpaid carer who is caring for another irrespective of relationship without discrimination or bias.
- The carer who is caring for approximately 75% of their time. The carer can work on a part time basis.
- A carer who is registered with social services.
- A carer receiving/not receiving benefits.
- A carer with/without savings.

We can provide funding for:

- Respite breaks & short holidays
- Cash crisis donations up to £150
- Home services (ironing, gardeners, maintenance and repairs)
- Appliances
- Installation of access equipment
- Social activities
- Leisure activities

## **Carers Direct Helpline (NHS Direct)**

If you need help with your caring role and want to talk to someone about what options are available to you.

The helpline is open from 8am to 9pm Monday to Friday, and from 11am to 4pm, at weekends. Calls cost the same as 01 or 02 number (also known as geographic numbers).

Helpline number: 0300 123 1053

**Age UK** – for older people, their families, friends and carers

Call 0800 055 6112 Helpline open: every day of the year, 8am to 7pm

## **Silverline**

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. Call us ANYTIME on: 0800 4 70 80 90

## **Useful websites**

[www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support](http://www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support)

[www.ageuk.org.uk/information-advice/care/helping-a-loved-one/my-caring-role-has-changed](http://www.ageuk.org.uk/information-advice/care/helping-a-loved-one/my-caring-role-has-changed)

[www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/dementia](http://www.dorsethealthcare.nhs.uk/patients-and-visitors/our-services-hospitals/mental-health/dementia)

<https://www.dorsethealthcare.nhs.uk/patients-and-visitors/carers>

## **3. Make sure you are register as a carer at your GP Practice**

#### **4. If you become ill**

Can you use social media to keep in touch example skype, facetime, telephone

Can another family member/ friend or neighbour help support your cared for

Contact adult social care emergency contact details

##### **For Dorset**

Office hours: 01305 221016

Out of hours: 01202 657279

Email: [adultaccess@dorsetcc.gov.uk](mailto:adultaccess@dorsetcc.gov.uk)

##### **For Bournemouth/Christchurch /Poole**

Office hours: Care Direct: 01202 454979

Out of Hours: 0300 123 9895

[www.mylifemycare.com](http://www.mylifemycare.com)