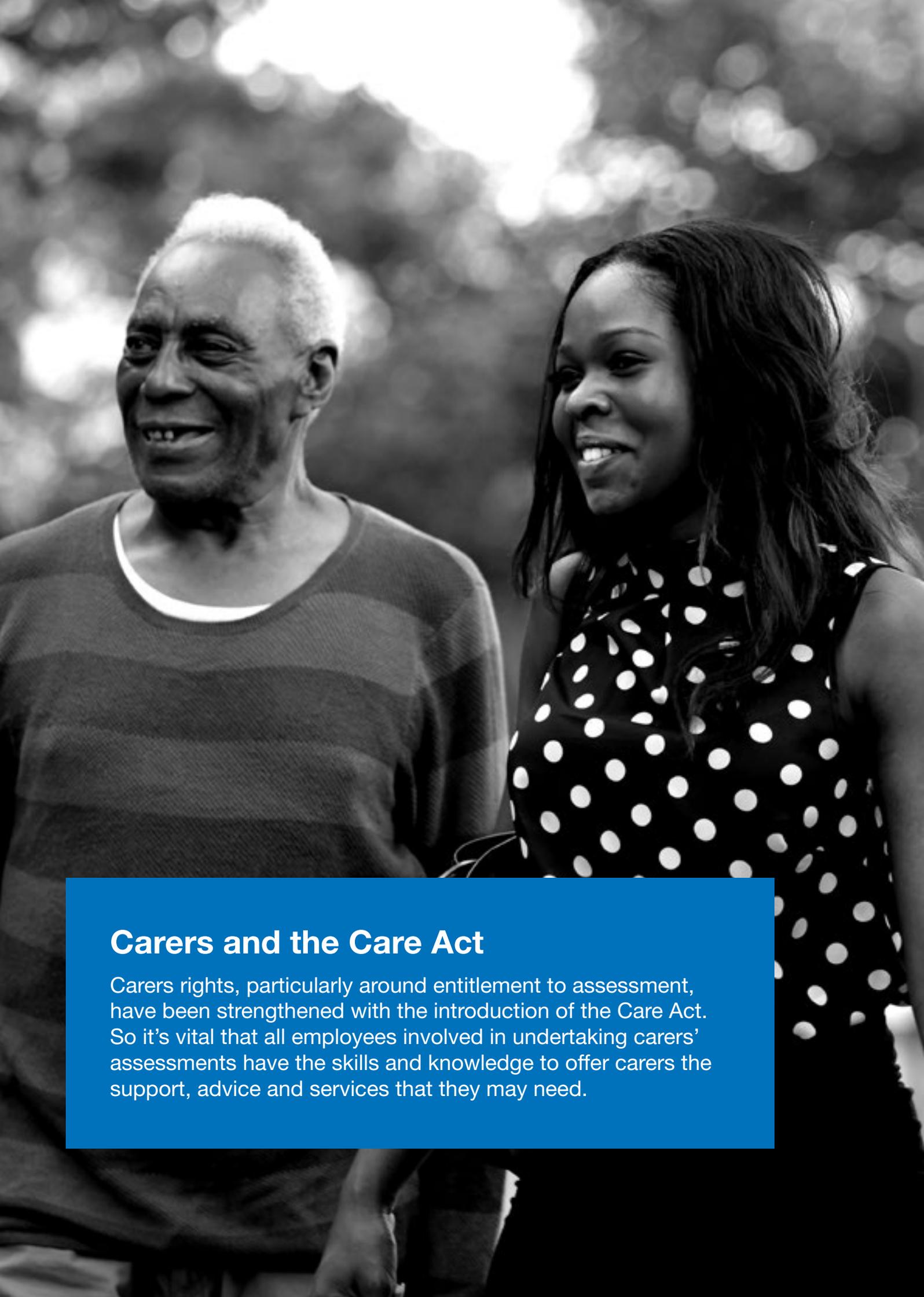


Helping you to support carers



A carer is defined as someone who spends a significant proportion of their life providing unpaid support to a family member or friend. This could be due to illness, disability, a mental health problem or an addiction. Social care services have a vital role to play in ensuring that carers are at the heart of the social care system and are treated as expert partners in the care of their family member or friend.

Skills for Care supports government strategy to improve the lives of the millions of carers living in England.



Carers and the Care Act

Carers rights, particularly around entitlement to assessment, have been strengthened with the introduction of the Care Act. So it's vital that all employees involved in undertaking carers' assessments have the skills and knowledge to offer carers the support, advice and services that they may need.

We've created a number of tools and resources to help you identify and support carers you come into contact with.

They can be downloaded from our website at www.skillsforcare.org.uk/carers



Common core principles for working with carers

Our **Common core principles for working with carers** describe the behaviours carers would like to see when professionals are working with them.

Developed in partnership with Skills for Health, they provide a base for good practice and training for social care and health staff.

Understanding the needs of carers

Our **Carers matter – everybody's business** resource helps you to understand the needs of carers through the learning and development of staff.

It's available in three parts which act as tools to help enable training courses.

Part 1: An introduction to supporting carers better through learning and development of staff.

Part 2: A guide to supporting carers better through staff learning and development.

Part 3: Supporting resources to enable learning and development of staff that support carers.

Carers' assessments

Our free e-learning course **Carers' assessments: getting it right** is available to anyone who carries out adult carers' assessments.

Based upon the common core principles, it offers advice and best practice guidance on how to prepare for and conduct statutory carers' assessments to achieve the best outcomes for carers.

The course was developed with the Carers Trust and is split into four sections:

1. **identifying carers and the implications of caring**
2. **the purpose of assessments and overcoming barriers**
3. **conducting an assessment**
4. **support planning.**



We've also developed two guides that support the e-learning, but they can be used as standalone resources.

Carers and communities is a guide to understanding why carers need communities and communities need carers, leading to better outcomes for all.

Assessing carer's needs - a short guide to taking account of everyone in the family who cares is aimed at those working with carers and families. It will help you take a whole family approach to a carers' assessment and support planning, ensuring families are supported in the best way to care for as long as they wish, or are able, to do so.

Guidance on supporting carers of those with dementia

We have resources that offer practical guidance on supporting family and friend carers of people with dementia.

Dementia: workers and carers together and ***Dementia and carer: workers resources*** were developed jointly with Dementia UK.

The guidance includes hands on advice for care workers based on typical experiences of family and friends who are caring for a person with dementia. The resources aim to encourage those in social care to actively support the carer as well as the person with dementia.



Carers in the workforce

Our ***Carers in your workforce matter*** guidance for employers aims to raise the awareness and importance of carers in the social care workforce.

It shows what can be done to support them, update their skills and prevent them having to leave the workforce in ten practical sessions.

We've also developed ***Balancing work and care***, a resource for carers, social care employers and staff alike. It sets out basic information about carers at work including how their employer might be able to help them, their legal rights at work, practical help with caring and further sources of advice and support.

To download all of these resources and access further information that you may find useful, please visit our website:

www.skillsforcare.org.uk/carers

