

CARERS RIGHTS DAY

25th November 2021



Each year Carers Rights Day brings organisations together to help carers in the local community to understand their rights and find out how to get the help and support they are entitled to.

Having the right information at the right time can make a huge difference when you're looking after someone.

Register with your GP as a carer

Tell your GP that you have caring responsibilities as soon as possible. They can then record this on your medical records. If they know you are a carer and likely to be under pressure at times, they will be able to offer more tailored advice and, if necessary, provide more support when they diagnose and treat you in the future.

Get a benefits check

Carer's Allowance is known as the main benefit for carers. But not everyone is eligible to claim it, so it's a good idea to arrange a benefits check to see what financial support you may be entitled to.

Contact the Citizens Advice for more information on benefits.

Age UK Notts are able to offer impartial, independent, and confidential information, signposting, and advice on a range of topics relating to benefits and money to our clients for anyone over aged over 50. Call **0115 844 0011** or email **info@ageuknotts.org.uk**

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Find out about practical support

You may need practical support to help you care, like short breaks, equipment to help make caring easier or information about local groups that can help. Contact

Nottinghamshire County Council to discuss your needs as a carer or the needs of the person you care for, or to apply for a Carers Emergency Card, call **0300 500 8080**

Connect with other carers

Caring can be isolating. When we're looking after someone, it's not always easy to find people who really know what caring is like and are able to give us help and understanding. There are carer support groups that can help you meet other carers, as well as access local advice and support.

There is support, advice and information available for carers and you can access this support by contacting [Nottinghamshire Carers Hub](#) by calling **0115 824 8824**