

# Top tips if you have caring responsibilities

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but balancing work and caring without the right support can have an impact on your health, your job, your finances and your social life.

Having the right information at the right time can make a huge difference for you and the person you look after. Here are some important tips from us and Carers UK for all those who are caring for someone whilst working.



## Carer's leave

In 2024 it became a statutory right to allow unpaid Carer's Leave for employees who have caring responsibilities. Ask your employer for more details and the process you need to follow if you need to take this leave. This is in addition to your organisation's annual leave policy.



## Talk to your employer

Be as open as you feel able about your caring situation to enable your manager to provide support. Take advantage of the help available and if possible connect with other carers at your workplace.



## Find support where you live

Check your local council website and Carers UK's local directory which provides details of local carers organisations across the UK and local council social services departments: [www.carersuk.org/help-and-advice/get-support/local-support](http://www.carersuk.org/help-and-advice/get-support/local-support)



## Local support groups

Identify other support groups such as community and voluntary services, carers groups and condition specific charities (e.g. Alzheimer's Society, Macmillan Cancer Support) to see what support they can offer you and the person you care for.



## Local Authority Services

Local councils have a legal duty to carry out a needs assessment once they become aware of a person/child's potential needs for support. Ask for an assessment by contacting the local council's social services department who will identify what help and support you need. Find your local authority here [www.gov.uk/apply-needs-assessment-social-services](http://www.gov.uk/apply-needs-assessment-social-services)



## Look after yourself

Looking after your own needs is so important when you have caring responsibilities. It's all too easy to become exhausted and burnt out with everything you're juggling. Make time (even if it's just a few minutes) to focus on your physical health and emotional wellbeing so that you can be stronger and more resilient for those you look after. Our free [Health and Wellbeing app](#) may help.



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