

# Your Rights as an Unpaid Carer

## Register as an unpaid carer with your GP

If you are providing unpaid care, you have the right to be identified as a carer with your GP surgery. Registering will ensure you are contacted regarding any public health campaigns (e.g vaccines) and should also make things easier when discussing the needs of the person you care for if you are patients of the same practice.

## Flu and COVID-19 vaccinations

As an unpaid carer, you are entitled to a free flu jab, and priority bookings for COVID-19 vaccinations and boosters.

## Hospital discharge

If you are an unpaid carer and the person you care for is being discharged from hospital, the hospital must identify and consult with you, where possible.

## Right to request flexible working

You have the right to request flexible working if you provide unpaid care. However, it is up to your employer and the policies they have in place as to whether you are granted flexible working. **From 2024** all Carers are now entitled to unpaid leave for their caring responsibilities.

## Protection from discrimination

The [Equality Act 2010](#) is the law that protects you from being unfairly treated on the grounds of age, disability, race, religious beliefs, sex, sexual orientation, gender reassignment, marriage or civil partnership and pregnancy. If you look after an older or disabled person, you are protected against discrimination because of your association with that person.

## Carer's Assessments

If you are over the age of 18 and provide unpaid care, you are entitled to a Carer's Assessment. In the London Borough of Bromley, Carer's Assessments are carried out by Bromley Council.

A Carer's Assessment is a chance to discuss with the Council what support or services you need. The assessment will look at how caring affects your life, including for example, physical, mental and emotional needs, and whether you are able or willing to carry on caring. You can request a Carer's Assessment regardless of the type or amount of unpaid care you provide. You do not need to be in receipt of Carer's Allowance. The person you care for does not need to have been assessed by the local authority.

If you share caring responsibilities with another person, you are both entitled to a Carer's Assessment.

Carer's Assessments should focus on the needs of the carer, and not the person they look after. For more information and what might happen after the assessment, visit Carers UK website: <https://www.carersuk.org/help-and-advice/practical-support/carers-assessment/>

## Free Entry to Visitor Attractions

Many visitor attractions and leisure facilities will offer unpaid carers free entry if you are supporting the person you care for. If the person you care for has to have you with them to be able to use a service (for example, to go to a visitor attraction) then they are covered by the **Equality Act 2010**.

Every visitor attraction and leisure facility will have its own policy but many will not charge you to accompany the person you care for if they can't go without you.

For further information or to appeal, visit Carers Trust: <https://carers.org/out-and-about/free-entry-for-carers-to-visitor-attractions>

### How do you request a Carer's Assessment in Bromley?

Contact Adult Early Intervention service to request an assessment over the phone, via email, post or by completing their online form. In some cases you may be directed to another local authority service.

**Telephone: 020 8461 7777 Email:** [adult.early.intervention@bromley.gov.uk](mailto:adult.early.intervention@bromley.gov.uk)

**Online form:** [www.bromley.gov.uk/CarersAssessmentForm](http://www.bromley.gov.uk/CarersAssessmentForm)

**Address:** Adult Early Intervention, Civic Centre, Stockwell Close, BR1 3U



### Help and Advice, including what happens after a Carer's Assessment?

Carers UK provides online advice and information on financial support, practical help, and carers' rights, including workplace entitlements.

**Website:** <https://www.carersuk.org/>

For more information and what might happen after the assessment, visit:

**<https://www.carersuk.org/help-and-advice/practical-support/carers-assessment/>**



### Help and Advice from Carers Trust

Carers Trust offers online resources on financial assistance, health and wellbeing, legal rights, and local support services, along with tools for managing specific conditions. Bromley Well, a network partner of Carers Trust, has won the Excellence Award for their outstanding support services.

**Website:** <https://carers.org/>



Hospital Discharge Advocacy services can be extremely useful if you or the person you care for is admitted to hospital. Advocacy First is one such service providing advocacy for residents of Bromley or non-residents who are in Bromley Borough Hospitals. Their aim is to "listen to you to find out what you want and give you all the options available for you to choose about when you leave hospital" and includes the same for families or carers of the inpatient.

**Telephone: 020 8460 6712**

**E-mail:** [info@advocacyfirst.org.uk](mailto:info@advocacyfirst.org.uk)

**Website:** [www.advocacyfirst.org.uk](http://www.advocacyfirst.org.uk)



Employment Advice Acas is an independent government body providing free advice and guidance on employment rights, best practice and workplace disputes.

**Telephone: 0300 123 1100**

**Website:** [www.acas.org.uk](http://www.acas.org.uk)



**Freephone: 0808 278 7898**  
**Online referral: [www.bromleywell.org.uk/refer](http://www.bromleywell.org.uk/refer)**

**Bromley Well**