

Carers have the right to...

be consulted on hospital discharge

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

Read our information on preparing for when someone is leaving hospital: carersuk.org/coming-out-of-hospital



Carers have the right to...

receive a Carer's Assessment

Many carers find it easier to continue in their caring role if they can get some assistance. If it appears that they have needs for support, they can have a Carer's Assessment.

Find out how to get your carer's assessment at carersuk.org/carers-assessment

Carers have the right to...

request to be identified as a carer

If you provide unpaid care, you can ask your GP practice to identify you as a carer on your patient record and might be called forward for flu jabs or other public health campaigns.

Download our letter template to ask that your GP recognises you as a carer: carersuk.org/GP-letter

Carers have the right to...

protection from discrimination

If you look after an older or disabled person, the law - under the Equality Act 2010 - protects you against direct discrimination or harassment because of your caring responsibilities.

Find out more about your rights under the Equality Act: carersuk.org/discrimination

Carers have the right to...

request a free flu jab

Worried about becoming ill and unable to cope this winter? Carers have the right to request a free flu jab to protect themselves and the person they care for.

Find out more about eligibility for carers: carersuk.org/flu-jabs

Carers have the right to...

request flexible working

Juggling work and care can be very challenging, so it's important to understand the rights you have both in law and with your employer.

Check out our videos, guides and factsheet on requesting flexible working: carersuk.org/flexible-working

