



Department  
of Health &  
Social Care

# Carers Action Plan

2018 to 2020

Supporting carers today



June 2018





## What is in this plan

	Page
About this plan	3
What the Government and others will work on:	5
1. Health and social care services that work for carers	5
2. Work and money	7
3. Support for young carers	9
4. Helping everyone support carers	11
5. Better information about carers	13
What next?	13



## About this plan

We are the Government.



This plan is about work the Government will do in the next two years to support carers in England.



Carers look after or help someone who needs extra support.

This could be someone in their family, a friend or a neighbour.

They do not get paid for this.

There are more and more carers in England.



Carers do very important work.

But many carers don't get the support they need.



We want this plan to make life better for carers.

Many people will work on this plan.

For example:

- different parts of the Government
- health and care organisations
- groups that support carers and other local groups
- companies

Some of the work has already started.

Before we made this plan, we asked carers what they thought about their caring role.

We used what they said to help make this plan.



# What the Government and others will work on

## 1. Health and social care services that work for carers



All carers should get the right support from health and social care services.

Social care is support that people can get to look after themselves.

For example, carers may need support to take a break from caring for someone.



This plan will help to make sure that health and social care staff:

- Know who carers are and the important work they do
- Listen to carers and work with them in the best way
- Give carers information and support that is right for them





For example, we will help doctors' surgeries find out who carers are and give them better support.

There will be information and questions to help doctors' surgeries check how well they are doing.



We are working on better support for older carers and carers who look after someone with dementia.



We will help carers take breaks from caring for someone in a way that suits them.

We will help health and social care organisations know how to support carers with this.



We are looking at how people and their carers can have one plan about all the healthcare and support they need.

## 2. Work and money



Many carers find it hard to be a carer, look after themselves and go to work.

This plan will help to make sure that:



- Companies give carers better support.  
For example, companies could let carers change the hours or days they work if they need to
- Carers get better support to go back to work after caring for someone



- Carers get better information and advice about money and benefits.

Benefits is money that some people can get from the Government to help them.

- Benefits for carers are right for carers and help them work if they can



For example, we will:

- Make information for companies to help them check how well they support carers



- Support new projects that make it easier for carers to go back to work and do well

- Look at extra rights that carers who work might need



We are working to help carers think about the skills they have as carers and how to use these skills.

There will be something on the internet to help carers with this.





### 3. Support for young carers

Life can be very hard for young people who are carers.



This plan will help to make sure that:

- Organisations know who young carers are and help them get support more quickly



- Young carers can still go to school, college and university and do well in life



- Young carers get the support they need. For example, support to cope with being a carer

For example:



- We are working to help local organisations know who young carers are and help them get the right support.

This includes carers who might find it hard to speak up or get the right support.



- We are making a plan about better mental health care for children and young people.

Mental health care helps people to cope and feel OK.

Children and young people should get this care as soon as possible if they need it.

This includes young carers.



## 4. Helping everyone support carers

Carers need better support from everyone in the community.

This plan will help to make sure that:

- There is better support for carers in their local communities.

For example, groups that carers can join to get support or meet new people



- More people know about carers and the important work they do.

For example, companies and the public



- There are new ways to support carers and the people they care for



We will give money for new ideas and projects that support carers.

For example, the projects could:

- Give carers advice and support when they need it
- Use the internet, computers and equipment to help carers with their work



We are working to help more carers get a Carer Passport.

A Carer Passport shows that someone is a carer. It helps carers get support and services in their local areas.



We are working to get more Changing Places toilets in hospitals and health places.

These toilets have more room and equipment for disabled people and their carers.

## 5. Better information about carers



We will work to get better information about carers and what they need.

This will help us make good plans in the future.

For example, we will:

- Get better information about what life is like for carers
- Look at information for carers on the internet and how to make it better



## What next?

We will keep checking how this plan is working.

We will make a new plan about social care. We will make sure carers are a big part of that plan.

