



Adult Carers: 'Know Your Rights'

For more than **1,600**₍₁₎ **young people** and **77,000**₍₂₎ **adults** across Derbyshire, Thursday 20th November will be much like any other Thursday – spent selflessly supporting a friend or family member who relies on them due to disability, physical or mental ill health, addiction, or frailty.

The value of unpaid care in the UK is estimated at over £162 billion a year(3) – equivalent to the cost of a second NHS. But the emotional, physical, and financial toll of providing this support is immense.

According to the 2021 Census:

- 1.2 million Carers live in poverty
- 1.7 million people care for over 50 hours a week
- Those aged 75 and over are the most likely to be providing the highest number of hours of care(4)

"Unseen. Isolated. Fighting for support." These are the words we hear all too often from those who care for loved ones. So this Carers Rights Day, we want to say:

We see you. We hear you. We are here to support you!

Support will look different for every Carer and every family – but everyone has an equal right to access it.

Your Rights as a Carer

- ✓ The right to an assessment that considers the impact of your caring role on your own wellbeing
- ✓ The right to have your invaluable role acknowledged
- ✓ The right to be respected for your deep understanding of your loved one's needs





- ✓ With consent, the right to be included in decisions about their medical treatment and care
- ✓ If you're employed, the right to one week's unpaid leave per year to support your loved one
- ✓ Above all, the right to be listened to
- Carers' Voice A Platform for Change Through our Carers' Voice programme, we aim to give every unpaid Carer in Derbyshire the opportunity to be heard.

So far this year, Carers' Voice members have:

- Reviewed training for hospital staff on identifying and supporting Carers
- Spoken to the MP for Mid-Derbyshire about the realities of caring
- Met with County Council Commissioners to share what support matters most
- Contributed to the Carers Strategy Refresh for Derby City and Derbyshire
- Collaborated with partners including the University of Staffordshire, Sight Loss Council, WorkPays, and H-Connect
- Shared poetry at the Celebration of Carers at Derby City Cathedral

"Carers' Voice is caring for the Carers." – Carers' Voice member.

We continue to evolve this programme based on what you tell us is most important.



¹ 2011 census. Data not available from the 2021 census.

² Derbyshire Observatory, https://www.carersuk.org/reports/valuing-carers/

⁴ https://www.carersuk.ora/policy-and-research/kev-facts-and-figures/



Get Involved or Access Support

If you'd like to join Carers' Voice:

Email: carersvoice@derbyshirecarers.co.uk

Call: 07816 283550

If you require support:

L Derbyshire All Age Carers Support Service Helpline 01773 833 833 (Mon–Fri, 9am–5pm)

You have a right to support. You have a right to be seen. You have a right to be heard.

