

***‘A carer is anyone who.... cares,
unpaid, for a friend or family
member who due to illness,
disability, a mental health problem
or an addiction cannot cope without
their support.’
(Carers Trust, 2023)***

This resource has been created to provide additional
information for attendees of the Carers seminar at
Lloyd’s on
8 June 2023

Carers Seminar Resource



CITY & HACKNEY CARERS CENTRE & LLOYD'S

8 JUNE 2023

LLOYD'S



Employment rights for Carers

<https://carers.org/downloads/resources-pdfs/working-for-carers/carers-rights-at-work.pdf>

<https://www.carersuk.org/help-and-advice/work-and-career/your-rights-in-work/>

Find out what welfare benefits you or the person you care for may be entitled to through an online benefits calculator

<https://benefits-calculator.turn2us.org.uk/>

Information on Personal Independence payment

You tube video on how to apply for PIP

<https://www.youtube.com/watch?v=BM2FBKdQ7zs>

Citizens Advice Bureau guidance on applying for PIP

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/pip/help-with-your-claim/how-to-claim/>

Information on Attendance Allowance

<https://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/attendance-allowance/>

How to claim for Attendance Allowance

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/attendance-allowance/claiming-attendance-allowance/how-to-claim-attendance-allowance/>

Information on Disability Living Allowance for Children

<https://www.gov.uk/disability-living-allowance-children>

How to claim for DLA

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/disability-living-allowance/help-with-your-dla-claim/how-to-claim-dla/>

Information on Carers Allowance and Carers Credit

How to apply for Carers Allowance

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/carers-allowance/>

Information on Carers Credit - <https://www.gov.uk/carers-credit/eligibility>

Information on Pension Credit

<https://www.gov.uk/pension-credit>

How to apply for Pension Credit

<https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/pension-credit/before-you-claim-pension-credit/check-if-you-can-get-pension-credit/>

Information on Universal Credit

<https://www.gov.uk/universal-credit>

How to apply for Universal Credit

<https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/applying-for-universal-credit/>

Find your local Carers service

Carers Trust

<https://carers.org/help-and-info/carer-services-near-you>

Get information and help on caring

<https://www.carersuk.org/> and <https://carers.org/>

Transport related support

Blue Badge for people with disabilities

<https://www.gov.uk/blue-badge-scheme-information-council>

and

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/help-for-disabled-travellers1/blue-badge-scheme/applying-for-a-blue-badge/>

Taxi Card (London scheme)

<https://www.londoncouncils.gov.uk/services/taxicard>

Dial a ride London <https://tfl.gov.uk/modes/dial-a-ride/>

Aids and adaptations

Assistive technology (telecare etc)

<https://www.theaccessgroup.com/en-gb/health-social-care/software/digital-telecare/what-is-telecare/#:~:text=Telecare%20refers%20to%20monitoring%20systems,independence%20in%20their%20own%>

Equipment for the home <https://www.nhs.uk/conditions/social-care-and-support-guide/care-services-equipment-and-care-homes/household-gadgets-and-equipment-to-make-life-easier/>

Information Legal matters

Lasting Power of Attorney

<https://www.youtube.com/watch?v=1jGYYgpzkqo&t=2s>

and <https://www.gov.uk/power-of-attorney>

Advance Decisions <https://www.mind.org.uk/information-support/legal-rights/mental-capacity-act-2005/advance-decisions/>

Mental Capacity Act -

<https://www.nhs.uk/conditions/social-care-and-support-guide/making-decisions-for-someone-else/mental-capacity-act/>

Information on Caring for yourself

There are lots of mindfulness sessions, breathing techniques and short Yoga sessions on City & Hackney Carers You Tube Channel

<https://www.youtube.com/@HackneyCarersCentre>

5 to thrive is a recognised approach to supporting wellbeing <https://www.fivetothrive.net/>

Tips for looking after yourself when caring for others <https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/looking-after-yourself/>

Some practical steps you can take to look after your own needs <https://carers.org/taking-care-of-yourself/taking-care-of-yourself>

Tips for Carers from Marie Curie

<https://www.mariecurie.org.uk/blog/tips-for-carers/169949>

