



## Carers Rights Day Checklist

**Use this checklist to ensure you're aware of and accessing all your rights as an adult unpaid carer in the UK**

- Carer's Assessment: You have the right to a free assessment of your needs as a carer
- Carer's Allowance: You may be eligible for this financial support if you care for someone for at least 35 hours a week
- Attendance Allowance helps the cared-for person with extra costs if they have a disability severe enough that they need someone to help look after them
- Flexible working: You have the right to request flexible working arrangements from your employer
- Time off for dependants: You're entitled to take reasonable time off work to deal with emergencies involving the person you care for
- Respite care: You have the right to request respite care to take a break from your caring responsibilities
- NHS Continuing Healthcare: The person you care for might be eligible for free social care arranged and funded by the NHS
- Council Tax reduction: You may be eligible for a discount on your council tax bill.
- Carer's Credit: This helps fill gaps in your National Insurance record if you're not able to work due to caring responsibilities
- Direct Payments: You might be able to receive payments to arrange care and support services yourself
- Free NHS Health Check: You're entitled to a free health check every 5 years if you're aged 40-74

Call 0300 303 0201 or email [carerscentral@drcbeds.org.uk](mailto:carerscentral@drcbeds.org.uk) for help and support for unpaid carers in Luton.

Visit [www.carerscentral.org.uk](http://www.carerscentral.org.uk)

Carers Central is a free service provided by The Disability Resource Centre funded by Luton Council. The Disability Resource Centre is a registered charity no. 1041712. Room 1, The Rufus Centre, Steppingley Road, Flitwick, Bedfordshire, MK45 1AH.