



# Carers Charter 2022-25

This Carers Charter has been developed with unpaid carers in Barking and Dagenham who provide valuable support to loved ones. The charter outlines the commitment to carers across the borough including our partners and how we will help them in their caring role.



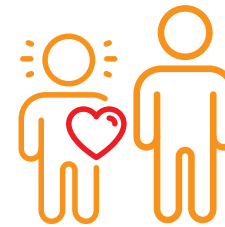
## Working together for carers

1. I have help at an early stage.
2. I want friendly professionals who understand my role as a carer and listen to me.
3. I am recognised as an expert and equal partner of care with my views and opinions valued and respected.
4. I want to access a range of support, including breaks from my caring responsibilities, to help me live my life and continue to carry on with my caring role.



## Carers wellbeing and employment

1. I have access to information and advice to help me look after my own mental and physical health.
2. I can access an effective response from health and social care to address changes in my loved ones needs, for instance increase in care package so that I can return to work quickly.
3. I am supported to maximise my income including accessing benefits.
4. I am supported with my caring responsibilities so that I can continue to work or study.



## Supporting young carers

1. I can attend carers support groups and activities with young carers that understand what I am going through.
2. I can access help to support me with my mental health and wellbeing.
3. I am able to focus on my future and my studies without impacting on my caring role, including university, training, apprenticeships and employment options.
4. My school or college understands my caring role and I feel supported.



## Carers in the wider community

1. I recognise I may need help both in my caring role and in maintaining my own health and well-being.
2. I can access a carers needs assessment when I need it.
3. I want to be able to find out information about what services are available in the community.
4. Information is shared with me and other professionals to raise awareness and signposted appropriately.