

Carers
First



New to caring

FAQs

Carer's Compass

Navigating caring when you are new to your caring role

Embarking on a caring role, particularly while juggling work or other commitments, can feel overwhelming. With so much to consider, it's natural to have questions and uncertainties.

This FAQ guide is here to empower you with essential answers and provide clarity and confidence in your caring journey. Whether you're new to caring or seeking additional support, we aim to address common questions and concerns that carers in your position may encounter. From understanding the challenges and responsibilities to navigating available support systems, read this document to help you navigate this new chapter.

Contact us

Carers First understands that caring can be hard, but we believe getting the right help shouldn't be. Obtaining relevant support can be a challenge, but with it, carers can thrive. This is why we provide a range of services, offering carers information, guidance and practical help – online, by phone and face-to-face in the local community.

Please see the **[Carers First website](#)** for more information, email us at **hello@carersfirst.org.uk** or call our helpline on **0300 303 1555** for information and support to help you in your caring role.

[carersfirst.org.uk](https://www.carersfirst.org.uk)

0300 303 1555

The person you're caring for

Looking after someone can be a hugely rewarding experience, but we also know it can be difficult at times, especially without access to the right support.

What documents are required for a Carer's Assessment?

Gather details about your caring responsibilities, challenges, and desired support. The assessment aims to identify your needs as a carer. For further information, visit the Carers First website and navigate to the Carer's Assessment tab.

How can I ensure my home is safe for the person I care for?

Request a free Safe and Well assessment from your local fire station to identify and address potential safety hazards.

Can you explain what a Power of Attorney is and why it's important?

Power of Attorney grants you the authority to make decisions for the person you care for in the event they are unable to do so themselves. It's vital for planning and ensuring their wishes are honoured. For more details, please visit the Carers First website and explore the Power of Attorney section.

What should I include in the medical information and conditions list for the person I care for?

List medications, allergies, medical conditions, and emergency contact details. Keep this information updated and easily accessible.



Finance

It's common to worry about the financial impact of becoming a carer, especially if you must leave your job or if the person you are caring for needs specialised care or equipment. However, there is a range of financial support that you may be eligible for. Knowing where to find it and how to request assistance can make all the difference.



Is financial support available if I'm struggling due to my care responsibilities?

Discover potential benefits and grants accessible to carers, if you feel like you need support financially, consider reaching out to local support services or charitable organisations for assistance.

How do I know if I'm eligible for Carer's Allowance?

Eligibility criteria for Carer's Allowance include providing at least 35 hours of care weekly to someone receiving a qualifying disability benefit. Contact the Carer's Allowance Unit for specific details or find out more by going to the Carer's Allowance page on the Carers First Website.

Is there financial support available for the person I care for?

Yes, help them apply for benefits like Personal Independence Payment (PIP) or Employment and Support Allowance (ESA) based on their health condition or disability.

Working and Caring

Balancing work and caring responsibilities can be demanding. Open communication with your employer and exploring flexible work arrangements can help ease the strain.

Is it necessary for you to disclose your caring responsibilities to employers or learning providers?

While it's not compulsory to disclose your caring role if you're uncomfortable doing so, reflecting on your caring experience can discover new opportunities and enhance your CV, making you more appealing to potential employers and educators.

What should you consider before getting back to work after a period of caring?

Reflect on the transferable skills acquired through caring, evaluate your financial status and entitlements to benefits, and investigate job prospects that match your interests and abilities.

How can I balance my caring responsibilities with my work?

You can balance your responsibilities by understanding your right to work, such as flexible working arrangements or time off for emergencies. Explore options like carer's leave or parental leave if applicable.



Wellbeing

Almost **1/3**

Carers reported their mental health was affected by their caring role.

Over **60%**

Carers reported their physical health deteriorated due to their caring role.

In addition, carers often neglect their own health, consumed by the demands of caring for others. It's crucial to prioritise self-care and remember that your wellbeing is just as important as that of the person you're caring for.

Are mental health and well-being support services available for carers?

Certainly, you can explore options such as counselling or participation in support groups tailored to the needs of carers. Additionally, consult your GP for recommendations on accessible mental health resources and assistance. Remember, prioritising your mental health is essential in ensuring effective caring.

How can I find local support groups for carers?

Connect with local carer support organisations, community centres, or check online platforms to find support groups such as Carers First groups and events, where you can share experiences and advice with other carers.

How can I connect with other carers and share experiences?

Attend local events, workshops, or support groups organised by carer support organisations. Online forums and social media groups can also be valuable platforms for connecting with fellow carers. You can find more information about upcoming events on the Carers First website.



Carers First

Stay in touch

Helpline: **0300 303 1555**

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