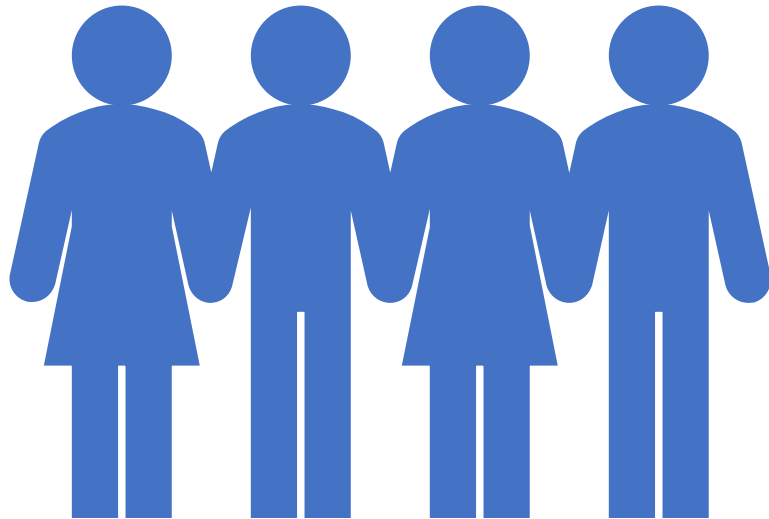


Carers Rights Day 2023

Thursday 23rd November

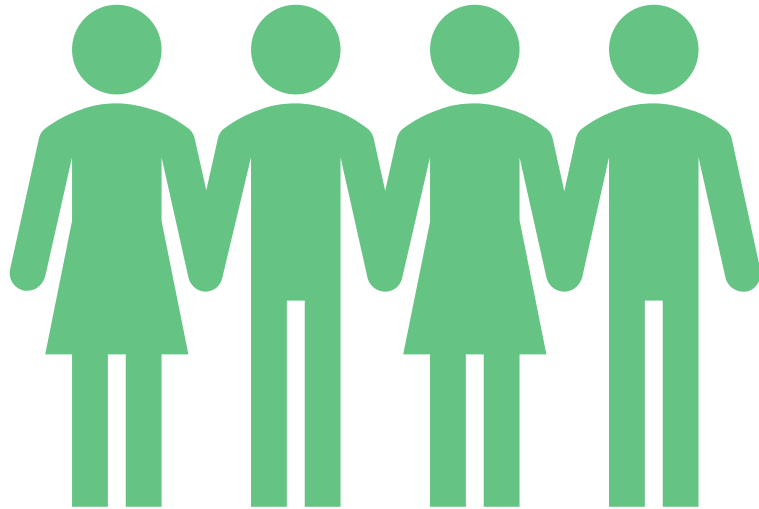


Your rights as a Carer of someone in a secure mental health hospital:

- The right to a free carers assessment, which is carried out by the local authority to help identify your needs for support
- The right to be identified as a carer. This helps to ensure you can access certain benefits such as free flu jabs and covid vaccinations.
 - The right to be protected against direct discrimination or harassment.
 - The right to request flexible working.
- The right to be consulted about discharge for the person you care for.
- Carers will soon have a legal right to request up to five days unpaid leave (every 12 months), under the Carers Leave Act 2023, which will be enacted in 2024.

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What you should expect as a Carer of someone in a secure mental health hospital:

- Clear information about the service should be provided to carers at the point of admission, this may include a Welcome Pack or Carers Passport.
 - Be given a named contact at the earliest opportunity.
- Offered an 'induction' or welcome meeting, either face to face, by telephone or virtually, with members of the team. This is an opportunity for carers to be listened to and information to be shared.
- Staff should always be warm, welcoming and compassionate in their interactions with carers.
 - Signposting to alternative/external support such as community support groups and independent advocacy service.
- Carers should be routinely involved in relevant points of care, such as ward rounds, Care Programme Approach (CPA) meetings, where possible and when consent is given.
- Service users should be supported to maintain active contact with family and friends, including face to face visits, within the scope of leave restrictions.