



Being carer-friendly

Is your organisation aware of unpaid carers and their needs?

Find out more about people who are looking after a family member or friend with a disability or long-term illness. Your support can make a difference.



caringtogether.org



More than three in five of us will be an unpaid carer at some point in our lifetime.

Are you:

- An employer?
- Working as a health or social care provider?
- Involved in education whether with a school, college or university?
- Running a community-based organisation?

You will be in contact with people who look after a family member or friend.

Your company or organisation can play an important role in unpaid carers being recognised and getting the support they need.

Our charity is here to help you to do this, and to support unpaid carers.

Did you know?

- One in five people are giving unpaid support or care to someone.*
- 73% of people who are providing, or have provided, unpaid care do not recognise themselves as a carer.*
- More than three in five of us will be an unpaid carer at some point in our lives.**

*I care: Carers Week report on unpaid carer identification - June 2023

**Will I care? – Carers UK – November 2019

Where you may meet unpaid carers

You may meet people who are helping to look after a family member or friend in a range of situations. For example, in the following places:

- Your workplace.
- Medical appointments – their own or those of the person they look after.
- School, college or university - children as young as five years old may have caring responsibilities.
- Your local community, this could include your local library, food bank or community group.

Your organisation can play a vital role in them getting the support they need.

Together we can make a difference

Identifying and supporting unpaid carers benefits them, and makes your organisation more welcoming and inclusive.

We can help you by providing:

- Resources to help raise awareness of unpaid carers.
- Awareness workshops tailored to your organisation.
- Information materials such as posters and leaflets which you can download or request multiple copies at caringtogether.org/resources
- Advice on how your organisation can be carer-friendly.



Carer Friendly Tick Award

Hundreds of other organisations across Cambridgeshire, Peterborough and Norfolk are doing great work to identify and support carers.



Our Carer Friendly Tick Award provides recognition, and let's carers know the organisation is carer-friendly.

Contact us to find out more about the Carer Friendly Tick Award.

Get in touch

To find out more about how we can help your organisation contact:

- 0345 241 0954
- carerfriendlytick@caringtogether.org
- caringtogether.org/companies-and-organisations

Or if you are a carer wanting to know more about our support, you can call us, email hello@caringtogether.org, or visit caringtogether.org

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Registered charity number 1091522.

Caring Together Charity is a company limited by guarantee.

Registered in England and Wales number 4379948.

All information correct at time of printing but subject to change at any time.

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Ver 4.0 Jun 2024 Review Dec 2024

