

Do you look after someone? Are you currently in work?



As a carer, it can be difficult to maintain and balance your work, life and caring role.
Here's a list of tips to help you to do this:

1 Know your rights at work. Look at your internal policies around time-off (including time off for emergencies, carers leave and parental leave).

2 Consider flexible working as an option. You have the right to ask for flexible working from day one of employment.

3 Find someone to talk to at work, for example, a Carers Champion.



4 Make sure you have backup in place in case you have to leave work in a hurry. Build a trusted team around you.

5 Organise your time at work and at home. Review your priorities each day.



6 Don't be afraid to ask for help or support at home, at work, or both. For example, from your local carers centre.



7 Do what you can to get a proper break for yourself, even just half an hour can help.



8 Look after and invest in your own health and wellbeing. Find interests outside of your caring role.

9 Make sure you have/have had a carers assessment.



10 Talk to your employer about the support available in the workplace. This should include any adjustments to your working arrangements in the short or long term.

