SHORT GUIDE

Help for family carers: the short guide

Support for family carers: the short answer from each of our 8 guides, with the address of the full guide.

This is a summary, not the whole story. Each full guide explains the conditions, exceptions and sources behind its short answer. They are online at the addresses below, and together in our full handbook, **www.dayandnightcare.co.uk/leaflets/brochure-family-carers.pdf**.

Carer's assessment: your rights and how to prepare

If you help an adult who could not manage without you, you have a legal right to a free carer's assessment from the council where they live, whatever your income and however much or little care you give. It looks at how caring affects your health, work and life, and can lead to support such as funded breaks, practical help or a carer's direct payment.

Full guide: **www.dayandnightcare.co.uk/guides/carers-assessment/**

Looking after yourself as a carer: rest, support and breaks

Looking after your own health, sleep and spirits is part of good care, not a luxury, because exhausted carers cannot keep going. Learn the early signs of burnout, tell your GP you are a carer, plan regular breaks, and use the free support available from carers' centres, Carers UK and a council carer's assessment.

Full guide: **www.dayandnightcare.co.uk/guides/looking-after-yourself-as-a-carer/**

Working while caring: your rights at work and your money

In England, employees have a day-one right to up to one week of unpaid carer's leave a year, the right to ask for flexible working, and the right to reasonable time off in an emergency involving someone who depends on them. You can also earn up to £204 a week after deductions and still get Carer's Allowance of £86.45 a week, if you care for at least 35 hours a week.

Full guide: **www.dayandnightcare.co.uk/guides/working-while-caring/**

Respite care options: how to plan a break from caring

Respite care means someone else takes over the caring for a few hours, a night or a few weeks so that you can rest. The main options are a sitting service, home care visits, a day centre, night care, a live-in carer at home or a short stay in a care home. The council may help pay after a carer's assessment and a needs assessment, and the person's own budget or benefits can also be used.

Full guide: **www.dayandnightcare.co.uk/guides/respite-options/**

Caring from a distance: staying close when you live far away

You can play a big part in someone's care without living nearby. What matters most is good information, the right legal permissions, a local network of people who can help, and a clear emergency plan. Set up a Lasting Power of Attorney early, ask the GP practice about family and carer access, and agree with any care provider exactly how they will keep you informed.

Full guide: **www.dayandnightcare.co.uk/guides/caring-from-a-distance/**

Talking to a parent about care: how to start and what to say

Start early, before a crisis, and start by listening: ask what matters most to your parent and what they find hard, rather than arriving with a plan. An adult who can make the decision has the right to say no, even if you think it is unwise, so the aim is a choice they own, often reached over several conversations. If they cannot make the decision, or are at risk of harm, the law gives other routes.

Full guide: **www.dayandnightcare.co.uk/guides/talking-to-a-parent-about-care/**

Emergency plan for carers: what happens if you are suddenly ill

If a family carer is suddenly taken ill, the people named in their emergency plan are called first; if nobody can step in, the council's adult social care team, or its emergency duty team out of hours, can arrange urgent care, which may be charged for later. A written backup plan, shared with family, the GP and any care provider, makes that handover safe and quick. Many areas, including Oxfordshire, also offer a carer's card that tells emergency services you look after someone.

Full guide: **www.dayandnightcare.co.uk/guides/emergency-plan-for-carers/**

Can family be paid to care? Direct payments, benefits and the rules

Yes, in some cases. A relative who lives elsewhere can be paid from a council direct payment, but a husband, wife or partner, or a close relative living in the same household, can only be paid if the council decides it is necessary. Family carers can also claim Carer's Allowance (£86.45 a week in 2026/27) or the Universal Credit carer element, and a person can choose to pay a relative from their own money, with care over tax, benefits and any power of attorney.

Full guide: **www.dayandnightcare.co.uk/guides/can-family-be-paid-to-care/**

Talk to our care team: 01865 715780
enquiries@dayandnightcare.co.uk · Out of hours: 07775 686272
Day and Nightcare Live In Limited, 9 Hollow Way, Cowley, Oxford OX4 2NA
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