

Support for carers: Work and caring



This easy read tells you about working when you are also an unpaid carer.

Working and caring



It can be difficult to manage working and being a carer.



You can get support, and carers have rights at work by law. These are called **Statutory Rights**.



It can help to talk to your manager about how caring affects you.

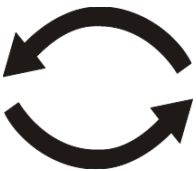
You could tell them about:



- What you do as a carer and how it affects your job.



- How work affects the things you need to do as a carer.



- How your caring role might change in the future.



You could ask about:



- What support can you get at work?



- What are the organisation's flexible working policies?



- Do you have a right to ask for flexible working?



- What support would help you?



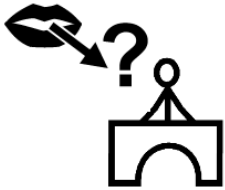
- Is there support you can get outside of work?



- Would more information and advice about support be helpful?



All working carers have rights by law which are called Statutory Rights, and some employers have extra help for carers on top of that.



You should ask your employer about what help there is at your workplace.



There may be written information which can tell you the things you need to know.



Your rights include:



- The right to ask for flexible working.



- The right to take emergency time off.



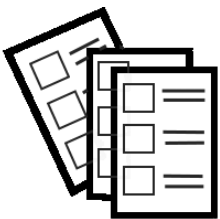
- The right to parental leave.



- 1 week's unpaid carer's leave (a week is counted as the usual time you work over 7 days)



- You can visit [Carers UK](https://www.carersuk.org) to find out more about your rights at work.



We have lots of other documents about for support for carers in [our easy read library](#). This document is part of a set of 19.

Links in this document

Carers UK- your rights at work

carersuk.org/help-and-advice/work-and-career/your-rights-in-work/

Nottinghamshire County Council easy read library

nottinghamshire.gov.uk/global-content/easy-read-library

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