

Carers Charter 2026-2036

This Carers Charter has been developed with unpaid carers in Barking and Dagenham who provide valuable support to loved ones. The charter outlines the commitment to carers across the borough including our partners and how we will help them in their caring role.



Working together for carers



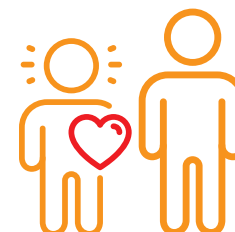
- I can access practical help and support at an early stage.
- I have access to a range of support, including breaks from my caring responsibilities, to help me live my life and continue to carry on with my caring role.
- I have friendly professionals who genuinely understand my role as a carer, listen to me and support me to access help.
- I am recognised as an expert and equal partner of care with my views and opinions valued and respected.

Carers wellbeing and employment



- I have access to information and advice to help me look after my own mental wellbeing and physical health.
- I want access to an effective and prompt response from health and social care to address changes in my loved ones needs, for instance increase in care package so that I can return to work quickly.
- I can access information and advice from health professionals about my cared for person's health condition and what this means for me as a carer.
- I am supported with my caring responsibilities so that I can continue to work or study.

Supporting young carers



- I am able to focus on my future and my studies without impacting on my caring role, including university, training, apprenticeships and employment options, especially during transitions into adulthood.
- I can attend carers support groups and activities with young carers that understand what I am going through.
- I can access help to support me with my mental health and wellbeing.
- I am supported by my teachers, school and college who understand the impact of my caring role.

Carers in the wider community



- I recognise I may need help both in my caring role and in maintaining my own health and well-being.
- I have access to informed professionals who raise awareness of carers and signpost them appropriately.
- I am supported to access a range of services that are suitable for me in my caring role and as my caring role evolves.
- I expect all professionals to have knowledge of the Carers Charter and awareness of the support available.