





# Richmond Adult & Young Unpaid Carers' Charter

The Charter sets out in carers own words their priorities for all local organisations to work towards. By pledging your support and setting actions your organisation can help increase recognition of unpaid carers, improve access to support, and contribute to a more inclusive, carer friendly Richmond.

 <p><b>Improving Recognition and Understanding</b></p>	 <p><b>Reducing Financial, Employment and Educational Challenges</b></p>	 <p><b>Creating Carer Friendly Services and Communities</b></p>	 <p><b>Improving Health and Wellbeing</b></p>
<p>My lived experience, responsibilities and expertise are recognised, understood and respected by any professional I meet.</p>	<p>I get support to understand my rights and entitlements as a carer.</p>	<p>The person I care for, and I can engage fully in our community; transport, safe well-maintained pavements, parking dispensations and accessible toilets are important to us</p>	<p>I have timely and flexible access to health and social care appointments.</p>
<p>I am valued, heard and involved in shaping the support and decisions that affect me and the person I care for.</p>	<p>I have timely help to navigate local financial advice and benefits support.</p>	<p>I have support and information to help me access health, social care and community support.</p>	<p>I do not feel isolated because I have opportunities for social connection and meaningful activities.</p>
	<p>I have opportunities to learn about new things and increase my skills.</p>		<p>I have breaks and respite from caring and other support to help me maintain or improve my own health and wellbeing</p>
<p>I get the right support at the right time.</p>	<p>My employer understands my caring responsibilities and supports me in the workplace.</p>	<p>My community recognises the important role they can play in supporting young carers.</p>	<p>I have access to fun opportunities to have a break from my caring role.</p>
<p>Professionals recognise I am a young carer and understand how it affects me.</p>	<p>I am supported to achieve my goals and aspirations, so my caring role doesn't stop me thriving and building a future for myself.</p>	<p>I am seen as a priority in my community.</p>	<p>I can spend time with other young carers who understand me, and I feel comfortable joining other activities for children and young people.</p>

Specific young carers' statements are highlighted in blue

