

Carers Week 2025

A carer is anyone who looks after a family member or friend who has a disability, frailty, mental or physical illness, or addiction. Carers can be children, young people or adults.

Caring can significantly affect all aspects of a carer's life. Caring without the right information and support can be tough.

Timely identification of carers allows professionals to assess of their ability and willingness to provide care, and to assess the support they need to maintain their own wellbeing. This reduces the risk of harm to carers and to the vulnerable people they care for.

This briefing contains:

- Carers Week 2025 'Caring About Equality'
- Services and Resources for Carers in Hillingdon
- Young Carers: A Safeguarding Response
- Identifying and Assessing Adult Carers: Are They Able and Willing to Care?
- Free Webinar: Working with Carers to Safeguard Adults, 9th June 2025

9th -15th June is Carers Week 2025



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities throughout the UK. It also helps people who may not see themselves as carers to access much needed support.

The theme this year is 'Caring About Equality', highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, and poor mental and physical health. Far too often, carers of all ages miss out on opportunities in their education, careers, or personal lives, just because of their caring role.



Carers come in many forms:

- Young carers taking on adult responsibilities
- Older carers whose own health is in decline
- LGBTQ+ carers who feel unseen or excluded in traditional service models
- Ethnically diverse carers navigating cultural stigma or language barriers
- Carers with learning disabilities who receive little or no tailored support

Equality for carers isn't just about providing leaflets or ticking a box on an assessment form. It's about changing the lens through which we see them.

Caring about equality means:

- Don't make assumptions about what they want or need or can manage. Ask!
- Don't wait until they struggle before offering help
- Value their views and perspectives, listen to what they say
- Deliver responsive and flexible support suitable for the carer

Services and Resources for Carers in Hillingdon



Carers Trust Hillingdon

Carers Trust Hillingdon is a charity that operates support services for unpaid carers living or caring in the London Borough of Hillingdon.

They provide support to adults and children caring for adults. They have a great range of services.

From emotional support, social groups, and counselling to welfare benefits advice and training aimed at carers, they are an invaluable service for local carers.

They also undertake assessments of carers' needs on behalf of the local authority. They have extensive expertise in supporting carers and can act as a source of guidance for professionals.

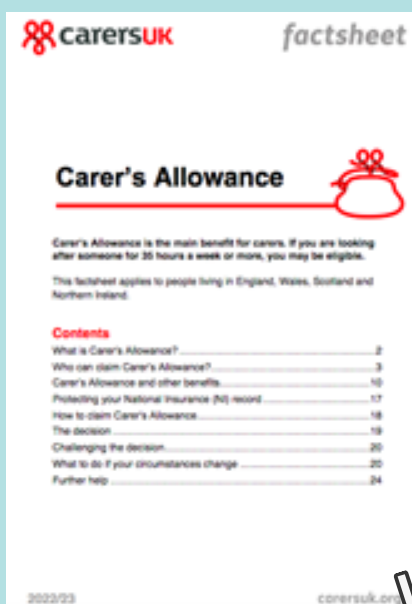
Contact for advice and referrals: 01895 811206, office@carerstrusthillington.org



Need more advice?

Contact our Helpline for more information and support on your specific caring situation.

Carer's Allowance Fact Sheet



Carer's Allowance Fact Sheet



Guide for Carers

Carers UK's mission is to make life better for carers. We provide information and advice on caring, help carers connect with each other, campaign with carers for lasting change, and use innovation to improve services.



Young Carers: A Safeguarding Response

A young carer is a child that provides, or intends to provide, regular care for another person. This could be a family member that has disabilities, a long term illness, substance misuse or mental health problems. A young carer's vulnerability increases when their responsibilities impact their education, physical, emotional and social development. They may not be identified until things reach crisis point.

Think Family

When working with adults that have care and support needs, consider who is supporting them with their daily care, including the impact of their needs on their child.

Many young carers may be hidden from services. Children may not realise that they are providing care or that they are entitled to support. Others may be scared or embarrassed to ask for help.

It is important to recognise signs that a child may be a carer as early as possible. Talk to the child and family. Complete an early help assessment and submit it to the [Stronger Families Hub](#). They may be a child in need of support to achieve their full potential.

[Learn more about the signs and indicators that a child may be a young carer.](#)

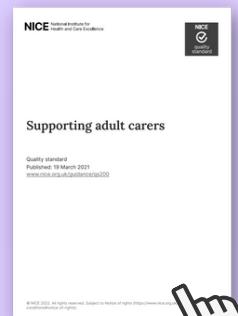


Identifying and Assessing Adult Carers: Are They Able and Willing to Care?

It is important to identify carers at the earliest opportunity and to encourage them to recognise their role and rights. This will help ensure that they are recognised as partners in the care of the person they are supporting and can access advice and support they may need.

The responsibility to identify, assess and support carers is shared across health and social care services.

Good assessment of, and communication with, carers promotes realistic care planning to ensure the cared for person's needs are met safely and that risks to the carer are identified and managed. Good assessment of carers also reduces the risk of neglect and abuse by informal carers.



Legal Obligations to Adult Carers

[Section 10 of the Care Act 2014](#) sets out a positive duty on local authorities to assess carers' needs, including the impact of caring on their wellbeing and their ability and willingness to provide care.

Whilst carers can refuse a carers assessment to look at their own needs, there is a legal obligation on the local authority to offer the assessment. And even if the cared for person refuses an assessment, it is still an obligation to assess and support the informal carer.

Professional Knowledge and Development



FREE Webinar: Working with Carers to Safeguard Adults

Monday 9th June 2025 13:00-14:30

Book your place here!



This Webinar will explore the importance of working with informal carers to prevent, identify and respond to abuse, neglect and self neglect for adults at risk. We will cover legal duties owed to carers, building effective relationships and an overview of the services in Hillingdon available to support informal carers.

Related Practice Briefings



Carers Week 2024 Briefing



Cultural Literacy in Safeguarding



Learning from Domestic Abuse

If you want to discuss a child or adult carer you think needs more support, contact the right service.

For children and young people:

Stronger Families Hub
01895 556006



For adults:

Social Care Direct
01895 556633



If you think an adult or child is in immediate danger, call 999.