

What is a carer?

A carer can be a child, young person or adult. They might be looking after a family member, partner or friend who would not be able to cope without their support.

This could be due to illness, a long-term condition, frailty, a physical or learning disability, mental health, trauma or addiction.



There are around 124,000 unpaid carers in Essex, but we estimate this number could be far greater.

How can you recognise a carer?

Unpaid carers can be different ages, genders, ethnicities and faiths.

The intensity of a caring role can vary greatly, with some people providing support all day every day, whilst others will be providing lower levels of support, such as helping with shopping or collecting medication.

People may identify as a carer and be receiving support through the local authority, health service or a carers organisation. Others may not currently be aware of what support is available to them or how to access it.



This information is issued by:
Essex County Council
Adult Social Care
and Children and Families

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How to start the conversation

People in a caring role may not identify as a carer nor recognise the term carer. 'Do you look after someone?' may be a more appropriate and relevant question than 'Are you a carer?'

Below are some additional conversation prompts you could use to help people reflect on if they are in a caring role, how that may be impacting them and what information may be of use to them.

- Do you currently look after someone that could not cope without your help?
- Do you pick up prescriptions for someone else?
- Are you doing shopping for another person?
- How are you? (not the person you care for but you)
- Are you unable to spend time doing other things because you are supporting someone else?
- Are you willing/able to continue caring?
- Do you currently receive any support from other people or organisations?
- Do you get a break from your caring role?
- What impact is your caring role having on you?
- Have you spoken to anyone about this?
- Would you like to know more about support that is available?

Once you have started the conversation with a carer using these prompts, you can then signpost them to support available and more information.

Where to signpost

There is a range of support available to carers in Essex.

This can be found at:
www.essex.gov.uk/carers

Think Carers

Your pocket guide to help support carers

