



Gofal Cymdeithasol **Cymru**
Social Care **Wales**

Carers and the Act

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Overview

For the first time, the Act gives carers the same rights as those they care for and as such they are referred to throughout the Act.

These resources have been developed by Carers Wales and Carers Trust Wales. They include a training module, a summary of the key messages and case studies, which give an overview of the key aspects of the Act in relation to unpaid carers.

Carers Wales and Carers Trust Wales have also developed the Carers Resource Pack, which provides a range of useful resources for unpaid carers in Wales, including factsheets and briefings, research, and toolkits and guidance.

[Training module – carers and the Act](#)

PPTX 305KB

[Summary – carers and the Act](#)

DOCX 164KB

Case studies

Four short case studies describing everyday situations for unpaid carers.

[Case studies – carers and the Act](#)

DOCX 154KB

Carers resource pack – factsheets and briefings

Below, you'll find a series of 14 factsheets and briefings on topics that relate to caring under the Act.

[Carers Rights Guide Wales 2016 – Looking After Someone](#)

PDF 3MB

[Wales State of Caring Report 2015](#)

PDF 10MB

[Factsheet – A guide to getting an assessment in Wales from April 2016](#)

PDF 434KB

[Factsheet – Attendance allowance 2015-16](#)

PDF 474KB

[Factsheet – Bedroom tax](#)

PDF 355KB

[Factsheet – Carer's allowance 2015-16](#)

PDF 402KB

[Factsheet – Disability living allowance 2015-16](#)

PDF 582KB

[Factsheet – Help with council tax 2015-16](#)

PDF 497KB

[Factsheet – Personal Independent Payment 2015-16](#)

PDF 597KB

[Factsheet – When the person you care for has died](#)

PDF 832KB

[Eating well and cancer](#)

PDF 3MB

[Eating well and dementia](#)

PDF 320KB

[The importance of eating well for carers](#)

PDF 442KB

[The role of good nutrition when caring for someone](#)

PDF 733KB

Carers resource pack – research

These five documents present research commissioned by Carers Wales and Carers Trust Wales.

[Time to be Heard](#)

PDF 3MB

[Dementia executive summary](#)

PDF 262KB

[Older carers report](#)

PDF 2MB

[Valuing Carers 2015](#)

PDF 2MB

[Wales Carers Assembly Report 2015](#)

PDF 3MB

Carers resource pack – toolkits and guidance

Below, you'll find toolkits and guidance for working with carers.

[A Carer's Guide to Managing Medicines](#)

PDF 571KB

[Investing in Carers, Investing to Save](#)

PDF 292KB

[The Triangle of Care Toolkit](#)

PDF 1MB