

Who is a carer?

A carer is an employee who, outside the workplace, provides unpaid care for family or friends who have a disability, illness or who need support in later life.

Around 1 in 9 of all employees juggles work with care, so it is more common than you might think.

Although most of us care at some of point in our lives, it is also something that we are not prepared for and can come as a shock. It can be difficult to talk about some of these issues that you may not have raised in the workplace before.

What to do

A Carer Passport can be completed by any employee who has caring responsibilities which affect their work now or may do in the near future. It is supposed to be a “live” document that is reviewed and updated when circumstances change, whether the demands of the job, or the nature of the caring responsibilities.

What to do

Read our information about the Carer Passport scheme and why it is important for colleagues to be able to discuss their caring role at work.

The starting point for a Carer Passport is a conversation about caring and the flexibility required to manage it alongside work. In workplaces that use a Carer Passport, employees and managers say this works well when it is an open conversation.

Please click on the following link for more information about the carers passport and resources which can help colleagues who are also providing a caring role outside of work.

[Carer Passport schemes | Carers Passports](#)