

Reality for Working Carers Matters

What's it like to be a working carer, looking after someone who couldn't cope without your support, at the same time as holding down a paid job?

With 1 in 9 working people working at the same time as caring, this is an important and growing segment of the workforce to understand and support, particularly as many of them are at the peak of their careers, with important skills and experience of great value to employers and the economy.

Despite its many positive aspects, providing unpaid care can take a heavy toll and, for many people, mean multiple and significant losses. 75% of working carers worry about juggling work and care, and each year over 2 million give up and 3 million reduce their hours to be able to cope. But this may not be apparent, because 1 in 3 working carers don't disclose their caring role to their employers.

Session Outline

- Working Carers – the reality; the obvious and perhaps not so obvious
- Why do so many carers remain invisible at work and what needs to happen for this to change?
- Employer Responsibilities and risks of not supporting working carers properly
- Helps and Hinders – what can help you to create a Carer-Friendly Workplace and what might get in the way
- Working out what is needed in your workplace and building your business case

Session Includes

- Insights into the reality of working and caring from the latest surveys and reports
- Signposting & checklists to assess how well you are doing and any gaps
- A chance to think about what you can do to address this issue in your workplace



Speakers: Catherine Macadam & Katharine Collins

As co-directors of a social enterprise for unpaid carers, both have experienced first-hand the physical, mental, and emotional stress of working while caring for a loved one, are qualified and experienced coaches and are passionate about using coaching to transform carers' lives. Catherine's background is as a coach and OD consultant in the public and third sectors. Katharine also works in private practice as a coach and therapist and has particular experience working with LGBTQ+ and neurodiverse people.