

Supporting Working Carers Matters

Supporting working carers may seem challenging, but it doesn't have to be, once you understand what working carers need and value.

Working and caring is a tough ask, and many working carers struggle and eventually give up. But The things that matter most to working carers don't have to cost money and will lead to a more inclusive and welcoming workplace for all staff, not just carers; things like recognition and validation of their role and its challenges, supportive and flexible working arrangements and understanding managers and colleagues.

Having satisfying and fulfilling paid work is often the key to unpaid carers being able to manage their dual role, not just for the financial security it provides, but by having a life of their own, a sense of purpose, fulfilment and achievement to counterbalance the stresses of caring.

Session Outline

- Supporting working carers - hearing what really matters to carers
- Creating a Carer-Friendly Workplace – the law, policy and best-practice
- What you can do, quick wins and longer terms changes
- Working out what is needed in your workplace and building your business case

Session Includes

- Insights into the support needs of working carers from the latest surveys and reports
- Signposting and checklists to assess how well you are doing and any gaps you might need to fill
- 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.

