

Good Practice Points

In summary, here are some key areas of carer health and wellbeing support which employers, large and small, are addressing in their workplace:

- Publicity in the workplace about caring and support available to raise awareness in the workplace.
- A visible commitment to recognise and support staff with caring responsibilities by covering caring in relevant policies and provisions.
- Offering flexible working arrangements and leave to carers and monitoring and reviewing take up.
- Providing employee health and wellbeing support (e.g. Employee Assistance Programme or health and wellbeing scheme) and promoting this specifically to carers/about caring.
- Including information about caring/support available to carers at workplace events on health and wellbeing.
- Communicating health and wellbeing information and support to/through workplace carers networks, e.g. making direct links between information on intranet.
- Signposting employees to external sources of information on care and support.
- Providing information, education and training to managers about caring issues and the health and wellbeing support needs that carers may have.
- Encouraging regular and ongoing 1:1 conversations with, and support from, line managers (e.g. through Carers Passports).
- Regular reviews (including mid-life/mid-career reviews) with carers/former carers to agree any adjustments needed to enable them to work.

If you would like to read our research report on Supporting carer health and wellbeing in the workplace, please click [here](#)