



## Case study one: Tool 1 - Support for carers in employment

You can use this tool with carers to think about what would support someone to manage work and caring responsibilities.

What helps?	What is this like for me?	What can I do about it?
Supportive manager		
Flexible/ special leave arrangements		
Flexible working hours		
Remote working		
Information and support for carers at work		
High quality, appropriate care and support		
Support from relatives and friends		
Services that are available outside working hours		
Help with coordinating care and support		
Advice and information about legal & money issues		

This tool is based on research about what helps carers who are working (Carers UK (2015) Caring and isolation in the workplace).