

1. Identification and early support	6. Connecting carers
<ul style="list-style-type: none"> • I want to be able to access information and support when I need it • I would like support at first contact to understand my situation • I would like help to understand what a carer is 	<ul style="list-style-type: none"> • I want to be able to share my experiences with other carers in ways that are accessible to me face-to-face, virtual or otherwise
2. Information, advice, guidance and training	7. Giving carers a voice
<ul style="list-style-type: none"> • I would like information or training to support me at the time I need it, for it to be easily accessible, meets my needs and available from whoever I make contact with 	<ul style="list-style-type: none"> • I want to be involved in decisions affecting my cared for at all stages and by all professionals/services involved
3. Assessment	8. Health and wellbeing and living a balanced life
<ul style="list-style-type: none"> • I want the right to a carers assessment • I would like to tell my story once and agreed when I have a conversation to explain my situation so my needs can be met • I want to feel valued and listened to 	<ul style="list-style-type: none"> • I want to be able to feel safe and supported in my caring role as well as the person I'm caring for is safe and well looked after • I want to be seen as more than a carer and have opportunities to live a balanced life outside of my caring role
4. Whole Family Approach	9. Education, training, volunteering and employment
<ul style="list-style-type: none"> • I want my needs and the needs of my family to be considered and appropriate support provided recognising the impact on all of us 	<ul style="list-style-type: none"> • I want to be able to take up education, employment and volunteering opportunities offered to me, professionally and personally, without my caring role impacting on these opportunities
5. Breaks from caring and preventing carer breakdown	10. Life after caring
<ul style="list-style-type: none"> • I can access information and support when I need it • I should be able to access different types of bespoke flexible and timely respite to meet my needs 	<ul style="list-style-type: none"> • I deserve to be recognised as a carer after my caring role ends • I need support to prepare me for a time when my caring role reduces or ceases

