

Care and support in Wales is changing

The Social Services and Well-being (Wales) Act gives you more say in your services.

I am a carer, what does this mean for me?

Even if I am a relative, friend or neighbour, I am still recognised as a carer.



There is no upper or lower age limit to being recognised as a carer.

I am recognised as a carer without having to prove I provide a 'substantial amount of care on a regular basis.'

I am asked what matters to me. I have a strong voice when deciding what I need to achieve well-being.

I have the same right to be assessed for support as the person I care for.



Assessment looks at what I can do, and what I can do with the help of friends and family, then arranges support for me to do what I can't.

If the assessment confirms I have 'eligible needs', I am entitled to my own support plan which sets out what the local authority will do to meet my needs.





If I need support to make my voice heard, someone will speak on my behalf.



I have easy access to information and advice.



If I require formal support, my individual needs will be met in the best way for me.