

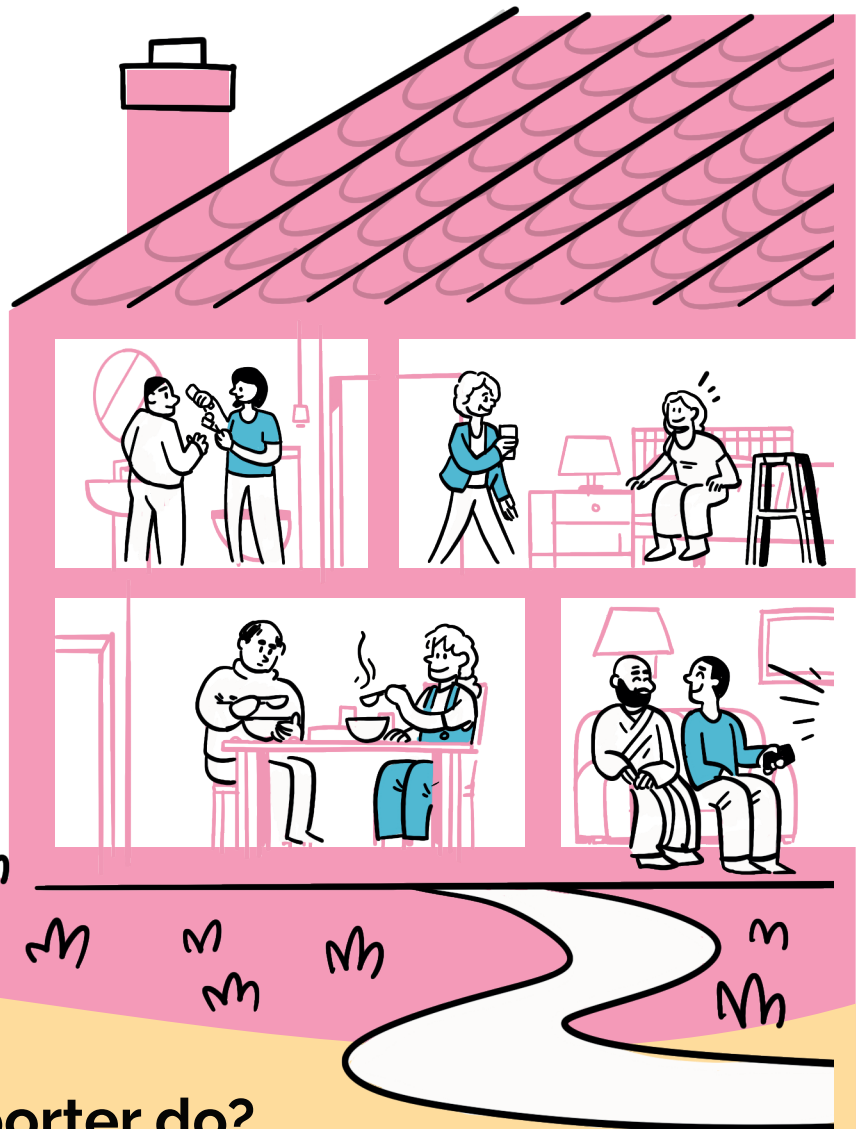
Care supporters in health and social care



What is a care supporter?

If you needed medical care, or lived in a care home, who would you want to support you?

We all benefit from social connection. But for some of us, loved ones are essential to our care and to making sure our voice is heard. This might be because we have a learning disability, need help to move around, or live with dementia. The person providing this essential support is called a **'care supporter'** or a **'care partner'**.



What does a care supporter do?

A care supporter can provide **physical or emotional support** to a loved one in addition to input from health and care staff. This could include:



Help with eating and drinking at mealtimes



Advocating for the care their loved one needs



Offering reassurance and companionship

Who can be a care supporter?

A care supporter could be a **family member**, **partner**, **friend**, or **neighbour**. The most important thing is that it is someone you trust and feel comfortable with.

If you are a carer for a friend or family member, you might want to be their care supporter when they need medical or social care away from home. However, you might decide that you would like some respite or that someone else is better suited to take on this role. You could also share the role between several people.



Do I have the right to a care supporter?

A campaign has started to introduce a new legal right to a care supporter that would apply in any health or social care setting. NHS England is also developing a National Health & Care Partner Policy which will be launching in 2024 following an engagement process on the draft policy.

Remember that **your voice matters** in health and social care, even without this new law. You can always ask for the support you need.



Researchers from King's College London and UCL are exploring how this potential new right to a care supporter could work in practice.



Find out more on the project website
www.kcl.ac.uk/research/care-supporter
or by scanning this QR code

