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What is a parent carer?

When people think of what it means to be a carer, they often think of adults caring for elderly family members. But caring comes in all shapes and sizes. Being a parent carer means you provide additional care and support for your baby, child or young person - sometimes right through adulthood.

Without this additional support, children would not be able to manage or thrive. This additional support might range from helping with physical care, personal care, mobility, and constantly managing environments to supporting communication needs.

There is no official register of parent carers. You do not need to be claiming Carers Allowance. Your child with Special Educational Needs and/or Disabilities may not even be in receipt of Disability Living Allowance (DLA) or Personal Independence Payment (PIP).

There is a big difference between being a parent and being a parent carer. The difference comes with the level of care and support you provide to your child, over and above what would ordinarily be expected from a parent. You might not even realise how much extra support, care or adjustments your child needs until you really stop and think about it.

It's really important to recognise you are a parent carer. Carers can be eligible for things like flu jabs, carers assessments, well-being grants as well as additional employment rights and protection under the Equality Act 2010. If your child is in receipt of DLA you might also be entitled to Carers Allowance.

There are a range of different groups in Bristol offering support and signposting. Parent carers can find these really useful for peer support, getting to know other carers and feeling less isolated.

You could even come along to a Bristol Parent Carers Coffee morning for more information about caring or what's on for carers in the city. You can find more information [here](#).

