

ONLINE FAMILY CARER COMMUNITY

OCTOBER'S MEETING

- **Benefits system** – Carers find it difficult to navigate, with forms asking for intrusive medical details that feel unnecessary
- **Emotional impact** – Completing benefit or Blue Badge applications is highly distressing and can deter carers from claiming entitlements
- **Financial planning** – Carers want clear guidance on how leaving money to loved ones after their death affects benefits, and how to do so safely
- **All About Me passports** – Revisited from the last session and reviewed further
- **Wills and trusts** – Strong interest in a future information event, ideally delivered online due to travel challenges
- **Kinship carers** – One member shared it was Kinship Carer Week and introduced the term to the group
- **Guardian's Allowance** – A benefit for kinship carers that is not well publicised; one carer discovered it via Martin Lewis and successfully claimed
- **Information gap** – Carers expressed a wish for a clear, accessible 'benefits bible' to help navigate complex systems
- **Accessibility** – Many existing resources and guidance are not written in user-friendly or easy-to-understand language
- **Wellbeing** – Carers discussed the positive role of humour in maintaining resilience and supporting their loved ones through challenges.

RESOURCES:

www.autism.org.uk

www.minsteadtrust.org.uk