Health and Wellbeing Board
North Yorkshire

	What is this leaflet about? This leaflet tells you about the North Yorkshire Carers Plan.
	The Plan tells you about what we will do to help carers.
	It has been written by the North Yorkshire Health and Wellbeing Board. This is a group of people who work together to keep us happy and healthy. They wrote it after they had asked carers about what matters to them.

	Who is the plan for? The plan is for people who look after someone without being paid. This is called being a carer.
	What does the plan tell us about carers?
	It says that three out of five people will be a carer at some time in their life. It says that most carers are happy to look after the person they care for. It says that most carers are happy to look after the person they care for. It says that carers need a break sometimes to keep them happy and healthy.
	What does the Carers Plan say is important? The Carers Plan says supporting carers is important. It says we need to :

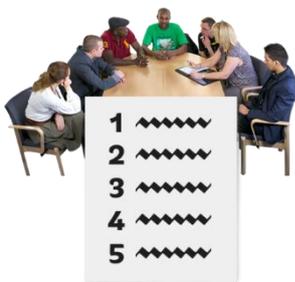|	
	Make sure we know when someone is a carer. Make sure carers get help and support. Make sure carers can have a break when they need one. Look after our carers to make sure they are happy and healthy. Make sure carers have enough money. Make sure we know what carers think we should be doing to help them.
	What does the Carers Plan say the North Yorkshire Health and Wellbeing Board will do? The Plan says that the Health and Wellbeing Board will: Make sure carers can have their say about the services they need. Make sure carers and the people they look after get the right sort of support. Ask employers to have flexible working policies to help carers who work.

	Make sure carers can have a break when they need one.
	Work with schools to help young carers.
	Make sure young carers get the support they need.
	Listen to what carers say is important to them.
	What happens next?
	The North Yorkshire Health and Wellbeing Board will start to make the Carers Plan work.