research in practice

Supporting carers

A carer is someone who supports and cares for a relative or friend who could not manage otherwise. Carers may care for a person who is ill, older, disabled or who experiences mental health difficulties or alcohol or other drug addiction. Everyone's experience of caring will be unique to them and the person they care for.

This selection of learning resources about supporting carers can be used to support evidence-informed practice with adults.

Read

Longer read: **Ageing well – Intimacy, sex and relationships in later life: Evidence Review (2021)**

Longer read: **Ageing well - Housing options and alternative modes of living for later life: Evidence Review (2021)**

Longer read: **Embedding human rights in assessment for care and support: Frontline Briefing (2020)**

Various Resources: **Good decision-making in adult social care: Change Project Resources (2025)**

Tools

Social work with carers: Resource Hub (2023)

Supporting practice with older carers: Practice Tool (2025)

Good practice at end of life for social care practitioners: Practice Tool (2017)

Supporting intimacy and relationships in later life: Practice Tool (2023)

Promoting good social work with older people and their families: Practice Tool (2024)

Watch

12 minutes: **Strengths-based practice: Digital meetings: Video (2021)**

Intersectionality and older people: Video learning resources (2022)

Understanding suicide risk in family carers of disabled people and people with long term illnesses: Video learning resources (2022)

Listen

25 minutes: **Exploring the value of storytelling in social care: Podcast (2022)**

37 minutes: **Ageing well: Housing options and alternative modes of living for later life – Co-housing: Podcast (2021)**

Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '**Your CPD**'.

For more resources, explore resources for adults via the **supporting carers** topic page.

All resources are date stamped. We aim to regularly review and update content across our extensive catalogue of materials as often as capacity and resource allows.