



IP Ability virtual coffee date

20 November 2025

12-1pm

Chris Clarke, Vicki Barker





Agenda

- Brief introduction to IP Ability and Carers UK
- Breakout room discussion
- Group feedback



What is IP Ability?

The IP Inclusive community for disabled people, carers, and their allies working within the IP professions.

We aim to provide a supportive and informative network focusing on issues relating to disability, neurodiversity and health conditions of all kinds, be they mental or physical, visible or invisible, permanent or temporary, sudden onset or progressive.



IP Ability resources for carers

Our resources can be found here:

<https://ipinclusive.org.uk/ip-ability-resources/>

We can be contacted at

IPAbilityNetwork@gmail.com; or
through the IP Inclusive website



Caring in the UK

Every day, 12,000 people become unpaid carers for a partner, family member or a friend.

There are **5.8 million unpaid carers in the UK.**

59% of unpaid carers are female.

The biggest proportion of carers are aged 55-59 and therefore likely to still be in full time employment.



Carers Rights Day

Most unpaid carers are “accidental” carers and many don’t think of themselves as carers.

As a result, they are often unaware of their legal rights and what they’re entitled to in terms of benefits.



Carers Rights Day

This year's theme is “**know your rights, use your rights**”

Resources can be found

<https://www.carersuk.org/help-and-advice/> and

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>



Not just money!

While this can include financial assistance, carers can be entitled to other support, including:

- technology/equipment
- flu jabs
- flexible working
- local support networks
- practical support with e.g., paperwork



Breakout discussion

Carers often feel guilty about putting their own needs first, but carer burnout can be a real issue.

Discussion points:

- Recognizing signs of burnout
- Sharing tips and strategies that have worked for you



Next event:
**Leading on All
Fronts: Carer,
Founder, Force
for Change**

26 November 2025

12.30-1.30pm

Fireside chat with Helen Burness,
cofounder of Saltmarsh Marketing and
Helen Squared

<https://ipinclusive.org.uk/events/marketing-tips-for-neurodivergent-and-or-caregiving-ip-professionals/>

