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Carer's Assessments

A Carer's Assessment is a legal entitlement for all carers who, regardless of age, care for an adult or a child who is disabled, ill or frail.

What is a Carer's Assessment?

As a carer you may have needs that are different to those of the person you look after. We recognise that caring for someone can be very rewarding, but it can also be demanding, stressful, tiring and life limiting. A Carer's Assessment is an opportunity for you to talk about what is important to you and the support we may be able to give you to achieve what's important to you. Supporting you as a carer may involve services for the person you care for or services for yourself. A Carer's Assessment must explore with you your needs for education, employment and leisure activities.

How do I get a Carer's Assessment?

Get in touch with Carmarthenshire County Council's Delta Wellbeing (0300 333 2222), the social care referral centre and tell them you want a Carer's Assessment. You will need to give some basic information about yourself and the person you care for. This includes names, addresses, dates of birth and some information about your situation. Alternatively contact the Carers Information Service who can also refer you on for an assessment if you provide us with your consent. (0300 0200 002)

What happens next?

A social worker or a nominated representative from social care will arrange a visit to talk about your needs and what is important to you. You can choose to meet in private or have the person you care for at the meeting. You can also meet independently of the person you care for at a neutral venue, at a local council office or at an agreed community venue. It is advisable that prior to the assessment, you consider talking things over with the person you care for, to try and agree what kind of help you both may need. You are welcome to have a friend or relative present to support you or we can arrange for independent support if you require it.

Social Care will arrange to see people as quickly as possible, depending on how urgent their situation is. They should tell you how long you may have to wait when you first contact them.

During the assessment you will be asked about:

- ✓ Your feelings and choices about caring.
- ✓ How caring affects your health, job, social life, finance, education and family life.
- ✓ Whether the person you are looking after gets enough support and the right type of support.
- ✓ What support you are getting.
- ✓ The situations you find difficult.
- ✓ What sort of services might help you.
- ✓ What is important to you.

What type of help may be available?

- A needs assessment for the person you care for
- Services that help with the support you currently provide
- Services that give you a break from caring for a few hours, a day, a weekend or longer
- Information about housing, equipment, or adaptations etc.
- Welfare benefits advice
- Carers' groups and organisations, both local or national
- Telecare assistive technology – a non-intrusive approach to care that involves the placing of discreet sensors and automated devices around a person's home to help manage risk, 24 hours a day, seven days a week

There may be charges or waiting lists for some of these services, but there is no charge for assessment or advice.

What happens next?

Following a Carer's Assessment the social worker or other professional will determine whether you meet their eligibility criteria. The eligibility criteria are based on the level of risk posed to your caring role if no help is provided. However, if the risk posed to your caring role is assessed as being critical then the local authority must take steps to make sure that this

risk is addressed. They can address this by either providing services directly to the carer, or by providing services to the person receiving care.

Parent Carers of disabled children

Parent Carers and family members who care for disabled children can also request a separate Carer's Assessment if they do not feel that their needs have been taken into account following a Children's Act assessment.

Young Carers' Assessments

Young Carers are also entitled to a Carer's Assessment. In practice however, most Young Carers under 16 years will be assessed under the Children's Act 1989.

Re-assessments and reviews

You can ask for a review of your Carer's Assessment or any other social care assessments at any time if your circumstances change or the circumstances of the person you are looking after change.

When you have a Carer's Assessment there should be an opportunity for you to agree the likely point at which your assessment should next be reviewed.

Direct Payments

Once social care has carried out an assessment and decided the support you need, you can then choose either to have social care provide the help for you or to receive a Direct Payment. A Direct Payment is a payment that can be made to people who are eligible to receive services, and who would prefer to arrange their own care.

A Direct Payments factsheet is available with further information.

For further information

Delta Wellbeing (previously called Careline)

Request a registration form or to update your details

0300 333 2222

<http://www.deltawellbeing.org.uk/>

Carers Information Service

Free and confidential information, advice, and support for carers, including an outreach service

0300 0200 002

The Palms, Unit 3, 96 Queen Victoria Road, Llanelli, Carmarthenshire SA15 2TH

info@ctcww.org.uk

www.ctcww.org.uk

Disclaimer and copyright information

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Carmarthenshire Carers Information Service

The Carers Information Service provides free and confidential information, advice, and support to Carers.

We produce and distribute information for carers and organise regular events in partnership with other organisations.

The service is joint funded by Carmarthenshire County Council and Hywel Dda University Health Board.

Contact details

Carmarthenshire Carers Information Service
The Palms, Unit 3, 96 Queen Victoria Road, Llanelli, Carmarthenshire SA15 2TH

0300 0200 002

www.ctcww.org.uk



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