

Getting an assessment



Carers and those they care for have a right to an assessment of their needs. This is usually carried out by the local social services department.

- for the carer it is known as a carer's assessment
- for the person needing care it is known as a needs assessment
- these assessments can be carried out either together or separately, whichever is most appropriate
- it should also include any other family members who are involved in or affected by the situation

Examples of the kind of help that could be available directly to you as a carer:

- help towards taking break
- help to relieve stress, improve health and promote wellbeing such as a gym membership, pamper session or having your hair or nails done
- technology to support you such as a mobile phone or computer where it is not possible to access computer services from a local library
- help with housework or gardening

Your local social services department may or may not charge you for the support provided to you as a carer. However if they do decide to charge carers for services they must carry out a financial assessment to determine how much you would need to contribute (if anything).

If the person you care for does not want any help and support, you as a carer are still able to receive support, advice and information. Speak to your local carers service for more information about what is available in your local area.

If the person you care for needs more support, you may have concerns about the costs involved in getting care at home. As the carer you are not responsible for the cost of their care. If they have been assessed as needing care, they will also be assessed to see how much they can afford to pay towards the cost of services, while still having enough money to live on.

If things change

It is important to ask for your situation to be looked at again to see what further help or support may be available. This can be done through a review of the carer's assessment and the care and support needs assessment.

The change may be:

- related to the person you care for, for example their health or mobility may have deteriorated or their housing situation may have changed

OR

- related to you directly. For example, you may have concerns about your own health, employment, finances or other family members

For more information about carer's assessments, care support needs and financial assessments:

Call Carers UK 0808 808 7777 or visit www.carersuk.org