• How to arrange a needs assessment for the person you care for
• Information about services and their costs

It is important to note that any services that might have a direct impact on the cared for person can only be provided with the cared for person’s, or guardian’s consent.

**About the Assessment**

There are two ways Carers can undertake a needs assessment:

• **Self Assessment**—you can complete the majority of the Assessment form yourself then take it to a Social Worker or the Carers Centre to discuss what you have written and to help you complete the remainder of the form or

• **Assisted Assessment**—a community care officer or equivalent from your locality can arrange to visit you to carry out the assessment. Alternatively a Carer Support Officer from the Carers Centre can meet with you to carry out the assessment or a Nurse from your GP practice.

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**If you would like to request a Carer’s Assessment please contact:**

*Care Management Services*
01786.441177
e-mail: intakecomcare@stirling.gov.uk

or

*Stirling Carers Centre*
01786.447003
e-mail: info@stirlingcarers.co.uk

or

your local GP practice

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*Stirling Carers Centre*

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*NHS Forth Valley*

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*Updated 25Aug 07*