Who is entitled to a Carer’s Assessment?

You are entitled to a Carer's Assessment if you undertake a substantial and regular caring role for another person.

A Carer is generally defined as a person of any age who provides unpaid help and support to a relative, friend or neighbour who cannot manage to live independently without the Carer’s help, due to frailty, illness, disability or addiction.

Is the person you care for at risk if you are unable to provide support?  ✔

Do you have regular contact, daily or weekly, with the person?  ✔

Do you require any support to continue to carry out your caring role?  ✔

If you answer ‘Yes’ to any of these questions and you undertake a substantial and regular caring role — you are entitled to a Carer’s Assessment. We would recognise you as a Carer.

What is the purpose of a Carer’s Assessment?

The purpose of a Carer's assessment is to look at the help you currently provide and to determine your needs as a Carer. It will help to ensure that you are getting all the support that you are entitled to.

This will take into account other aspects of your life:
- family
- employment
- social activities
- leisure activities
- your age
- your health
- any support services already in place

What type of support might be available?

- 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 a week
- Information about housing, equipment and adaptations
- Carers’ organisations, both city wide and in your locality
- Local Carers’ groups

Do you live with and/or care for an adult or child with a disability, illness or mental health need?  ✔

This could include stroke, traumatic brain injury, Parkinson’s, visual impairment, dementia or frailty due to old age?

Are you the main or only Carer?  ✔