

# The Carer's Assessment

Every Carer's situation is unique and Carers provide care in many different ways. Some carers provide care 24 hours a day. Others may be combining work and caring. A Young Carer may be combining care with going to school. A Carer of a disabled child will provide more support for their child than is expected, for their age. Generally, Carers provide a substantial amount of unpaid care on a regular basis to someone living in the community but not a residential establishment.

Support for you as a Carer is essential to enable you to continue caring and to enable you to maintain your **own** health and balance caring with other aspects of your life. This support can be assessed as part of a **Carer's Assessment**, which is the responsibility of Cheshire East Council Community Services.

This assessment is separate from the Community Care Assessment that the person you care for may have had, and it can be made even if the person you care for has chosen to refuse services.

## How to get a Carer's Assessment

Firstly, you need to contact the local Community Services Access Team. They will take the initial request for a Carer's Assessment and arrange for a Social Worker to meet you. The assessment may be carried out at the same time as a Community Care Assessment for the person you care for. However, if this is not always possible or appropriate, you can ask for a separate meeting. You will be sent a form called Preparing for my Carer's Needs Assessment to help you to prepare for the assessment. The form is also available on the Carers Centre website at [www.carers.org/cheshire](http://www.carers.org/cheshire). It will help you think about some of the following issues which may be part of your caring role:

- How many hours a week do you spend caring, including the amount of time you spend travelling to visit or for appointments?
- Do you do housework, shopping, extra laundry, cooking, or personal care?
- Do you watch over someone to keep them safe or if they get anxious?
- Do you look after financial and household matters?
- Are you able to get enough sleep or do you regularly have a disturbed night with caring tasks?

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- Is your health affected by caring?
- Does the person you care for have particular health issues which are difficult to deal with or require constant supervision?
- Do you get a short break or time for yourself?
- Are you able to get out to do shopping, attend appointments or leave the person you care for, for a short time?
- Does your caring role affect other family members (e.g. children or partners)?
- If you are working, are you having to consider giving up work because of the demands of caring?
- Do you feel the person you care for is getting enough support?
- What will happen in an emergency should you fall ill yourself or be called away to deal with another emergency?
- Do you require benefits information or other advice and support?

Each Carer's situation is individual and there will be many more issues to consider. Staff at Cheshire Carers centre are able to assist with completing the Pre Assessment form and are happy to provide further information about Carers Assessments.

### What happens after the assessment?

Once the assessment has been made by the Social Worker, a Care Plan is written. This will show how you will be supported. For example, a care worker may make short visits so that you can leave the person you care for to attend appointments or do essential shopping; or you may have support with night-time caring tasks.

You will need a financial assessment of your income if you are going to receive services from Cheshire East Council. If the person you care for receives services, they will also have a financial assessment. Factsheet No. 5 provides more information on services for the person you care for. Your caring role will change as the needs of the person you care for change. Therefore, the Carer's Assessment should be reviewed on a regular basis.

If you require further information on the Carer's Assessment please contact Cheshire Carers Centre or you local Community Services Access Team.