

ASD Family Help

Registered Charity No. 1135718

Carers Assessment

A Carers Assessment is the chance to tell social services about the impact caring has on your life and what support or services you need. It is for carers over 18 who look after another adult who is disabled, ill or elderly.

- 1 Everyone is entitled to an Assessment** – you have the right to an assessment of your needs as a carer at ANY time (under the Care Act 2014). To be eligible for care and support, you must answer yes to all 3 of questions: 1. Are your needs the result of you providing necessary care? 2. Does your caring role have an effect on you? 3. Is there, or is there likely to be, a significant impact on your wellbeing?
- 2 How do you get a Carers assessment?** - If you have not been offered an assessment by the 'Adult Social Services' department, you should contact them and ask for a carer's assessment or for a review of your support plan. You are entitled to an assessment regardless of the type of care you provide, your financial means or your level of need for support. You don't have to live with the person you are caring for and you don't have to be caring full-time (you might be juggling work and caring).
- 3 What should it cover?** – It should consider whether your caring role impacts your health or prevents you from achieving outcomes (ie/ staying in work or having a social life). It should cover: your health – physical, mental and emotional issues, your caring role and how it affects your life and wellbeing, your feelings and choices about caring, work, study, training, leisure, housing, relationships, social activities, your goals and planning for emergencies. A financial assessment will be carried out to see whether you may have to make any contributions to costs.
- 4 Preparing for an assessment** – In preparation for your assessment give yourself time to think about how caring affects you. Consider what help would make a difference to you as a carer. Make notes and talk to other trusted family members/friends for their thoughts. Carers UK have a list of good questions to ask and consider.
- 5 Your Support Plan** – Your plan will detail out the needs identified in the assessment, how the council will meet these needs, information about personal budgets/costs/direct payments, how the council will support you, your role and any emergency plans. Examples of help available: transport costs, technology to support you, housework, gardening, help to relieve stress or promote wellbeing such as a gym membership, changes to the home, a care worker, respite care, meals delivered, day centre place etc.

Please reach out to us if you have any questions or you are unsure where to go for support.

www.asdfamilyhelp.org