



How to get help in looking after someone

A Carers guide to a carers assessment

If you look after a relative, disabled child or friend and caring has a major impact in your life then a carer's assessment could help you.

However all carers are individuals and your local council may provide any service to you that they think will help you care or help you maintain your wellbeing. So you may have some ideas of your own about services that would help you that you want to talk through with social services. Other services that you might want to discuss with them are those that may help the person you look after.

Other things you may want social services to tell you about:

- Local or national support organisations you could contact
- Other help you could get
- Any charges for services
- What to do if you wish to complain

Contacting social services to ask for an assessment.

The telephone number of your local council social services department will be found in your local telephone directory under local authority and then community information, or speak to your own GP.

Other useful contacts for carers

Carers National Association (CNA) 0808 808 7777
www.carers.uk.demon.co.uk

Contact a Family 020 7383 3555
www.cafamily.org.uk

Crossroads caring for carers 01788 573653
www.crossroads.org.uk

Princess Royal Trust for Carers (PRTC) 020 7480 7788
www.carers.org

Your local social services department will tell you about other local organisations.

The Department of Health carers web site may be found at www.carers.gov.uk





1. You are a **“carer”** if you look after a relative, friend or disabled child who needs support to live at home. Your local council Social Services Department may be able to help to make things easier for you.
2. They can provide services to the person you care for. They can also provide services for you.
3. To work out what services would be helpful in your situation, social services need to discuss
 - The help the person you care for needs
 - The help you are giving at the moment
 - The services your council may provide.

The way this is done is called an **“assessment”**

4. You as a carer may be involved in several ways:

- If you care for a disabled child your needs will be considered as part of an assessment of needs of your child and family
- If you care for an adult you can have a carers assessment to discuss the help that you need. This can happen even if the person you care for refuses help. You should also be able to contribute to the discussion of the needs of the person you care for (their Community Care assessment).

5. What your assessment is for

Your carer’s assessment is your opportunity to tell social services about the things that could make caring easier for you.

Some things you may want to think about:

- Do you get enough sleep?
- Is your health affected in other ways?
- Are you able to get out and about?
- Do you get any time for yourself?
- Are your other relationships affected?
- Do you want information about benefits?
- Are you worried you may have to give up work?
- Is the person you care for getting enough help?

6. What sort of services might help you:

- services that give you a break
- emotional support from other carers or people who understand
- help with household tasks
- help with caring tasks during the day/night
- benefits advice
- activities for the person you care for

