

Adult Social Services and Housing Carers Assessment



If you regularly provide a substantial amount of care on regular basis for a relative or friend, and your caring role is having an impact on your life, you have the legal right to ask us to carry out a Carers Assessment.

What is a Carers Assessment?

If you are an unpaid carer as described above you are entitled to a Carers Assessment. You are regarded as 'unpaid' even if you receive benefits for being a carer.

The purpose of the Carers Assessment is to look at the help you provide and the stresses that it places on you. The assessment is about you as a person rather than the person you care for and looks at your needs.

By requesting an assessment, you are not saying that you are having difficulty caring or that you wish to stop providing care. The assessment will not judge your ability to care but provides an opportunity to consider your needs and explore how your caring role is affecting you, and what might help to support you.

Assessments may identify problems experienced by both you as carer and the person you care for. It is your opportunity to tell us about the things that could make caring easier for you and to talk about any concerns you may have about the future.

We use the assessment to decide what help to provide. The assessment will not assume that you want to continue to provide the same amount and level of care. The assessment can be carried out even if the person you care for does not want social services.

You also have a right to an assessment if you are intending to look after someone – for example, if the person you are caring for is in hospital and you expect to look after them when they return home.

If you have already had an assessment but your caring situation has changed, you have the right to ask for a review.

How do I get an assessment?

You can decide whether you would like the person you care for to be present for your assessment. If you wish, your assessment can take place jointly with an assessment of the needs of the person you care for. Alternatively you can have a Carers Assessment separately if this is more comfortable for you or makes it easier for you to talk openly and honestly about your caring situation.

If the person you care for has a package of care organised by us your needs can also be considered when a review of the cared-for person's care package takes place.

Carers Assessments are usually completed by a Social Worker but are now also available through a partnership with Crossroads Care North Somerset, called FISS. FISS stands for Flexible Individual Support Service. They provide flexible support and information to carers,



carry out Carers Assessments, and can help you access support if needed.

If you care for an adult in North Somerset, you can ask for a Carer's Assessment in one of the following ways:

- Contact North Somerset Council's Care Connect to ask for a Carers Assessment by ringing 888 801 (you can use either 01275 or 01934 as the area code).
- If you are deaf or hard of hearing you can contact Care Connect by minicom on 01275 888 805.
- Contact the FISS scheme at Crossroads Care North Somerset to ask for a Carers Assessment on 01934 411 858. Alternatively you can email fiss@nscrossroads.org.uk.
- If you are caring for a disabled child, your needs as a carer will be considered as part of the needs of your child and family. These will be assessed by a worker from the Disabled Children's Team who can be contacted by calling 01934 427 669.

Preparing for your assessment

Some things you may want to think about when preparing for the Carers Assessment:

- Do you get enough sleep?
- How is your health affected by your caring role?
- Do you get time for yourself?
- Are your other family and friendship relationships affected?
- Do you have any financial concerns?
- Are you finding it difficult to juggle work and caring?
- Is the person you care for getting enough help?
- What sort of services might help you – services that give you a break, emotional support, help with household tasks, help with caring tasks during the day/night, activities for the person you care for?
- Does the person you care for have difficulty moving about in the home?
- Would equipment or adaptations to your home make life easier for you and the person you look after?
- Other interests – are you interested in training or adult education? Would you like to pursue a leisure interest but can't because of your caring role?
- How many hours a week do you care? Include all the time you spend with the person you care for and the tasks you do for them
- How would you deal with emergencies and unplanned events. Do you know who to contact in an emergency?
- Is this a review assessment? How has your situation changed and what new challenges are you facing?



What happens when an assessment has been completed?

You should be given a written copy of the Carers Assessment after it has been completed. This will summarise your discussions and include an action plan if carers services are to be provided following the assessment.

Assessments should be reviewed on a regular basis according to the carer's wishes and changing needs, and should be kept up to date.

What happens to information collected and recorded?

The Carers Assessment is a document that belongs to both the carer and the assessor. Information gathered is held by the assessor in confidence and in accordance with the Data Protection Act.

Information will not be shared with other professionals without your consent unless we are required by law to do so or there are exceptional circumstances such as your safety or the safety of others.

More information about Carers Assessments

The following websites contain further information about Carers Assessments:

- Carers UK www.caresuk.org/Home
- Princess Royal Trust for Carers www.carers.org

Further useful information for carers:

- Crossroads Care – www.crossroads.org.uk <http://www.crossroads.org.uk>
- North Somerset Council website – www.n-somerset.gov.uk/Social+care/Carers

This publication is available in large print, Braille or audio formats on request. Help is also available for people who require council information in languages other than English. Please contact: Public Information Officer on **01275 882181**

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