

## Support for mental health carers in Somerset



### YOUR GUIDE TO CARERS' ASSESSMENT

If you are caring for a relative or friend with a mental health problem, a carers' assessment could help you.

This applies to:

- Adult Carers – anyone over the age of 18 caring for someone with a mental health problem
- Young Carers – young people under the age of 18 years, caring for a parent, brother or sister with a mental health problem. If you are a Young Carer, your needs will be considered as part of the family's assessed needs.
- New Carers – people planning to provide care in the near future (eg: if someone is going to be discharged from hospital)

To work out what would help you, a Care Co-ordinator / Carers Assessment Worker will need to discuss:

- The help the person you care for needs
- The help you are giving at the moment
- The services which may be provided

A Carers Assessment offers you the opportunity to discuss the things YOU need - even if the person you're caring for refuses help from The Somerset Partnership.

The assessment is your opportunity to tell The Somerset Partnership NHS & SC Trust about the things that could make caring easier for you.

You may like to think about:

- Are you able to get out and about?
- Do you need information about benefits?
- Are you worried you may have to give up work / school / college?
- Would you like to chat with others in similar circumstances?
- Is there someone who could help in an emergency?
- Is the house suitable for the person you care for?
- What would happen to the person you care for, if you were no longer able to care?

There is a range of services provided which might be suitable for you and which can be discussed during your assessment:

- Help in crisis
- Support groups help with caring tasks
- A “sitting” service
- Benefits advice
- Activities for the person you care for
- Advice and assistance about holidays and short breaks from a Carers Assessment Worker
- FREE Confidential counselling service from a private agency
- Carers Break

You may be asked to make a contribution towards the cost of some services, depending on your income and assets, but you will be advised on this.

To receive your Assessment telephone the Carers' Assessment Worker on:

<b>Mendip:</b>	<b>01749 836597</b>
<b>Taunton:</b>	<b>01823 346118</b>
<b>South Somerset:</b>	<b>01935 428420</b>
<b>Somerset Coast:</b>	<b>01278 720238</b>
<b>West Somerset</b>	
<b>Older persons:</b>	<b>01278 720250</b>
<b>East Somerset</b>	
<b>Older Persons:</b>	<b>01935 473595</b>

BUT – if all you need is a general discussion, advice, details of Carers Support Groups, you can receive this by telephoning Somerset Direct on:

**0845 345 9133**



[www.somersetcarers.org](http://www.somersetcarers.org)