



Registered Charity no. 1085491

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## **Factsheet G3 Carers Assessment**

If you regularly provide a substantial amount of care for your friend or relative, and your caring role is impacting on your life, you have the legal right to ask social services to carry out a Carers Assessment.

### **What is a Carers Assessment?**

The purpose of the Carers Assessment is to look at the help you provide and the stresses that it places on you. It is your opportunity to tell social services about the things that could make caring easier for you and to talk about any concerns you may have about the future. Social services use the assessment to decide what help to provide.

It should not assume that you want to continue to provide the same amount and level of care. It also does not matter if the person you are caring for refuses services from social services. You also have a right to an assessment if you **intend** 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. You also have the right to have a Carers Assessment away from the person you care for if it is easier for you to talk openly and honestly about your caring situation.

### **How do I get an assessment ?**

Carers Assessments are usually completed by a social worker. If you care for an adult in Hertfordshire, you can ask for a carer's assessment by contacting Hertfordshire County Council's Adult Care Services (ACS) on 01438 737400. You could also ask a support worker at your local *Carers In Hertfordshire* office to make a referral, or your GP or district nurse will be able to contact ACS for you. If the person you look after is in hospital, speak to a nurse and ask to be put in touch with a hospital social worker.

If you are caring for a 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 Hertfordshire County Council's Children, Schools and Families department (CSF) who can be contacted by calling 01438 737500. Although the assessment won't necessarily be offered separately, it is important that you mention any issues or concerns you have as a carer during your child's 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 any 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 aids 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? Do you want to pursue leisure interests but feel you 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?

Do remember this assessment is the main way you can access the Carers Grant. Carers Grant money can be offered in some situations for services a social worker has assessed you as needing, such as breaks and practical help for you as a carer. You will not automatically be eligible for money from the Carers Grant, an assessed need must first be identified in the Carers Assessment.

You should be given a written copy of the Carers Assessment after it has been completed, this should summarise your discussions and form an action plan if social services are able to offer any further services as a result.

If you have any concerns regarding the assessment process from ACS, or the outcomes, do contact them to discuss further on 01438 737400

The following websites contain further information about Carers Assessments:

<a href="http://www.hertsdirect.org.uk">www.hertsdirect.org.uk</a>	-	<b>Hertfordshire County Council</b>
<a href="http://www.carersuk.org">www.carersuk.org</a>	-	<b>Carers UK</b>
<a href="http://www.carers.org">www.carers.org</a>	-	<b>Princess Royal Trust for Carers</b>