

Assessment for Carers

If you provide a regular & substantial amount of care for someone aged 18 or over, you can ask your local social services department in your local council for a carer's assessment.

Preparing for a carer's assessment

A carer's assessment means social services will look at your situation and see if you are entitled to any services that could make caring easier for you. There is no definition of 'regular and substantial care'; it's decided by social services.

This is your opportunity to help the social worker understand the impact caring has on you, and talk about the services they may be able to provide to help you. So it may be a good idea to make a list, or keep a diary, of everything you do to help look after the person you care for.

Some things you may want to think about are:

- do you get enough sleep?
- is your health affected by caring?
- can you leave the person you are looking after?
- are you worried about having to give up work?
- do you get enough time to yourself?

You might also include how caring affects you because of your:

- age
- health
- work or study (other activities or commitments)

The assessment can be carried out at your home or at the home of the person you are caring for.

If there is more than one carer providing regular care in your household, you are both entitled to an assessment.

Services that may be available

Services that may help you and the person you care for include:

- someone to help with personal care of the person you care for, such as having a bath
- a break from caring
- help with housework
- changes to equipment or adaptations to the home
- emotional support

Remember that this assessment is about your needs as a carer. You should be able to talk about the needs of the person you are caring for in their own needs assessment.

If your situation changes, for example you need more support, you can ask for a re-assessment.

Care plan

Taking your care assessment and the community care assessment of the person you care for, social services will develop a 'care plan'. This plan should include the support and services to make things easier for you in caring for someone.

Your income

Your right to an assessment, and the services and support you may receive, is not linked to your income, savings or property. However, after an assessment your local council will look at these to decide what care services you may be charged for.

If you are unhappy with your assessment

Your local social services will have a complaints system in place. For example, if you are not happy with how the assessment was carried out or you do not think you are getting the support and services you need you should get in contact with them.

Social Services Contact details:

Accrington Office
44 Union Street
Accrington BB5 1PL

Clitheroe Office
JDO, Off Pimlico Road
Clitheroe BB7 2BL

Rishton Office
4 Blackburn Road
Rishton BB1 4BS

Telephone:

0845 053 00 09



Further information can
be found at:
[www.direct.gov.uk/en/
caringforsomeone](http://www.direct.gov.uk/en/caringforsomeone)