Are you a carer?

A carer is someone who helps another person, usually a relative or friend in their day to day life. This is not someone who is paid to provide care professionally or who provides care through a voluntary organisation.

You are able to have a Carers Needs Assessment regardless of your finances or need for support. If the person you care for doesn’t want an assessment in their own right, you are still entitled for an assessment of your needs.

Why Have A Carers Needs Assessment?

A Carers Needs Assessment will concentrate on your needs as a carer. It will consider the impact that caring has on your health and wellbeing and the support you need to manage your day to day life and stay as well as you can.

A Family Carer Support Worker from the Family Carer Team will complete your assessment with you and work with you to find the support you need.

Preparing For An Assessment

When preparing for your assessment, it may be useful to write some notes as to what is important to you, how you feel, what works well and what you need some help with.

After Your Carers Needs Assessment

After your assessment, we will work with you to get the support you need and record this in a support plan. You will receive a copy of your assessment and support plan. The Family Carer Team works with other providers of support and can advise and direct you to the support you need including:

- Emergency plans
- Learning and Leisure Opportunities
- Training for Carers
- Carer Breaks
- Carer Groups

Sometimes a carer has their assessment at the same time as the person they are caring for so their needs can be considered together.

To find out more, contact the Family Carers Team on 01724 298393.