

You will be asked to sign a consent form to share your information. A copy of the assessment will be attached to the file or records of the person you care for.

**It is useful to share your information with your:**

**GP** - To ensure that they are aware of your caring responsibilities and to take this into consideration when you access their support

**Human Resources/Personnel Dept -**

As a carer your employer should take into consideration your needs and consider options such as flexible working and carers leave. Many carers may have to take time off in an emergency or if the needs of the person they are caring for change.

**What happens now that my assessment has been completed?**

The person who has completed the care plan should follow through any identified actions in the agreed timescale and inform you of any progress.

February 2012

You are entitled to a review of your Carers Assessment particularly if there is a change to your own or the person you care for's needs.

To request a carers assessment or to request a review of your caring needs contact:

[social\\_care\\_direct@wakefield.gov.uk](mailto:social_care_direct@wakefield.gov.uk)

**For more information...**

Please contact



Helping Carers Care

**Tel: (01924) 305544**

**E-mail: [info@carerswakefield.org.uk](mailto:info@carerswakefield.org.uk)**

**Website: [www.carerswakefield.org.uk](http://www.carerswakefield.org.uk)**

Wakefield & District Carers Association  
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**Wakefield District**



Helping Carers Care

# CARERS ASSESSMENT

**CARERS** are ordinary people whose lives change because they are looking after relatives or friends who cannot manage at home without help. This may be due to a long term health condition, a physical, sensory or learning disability, a mental health problem or due to the effects of old age.

Caring can have a major impact on your life.

*A carer's guide to a Carers Assessment.*

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**Website: [www.carerswakefield.org.uk](http://www.carerswakefield.org.uk)**

## What to expect...

A Carers Assessment is a legal responsibility usually undertaken by a Social Worker, who is linked into the team that the person you are caring for is receiving services from.

If you provide 'regular and substantial' care to a person who is receiving a service, or about to have their needs assessed through Family Services or Health Services, you are entitled to request a Carers Assessment.

The aim of the Carers Assessment is to look at the current levels of care that you are providing to the person you care for and to take into consideration your needs.

### **A Carers Assessment should take into consideration the following:**

- The amount of care that you provide
- The nature of care that you provide i.e. personal care tasks, reminding someone to take their medication, paying of bills, accompanying the cared for to appointments etc
- Finance and benefits

- Housing & adaptations that are required
- Responsibility for others including children
- Your own health and wellbeing both physical and emotional
- Your ability to continue to care for the person at the current level
- Whether you want to continue caring
- Time off from your caring responsibilities
- Respite
- The current care package that is being provided to the person you look after
- Your knowledge about the condition of the person you are looking after and if you require any further information
- Any risks either physically or mentally
- Your ability to work or undertake education

- Your leisure and social activities
- Contingency planning for an emergency
- Information about local support services for carers that can continue to support you in your caring role

## Following the Carers Assessment...

The Assessor should formulate a Care Plan for you detailing any recommendations.

The care plan should have clear outcomes, detailing any actions that are required, including timescales for completion or review.

It is important to remember that even though services have been identified in your care plan there is not an obligation upon statutory services to provide that service.

You should be given a copy of the Carers Assessment and the Care Plan and asked with whom you would like the content of the Carers Assessment to be shared.