

People and Communities Carers Assessment



If you provide necessary care for a relative or friend and your caring role is having an impact on your life you have the legal right to have a Carer's Assessment under the Care Act 2014.

What is a Carer's Assessment?

If you are an unpaid carer, aged 18 or over and looking after an adult, you are entitled to a Carer's Assessment. You are regarded as 'unpaid' even if you receive the Carers Allowance benefit for being a carer.

You also have a right to an Assessment if you are intending 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 are caring for a disabled 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 the Disabled Children's Team. This team can be contacted by calling 01934 427 669.

The Assessment is about you rather than about the person you care for. It will look at the impact that caring has on you. It will also consider the things that you want to achieve in your own day-to-day life such as whether you are able or willing to carry on caring, whether you work or want to work, and whether you want to study or do more socially. It provides an opportunity to think about what might help to support you.

The Assessment will not assume that you want to continue to provide the same amount and level of care. It can be carried out even if the person you care for does not want an assessment of their own needs for care and support.

If you have already had an Assessment but your caring situation has changed, you can ask for a review.

The council uses the Assessment to decide what help to provide to support you.

Eligibility Criteria

There is an eligibility criteria for carers to access support. If your needs meet the three conditions of the criteria then you will be eligible for support from the council to meet the needs identified in your Assessment. There conditions are as follows:

1. Are your needs the result of you providing necessary care for an adult?
2. Either a) Does your caring role have an impact on your physical or mental health?
Or b) As a result of your caring role are you unable to achieve any of the following outcomes?

- Carrying out any caring responsibilities the carer has for a child
- Providing care to other persons for whom the carer provides care
- Maintaining a habitable home environment in the carer's home, whether or not this is also the home of the adult needing care



- Managing and maintaining nutrition
- Developing and maintaining family or other personal relationships
- Engaging in work, training, education or volunteering
- Making use of necessary facilities or services in the local community, including recreational facilities or services
- Engaging in recreational activities

3. Is there consequently a significant impact on your wellbeing?

If you meet these three conditions then you are eligible for support to meet your needs as a carer.

How do I get an Assessment?

Carers Assessments in North Somerset are delivered through a partnership with Alliance Homes called the Carers Support Alliance.

If you care for an adult in North Somerset, you can ask for a Carer's Assessment by contacting the Carers Support Alliance on 03000 120 120 (choose option 3).

You can decide whether or not you would like the person you care for to be present for your Assessment. If you wish, your Assessment can take place jointly with an Assessment of the needs of the person you care for. However, many carers find it easier to talk openly and honestly about their caring situation if they have a Carers Assessment separately from the person they look after.

If the person you care for could not be safely left alone we can provide replacement care for them to enable you to have your Assessment in private. If the person you care for has a package of care organised by us, your needs can also be considered when a review of the cared-for person's care package takes place.

You can also complete an online self-assessment through the Carers Hub, part of the North Somerset Online Directory <http://nsod.n-somerset.gov.uk/carershub>. This self-assessment will then be forwarded to the Carers Support Alliance for them to follow up with you.

Preparing for your Assessment

Here is a list of some things you may want to think about when preparing for your Carers Assessment:

- Do you get enough sleep?
- How is your health affected by your caring role?
- Do you get 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 support might help you –having a break from caring, emotional support, activities for the person you care for, help to balance work and caring?
- Does the person you care for have difficulty moving about in the home?
- Would equipment 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? Would you like to pursue a leisure interest but can't because of your caring role?
- 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?

What happens when an Assessment has been completed?

After your Assessment has been completed the council must confirm whether or not your needs meet the eligibility criteria. The Assessment will be signed by the council with a statement as to whether your needs are eligible for support. You should be given a written copy of the Carer's Assessment after it has been completed.

If you meet the eligibility criteria support plan will be put together with you showing how your eligible needs will be met. Needs can be met in a variety of ways.

For example, if your physical health is deteriorating due to the demands of the caring role:

- The person you look after could be offered an assessment of their own care and support needs. This could lead to them being offered care which would reduce the pressure on you.
- You could be advised to speak to your GP about your health needs
- If more physical activity would improve your health you could be offered a referral to one of our Health Trainers.

Once other options have been explored, if there is a cost associated with meeting your needs you can request a Carer's Direct Payment from the council. A Direct Payment is money that the council gives you to meet the cost of meeting your needs as a carer in the way that you have identified on your support plan.

Assessments should be reviewed on a regular basis according to the carer's wishes and changing needs, and should be kept up to date.

Charging for carer support

North Somerset Council does not charge carers for support to meet their eligible needs following their Carer's Assessment.



If the person you look after receives any services through the council to meet their needs for care and support or to give you a break they will be financially assessed to establish whether they are liable to contribute towards the cost of this. Carers are not charged by the council for care delivered to the cared-for person, e.g. personal care, sitting, respite.

What happens to information collected and recorded?

The Carers Assessment is a document that belongs to both the carer and the council. Information gathered is held by the council and in accordance with the Data Protection Act.

Information will not be shared with other professionals without your consent unless we are required by law to do so, or there are exceptional circumstances such as your safety or the safety of others.

More information about Carers Assessments

The following websites contain further information about Carers Assessments:

- https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/366089/Factsheet_8_-_Carers.pdf
- Carers Trust www.carers.org

Further useful information for carers:

- Carers Hub – part of the North Somerset Online Directory: find information and advice, register as a carer, or complete a self-assessment online <http://nsod.n-somerset.gov.uk/carershub>
- Carers Support Alliance <https://www.alliancehomesgroup.org.uk/care-and-support-services/our-support-services/support-for-carers/>
- Carers UK www.caresuk.org/Home

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