

# Carers Assessments

## Are you a Carer?

A carer spends regular time providing unpaid support to a relative, partner or friend who is ill, frail, disabled or has a mental health condition or an addiction dependency.

## What help could I get?

Every carers journey should start at the All Age Carers Centre, to ensure they have access to timely advice and support. You can have free support, information, advice and guidance from the All Age Carers Centre relating to your caring role. Please visit [Home | Telford All Age Carers Centre](#) for further information.

## What is a Carers Assessment?

From April 2015 carers are entitled to an assessment in their own right needs under the Care Act 2014. The assessment is a discussion between you and one of our workers about your caring role and how it affects you.

You may be juggling work and care and this is having a big impact on your life. You don't necessarily have to live with the person you are looking after or be caring full time to have an assessment, however the person you support does need to live in Telford and Wrekin.

A carer's assessment provides you with the opportunity to identify what information advice and support will be beneficial to you by reflecting on the following questions.

- Does your caring role affect your ability to carry out any caring responsibilities you have for a child?
- Does your caring role affect your ability to carry out caring responsibilities for another adult outside your caring role?
- Does caring affect your ability to maintain your home and garden?
- Does caring affect your ability to shop and prepare nutritional meals for yourself?
- Do you feel able to develop and maintain family or other personal relationships that are important to you?
- Do you struggle to engage in work, training, education or volunteering?
- Are you able to access facilities in the local community such as leisure centre, shops, attending appointments, post office and pharmacy for example?
- Do you have time to yourself to do the things which are important to you such as social activities, fitness programme, recreational interests and personal development?
- As a consequence of your caring role does this affect your own health and wellbeing?

When the assessment is complete this will give you an idea of what would make a difference and assist you in your caring role. Following your Carers Assessment your Social Worker/Adult Practitioner will discuss what support is available to you. This can be further advice and information including signposting to other agencies that may be able to help you.

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This can include a referral to the Healthy Lifestyles team. Advisors can support you to make a change to a person's mental, physical and emotional wellbeing in a free and confidential service. While they are not medically trained, they are well versed on behavioural change and supporting individuals to improve the way they want to live their lives in personalised one to one sessions.

It may be that an individual payment can be accessed to help you to meet those identified needs and aspirations.

The following may be offered to you, depending upon the outcome of your Carers Assessment.

[View and download the My Carers assessment conversation - What to think about before your asse...](#)

[View more information on eligibility criteria page.](#)

## How do I get a Carers Assessment?

You can contact the All Age Carers Centre who will ensure carers receive timely, specialist support from the outset leading on:

- High quality signposting and
- Well-being assessments for all carers

The All Age Carers Centre can refer you for a Carers Assessment

Please call **01952 240209** to speak to one of the staff members based at the All Age Carers Centre

Alternatively, you can contact Family Connect and request a Carers Assessment Monday – Friday 9am-5pm on **01952 385385** option 2

## What is the eligibility criteria for a Carers Assessment?

You have a legal right to request a Carers Assessment from your local council at any time - it's not dependent on how much care you give, just whether caring impacts you.

You are entitled to a Carer's Assessment if:

- You are **18 or over**, and
- You **provide care or support** for another adult (family member, partner, friend, etc.), **unpaid**, and
- There is or likely to be a significant impact on your wellbeing.

## Will I have to pay?

The assessment is free and does not take into account your financial situation.



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## Carers Assessment reviews

A review happens at least once a year unless your circumstances change or you feel things are not working well.

You may also identify that there is something that would help you in your life that would make caring more manageable for you and the person you care for. This may be specific to your circumstances. For example, because of your caring role you find going to the shops difficult and keeping in touch with family and friends.

You may wish to purchase a tablet or laptop to help you keep in touch with family and friends and order your shopping online. You would receive a Carers Personal Budget, as a one-off Carers Direct Payment to help you purchase the tablet or laptop.

[To find out more about Direct Payments please see our Direct Payment page.](#)

There may be times when there will be an unexpected emergency situation which requires urgent support. Your Social Worker/Adult Practitioner can discuss with you the Emergency Response Service which is as a preventative measure that will give you peace of mind to individuals when an emergency occurs.

For further information on Carers Assessments, please follow [www.telford.gov.uk/asc](http://www.telford.gov.uk/asc) or scan the QR code here



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