

# My Carers Assessment Conversation –

## What to think about before your Carers Assessment

### The Care Act.

The Care Act is a law that Adult Social Care work within to ensure the wellbeing of people in need of care and support services and their carers. There is an eligibility criteria for carers that will support in identifying your needs as a carer, and what support is available to you to benefit your caring role.

### Our Adult Social Care Charter

We have developed our Adult Social Care Charter with experts by experience who use or have used Adult Social Care. There are 5 key commitments that all our staff pledge when working with people.



### Consent to Information Sharing

Telford & Wrekin Council Adult Social Care are collecting your personal data to enable the best possible advice, care or support to be provided and to meet the statutory requirements under the Care Act 2014, wider legislation and the Data Protection Act (DPA) 2018.

Telford & Wrekin Council will not share any of your personal data collected with external organisations unless required/permitted to do so by law. However, there may be occasions where we request further information from key third party organisations such as health or provider organisations. For further details on the council's privacy arrangements please view the privacy page on the council's webpage:

<https://www.telford.gov.uk/terms>

### Jargon

There is a lot of 'jargon' in health and social care and we do our best not to use it. If you do come across any 'jargon' Think Local Act Personal have a useful 'jargon buster' available on their website online here:

<https://www.thinklocalactpersonal.org.uk/Browse/Informationandadvice/CareandSupport/JargonBuster/> or just ask the person having the conversation with you.

## Your conversation with us

At the start of your Carers Assessment we will ask you to confirm your personal details like name, address and contact information and we will ask for your National Health Service (NHS) Number and National Insurance Number.

Together we will talk about your daily life and the impact of your caring role. Your Carers Assessment will cover:

- Your caring role and how it affects your life and wellbeing
- Your health – physical, mental and emotional issues
- Your feelings and choices about caring
- Work, study, training, leisure
- Relationships, social activities and your goals
- Housing
- Planning for emergencies (such as a Carer Emergency Scheme) – the local council should be able to tell you more about what they can do to help you plan for an emergency

Thinking about the list above try to think about what an average day is like for you and how does your caring role impact on you? Please make some notes in the space below:

<b>Morning</b>	
<b>Afternoon</b>	
<b>Evening</b>	
<b>Night</b>	

Next you will see a list of specific questions we will ask. We have left some space for you to make some notes:

**What is most important to you in your caring role?**

**What personal support could you build on to support your caring role? Your personal strengths and skills, people you know such as family and friends, people in your community.**

**What do you want to achieve in the next 12 months – how can you be supported in your caring role further?**

**What is not working for you at the moment? What are you worried about?**

**What equipment or assistive technology have you purchased or been provided with that you have used in your caring role, either for yourself or the person you care for? Has it been helpful or unhelpful?**

Please share with your allocated worker and we will keep a copy on your electronic record.